

Weekly Contest

Enter for a chance to win 2 tickets to the San Diego Restaurant Week's Harbor Cruise on San Diego Bay. **See page 4**

AutoMatters & More

Join Jan Wagner this week as he brings you another exciting adventure.

See page 13

Around Town this weekend

Scholastic Surf Series, Monster Jam, Places in Time at Copley, San Diego Restaurant Week.

See page 18

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AT EASE

FIFTY SEVENTH YEAR NO. 27
THURSDAY, JANUARY 18, 2018

DoD Launching initiative to get to #KnowYourMil better

by Katie Lange

At the Department of Defense, they're about to launch a new initiative called This Is Your Military. It's a push for the general public to get to know their service members a little better - a lot better, actually. There are many misconceptions about military life floating around, so we'd like to clear some of them up. So if you start seeing #knowyourmil hashtags popping up on social media and you're curious as to why, this can help explain it.

What, exactly, is the initiative?

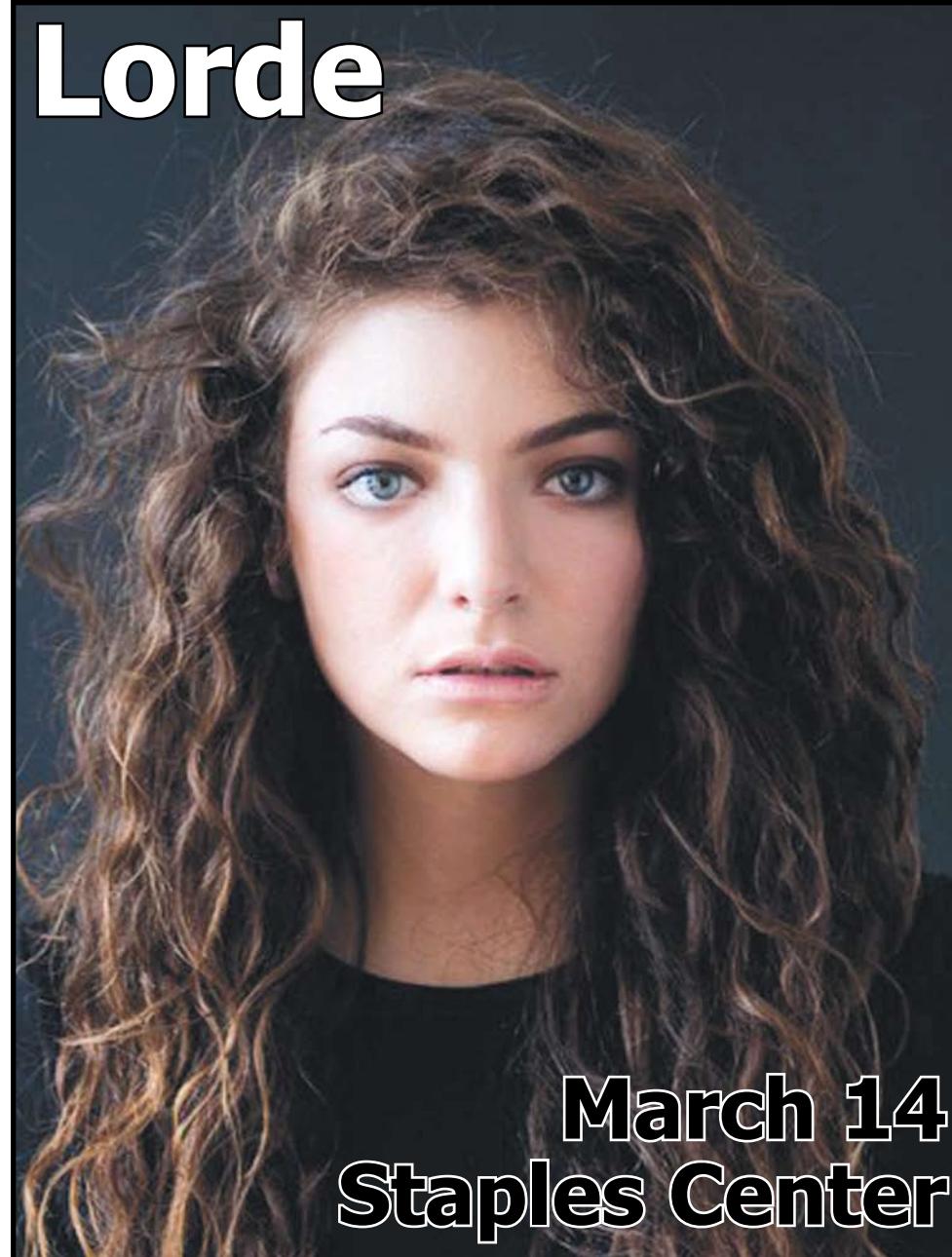
While the public knows the U.S. military is the most elite and lethal fighting force in the world, there's innovation and resilience in serving, too, and it's important for Americans to know why the military is relevant to them. This Is Your Military is an official DoD outreach initiative that looks to deepen America's understanding of the military. The goal is to bridge the civilian-military divide.

There's a civilian-military divide?

Yes. The military has been an all-volunteer force for decades, with fewer than 1 percent of Americans currently serving. That has led to a natural disconnect. People are having fewer direct interactions with service members. They're not having direct conversations and getting to know the people who are serving. This initiative will expand awareness and deepen their understanding of those people and what they do. "The wider that civilian-military divide grows, the more it threatens the viability and sustainability of that all-volunteer force that protects our nation," said Amber Smith, deputy assistant to the secretary of defense for outreach.

To learn more, go to the DoD news page at <http://www.dodlive.mil/2018/01/17/dod-launching-initiative-to-get-to-know-your-mil-better/>.

Lorde



March 14
Staples Center

Melodrama is the second studio album by New Zealand singer Lorde, released on June 16, 2017, through Republic Records. Writing for the album began as early as December 2013 and continued through "false starts, fruitless detours and stretches of inactivity," as Lorde stepped back from the public spotlight, taking shape after her break-up from her longtime boyfriend James Lowe in 2015.



Melodrama
Studio album by
Lorde

Miller relieves Shoemaker, becomes Navy's 8th air boss

by MC1 Paolo Bayas

SAN DIEGO - Commander, Naval Air Forces (CNAF) held a change of command ceremony in the hangar of Fleet Logistics Support Squadron (VR) 57 at NAS North Island, Jan. 11.

During the ceremony, Vice Adm. DeWolfe H. Miller III relieved Vice Adm. Mike Shoemaker as CNAF.

While serving as the Navy's "Air Boss" since January 2015, Shoemaker ensured the material readiness, administration and training for all Naval Aviation commands and provided operationally ready squadrons and aircraft carriers to the fleet. He also led the Naval Aviation Enterprise, a partnership between Navy and Marine Corps aviation organizations that work closely to improve processes for more efficient and effective Naval Aviation forces.

During his tenure, Shoemaker focused naval aviation on its founding principles, eliminated barriers to sustaining strike fighter inventory, and secured funding for warfighting readiness. He improved quality of life and quality of service while building the required readiness foundation for USS *Gerald R. Ford* (CVN 78) through to its commissioning.

Shoemaker thanked all those who supported him throughout his career and commended Miller.

"It has been my distinct honor and privilege, and the highlight of my 35-year career, to serve as your Air Boss for the last 3 years," said Shoemaker. "This morning I will turn over command of this great organization and all Naval Aviation Forces to Vice Adm. Bullet Miller. He has had an extraordinary career as a light attack and strike fighter pilot, [commanding officer] of *George H.W. Bush* on her maiden deployment, command of the *Bush* Strike Group, and most recently as your director of Air Warfare (N98) in the Pentagon. He is well versed in all the readiness issues facing Naval Aviation, as well as the future capabilities required to continue to pace the threat. He and his wife Ellen are the perfect choice to lead Naval Aviation going forward, and I know you will support them the same way you all did Peg and me."

USS Lake Champlain returns to San Diego for minor repairs

SAN DIEGO - Guided-missile cruiser USS *Lake Champlain* (CG 57) returned to San Diego, Jan. 12, to complete minor repairs on its port and starboard shafts.

The ship departed for deployment with the *Carl Vinson* Strike Group, Jan. 4, and successfully completed local training operations and a scheduled ammunition onload at Naval Weapons Station Seal Beach in Orange County on Friday.

The ship will rejoin the strike group on deployment after completing the repairs.

Commissioned on Aug. 12, 1988, the Ticonderoga-class guided-missile cruiser is operated by more than 350 Sailors and carries Tomahawk missiles, standard SM-2 surface to air missiles, two 5-inch dual purpose guns, and two MH-60R Seahawk helicopters.

Inside ...



... photo essay

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Statement on USS Fitzgerald and USS John S. McCain accountability actions

WASHINGTON - Below is a statement released Jan. 16, by Navy Chief of Information (Acting), Capt. Greg Hicks on UCMJ charges preferred against individual service members in relation to USS Fitzgerald (DDG 62) and USS John S. McCain (DDG 56) collisions:

"On 30 October 2017, Adm. William Moran, Vice CNO, designated Adm. Frank Caldwell as the Consolidated Disposition Authority to review the accountability actions taken to date in relation to Fitzgerald and John S. McCain collisions and to take additional administrative or disciplinary actions as appropriate.

After careful deliberation, today Adm. Caldwell announced that UCMJ charges are being preferred against individual service members in relation to the collisions.

USS Fitzgerald: Courts-martial proceedings/Article 32 hearings are being convened to review evidence supporting possible criminal charges against Fitzgerald members. The members' ranks include one commander (the commanding officer), two lieutenants, and one lieutenant junior grade. The charges include dereliction of duty, hazarding a vessel, and

negligent homicide.

USS John S. McCain: Additionally, for John S. McCain, one court-martial proceeding/Article 32 hearing is being convened to review evidence supporting possible criminal charges against one commander (the commanding officer). The charges include dereliction of duty, hazarding a vessel, and negligent homicide. Also, one charge of dereliction of duty was preferred and is pending referral to a forum for a chief petty officer.

The announcement of an Article 32 hearing and referral to a court-martial is not intended to and does not reflect a determination of guilt or innocence related to any offenses. All individuals alleged to have committed misconduct are entitled to a presumption of innocence.

Additional administrative actions are being conducted for members of both crews including non-judicial punishment for four Fitzgerald and four John S. McCain crew-members.

Information regarding further actions, if warranted, will be discussed at the appropriate time."

DoD, FDA partner to develop medical products for warfighters

by Terri Moon

WASHINGTON - DoD and Food and Drug Administration launched a joint pilot program to prioritize efficiently developing safe and effective medical products to save the lives of U.S. warfighters, officials of the agencies announced Jan. 16.

"The partnership we announced today reflects the invaluable collaboration between our organizations," said Tom McCaffery, acting assistant secretary of defense for health affairs.

"It strengthens our ability to equip our troops with the best possible medical support, and it helps us achieve our mission of providing battlefield care to support our entire military's effort to achieve a safer, more secure world," he said.

The FDA is fully committed to working closely with DoD to expedite availability of medical products that are critical to the health of service members, particularly those used to treat injuries in battlefield settings, said FDA Commissioner Dr. Scott Gottlieb, a physician and medical policy expert.

"Ensuring our nation's war-



Combat medics apply a tourniquet to a simulated casualty during tactical combat casualty care training at the Medical Simulation Training Center at Fort Bliss, Texas. Official photo

fighters have safe and effective medical products is a top priority for the agency," he said. "By standing up a collaborative program with DoD, we hope to address DoD's immediate product priorities and ensure these products are developed and made available in the most expeditious manner possible."

Fast access to lifesaving medical products on the battlefield is part and parcel of DoD's efforts to support forces operating around the world, McCaffery said.

"[It's also] essential to up-

holding our responsibility to the men and women of our military who risk their lives for us," he added.

FDA's expertise and guidance will help DoD put the best, most-effective products in the hands of battlefield medical personnel, he emphasized. "We look forward to working with our FDA partners on this important pilot program to ensure delivery of critical battlefield medicine to our deployed troops around the world."

The framework for the pro-

gram was put in place through House Res. 4374, which authorized DoD to request, and the FDA to provide, assistance to expedite development, in addition to the FDA's review of products to diagnose, treat or prevent serious or life-threatening diseases or conditions facing American military personnel, according to an FDA press release.

Using the law's expanded authorities, FDA will work closely with DoD's Health Affairs to better understand the military's medical needs for deployed personnel, give the highest level of attention to and expedite its review of priority DoD medical products, provide ongoing technical advice to Health Affairs to rapidly develop and manufacture medical products for use by the military, and take a closer look at products under development for opportunities to push their availability, the release said.

While the availability of biological items such as blood products takes priority, the FDA and DoD are aware of the need for a broad range of medical products for service members - such as preventive vaccines and therapeutics - and these needs will continue to evolve in the future, the FDA release said.

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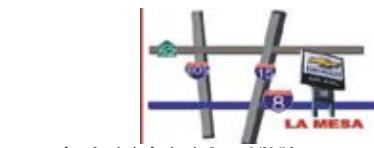
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National Military

Continuing resolutions create uncertainty in defense department

by Jim Garamone

BRUSSELS - For the last nine years, DoD has been subject to continuing resolutions instead of having budgets, and the department needs stability and predictability to spend resources wisely and get service members the equipment and training they deserve, the chairman of the Joint Chiefs of Staff said here Jan. 15.

Marine Corps Gen. Joe Dunford is participating in the NATO Military Committee meeting at the alliance headquarters here Tuesday. Dunford said another continuing resolution will mean the department will go four months into fiscal 2018 and be at a lower spending level than last year.

"A CR this year would be below the level of projected funding," he said. "In other words, the '18 budget would be a decrease in what the president's projected budget would be."

A continuing resolution is designed to be a short-term bridge as lawmakers form a new budget, the chairman said. But this year, the department will be under a continuing resolution for four months. The current CR runs out Jan. 19.

"This is the ninth straight year

with a continuing resolution," Dunford said. "That lack of predictability and that lack of stability in the budget has not allowed us to most efficiently plan and use the resources available to us."

This is because whether in a household budget or funding the military, predictability is key, Dunford said. Knowing when the paycheck comes in and how much will be in it week-to-week or month-to-month allows a family to plan expenditures and purchases. Not knowing how much will be in the check or even when it will arrive inhibits smart, judicious spending.

"We want to be good stewards of the taxpayers' dollars and in order to do that you have to lay out a plan," Dunford said. "And sometimes, when you are forced to spend all of the money in a compressed period of time at the end of the fiscal year, it isn't as efficient a use of the resources as you would want it to be."

Then, there is the uncertainty these constant continuing resolutions cause in the force. "The force ... is very much aware of the budget debates, and it would be a very powerful signal for our elected leaders to pass a budget," the general said. "On a day-to-day basis they are focused on the

mission, but the budget is very much on their minds."

Dunford stressed that readiness and modernization are linked. "They are all about

modernization accounts must be pumped back up, new technology must be exploited and new ways of using old technologies must be explored. This cannot happen under continuing resolutions, the chairman said.

Lawmakers on the committees overseeing defense understand the problem and want to pass a defense budget. "Defense Secretary [James N.] Mattis met last week with both Democrat and Republican members of the House and the Senate to outline for them the implications of a continuing resolution

and the budget uncertainty that we've been dealing with," Dunford said.

Mattis spelled out the real-world implications of not getting stable, predictable funding, the

chairman said. The members of the House and Senate Armed Services Committees and Defense Appropriators understand this, Dunford said, and he and other senior DoD leaders have reached out to other representatives to explain the dangers facing the department.

"All I can do is continue to do what we do, which is educate the members on what we need in terms of levels of resourcing, and what are the impacts of a continuing resolution, let alone a government shutdown," Dunford said.

Service members are con-

cerned about the budget impasse. In his travels, troops ask the chairman about the budget but their "singular focus every day is doing their job," he said.

"I think when people like us come to visit ... they'll ask questions about it, because it's in the media, Dunford said. "I think they are assuming ... that the leadership back in Washington, D.C., - and I include myself in that category with the secretary of defense and the members of Congress and the president - they're assuming we're going to do our job and deliver from them the resources they need to do their job."

Pence highlights service members' excellence, expertise, dedication

by Jim Garamone

WASHINGTON - America depends upon its military members' excellence, expertise and dedication more than ever, Vice President Mike Pence told airmen at Nellis AFB, Nev., Jan. 11.

Pence, Air Force Secretary Heather Wilson and Air Force Chief of Staff Gen. David L. Goldfein visited the base in part to visit the service's AFWERX office, which is designed to spark and sustain Air Force innovation.

Pence spoke to airmen outside

the Thunderbirds hangar, and gave them President Donald J. Trump's best regards.

"The armed forces of the United States of America are the world's greatest force for good," the vice president told the airmen. "You chose to be a part of that force to follow in the contrails of our nation's greatest heroes."

"You chose to do your part, at this time, to leave a legacy of freedom for generations yet to come. And while you come from the rest of us, you are the best of us."

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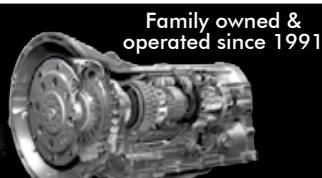
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Trump signs order to improve mental health care for new vets

WASHINGTON — President Donald Trump signed an executive order titled, "Supporting Our Veterans During Their Transition From Uniformed Service to Civilian Life" Jan. 9.

This executive order directs the Departments of Defense, Veterans Affairs and Homeland Security to develop a plan to ensure that all new veterans receive mental health care for at least one year following their separation from service.

The three departments will work together and develop a Joint Action Plan to ensure that the 60 percent of new veterans

who currently do not qualify for enrollment in healthcare - primarily due to lack of verified service connection related to the medical issue at hand - will receive treatment and access to services for mental health care for one year following their separation from service.

"As service members transition to veteran status, they face higher risk of suicide and mental health difficulties," said Secretary of VA Dr. David Shulkin. "During this critical phase, many transitioning service members may not qualify for enrollment in health care. The focus of this executive order

is to coordinate Federal assets to close that gap."

DoD, VA and Homeland Security will work to expand mental health programs and other resources to new veterans to the year following departure from uniformed service, including eliminating prior time limits and:

- Expanding peer community outreach and group sessions in the VA Whole Health initiative from 18 Whole Health Flagship facilities to all facilities. Whole Health includes wellness and establishing individual health goals.

- Extending the Department of Defense's "Be There Peer Support Call and Outreach Center" services to provide peer support for veterans in the year following separation from the uniformed service.

- Expanding the Department of Defense's Military One Source (MOS), which offers resources to active duty members, to include services to separating service members to one year beyond service separation.

"We look forward to continuing our partnership with the VA to ensure veterans who have served our country continue to receive the important mental

health care and services they need and deserve," said Secretary of Defense James Mattis.

"The Department of Homeland Security is where many veterans find a second opportunity to serve their country - nearly 28 percent of our workforce has served in the armed forces, in addition to the 49,000 active-duty members of the Coast Guard," said Secretary of Homeland Security Kirstjen Nielsen.

"This critically important executive order will provide our service members with the support they need as they transition to civilian life. These dedicated men and women have put their lives on the line to protect our nation and our American way of life, and we owe them a debt we can never repay. We look forward to working with the VA and DOD to implement the president's EO," said Nielsen.

"In signing this executive order, President Trump has provided clear guidance to further ensure our Veterans and their families know that we are focusing on ways to improve their ability to move forward and achieve their goals in life after service," said Shulkin.

Social Security Matters

by Russell Gloor

Ask Rusty - COLA, Medicare premiums and the Hold Harmless Provision

Dear Rusty: My wife and I got the annual notification of our Social Security earnings starting Jan 1, 2018. Unbelievable! I will get a gross COLA increase of \$31 a month, but I will only get \$6. The remaining \$25 will go into the increase in Medicare. The last 4 years I got nothing in each of the years. It all went into Medicare. My wife in the last 4 years got no increase at all. It all went into Medicare. And guess what? Starting in January, all her COLA increase of \$14 will go into Medicare. That makes 5 years in a row that she will get no raise at all! How can that be? Signed: Frustrated



Dear Frustrated: I understand your anger and, if it's any consolation, you are only one of millions of Social Security recipients who are caught in this dilemma. Social Security's "hold harmless" provision states that your monthly Social Security benefit cannot go down because of an increase in Medicare's Part B premium. That sounds good, right? And it generally is because few who collect Social Security can afford to have their benefit amount lowered.

When the standard Medicare premium goes up as a result of Medicare's rising costs, the Medicare premium for someone "held harmless" is kept artificially lower than the standard Part B premium. But there's a catch in the provision which says that while your monthly benefit can't go down, any time your Social Security benefit increases for any reason, all or part of that increase can be used to bring your Medicare premium up to, or at least closer to, the base Part B premium for the year. And that is what happened to both you and your wife; since the Medicare premium you were paying was lower than the standard 2018 premium, the 2 percent COLA (cost of living) increase for 2018 was applied to your Medicare premium to bring it in line with the standard premium amount of \$134. But your monthly Social Security benefit did not go down. Unfortunately that means you won't see most or even all of the COLA increase because it's applied to the Medicare premium you're paying to bring that in line with the standard premium amount.

About 70 percent of Medicare beneficiaries are protected by the "hold harmless" provision because their Medicare premium is paid from their Social Security benefit. Others, who pay their Medicare premium separately such as those not yet collecting Social Security after age 65, aren't protected and bear the full brunt of any increase

to Medicare premiums. Those new to Social Security in 2018 will pay the full \$134 premium (or possibly more if they exceed certain income thresholds). For the record, the 2018 standard Medicare premium is the same as the 2017 premium. And while the standard premium didn't increase, your Medicare premium in 2017 was \$109 and your wife's was \$120 because you were previously "held harmless". But because of the 2 percent COLA increase this year, \$25 of your \$31 increase and all \$14 of your wife's increase went to Medicare, bringing you both up to the standard Part B premium amount of \$134.

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

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Career & Education

Chaplain Corps releases new RP guide, strengthens career development

by Gloria Colon-Buzatu

Chaplains engage in religious ministry and compassionate pastoral care to enhance the lives of Sailors, Marines and Coast Guardsmen. Religious program specialists (RP) manage command religious programs for chaplains.

Together chaplains and RPs form religious ministry teams that provide for the free exercise of religion in the Navy.

To manage day-to-day operations, RPs now have a career roadmap, a step-by-step guide that's designed to aid in making meaningful career decisions. It's the RP Guide to a Career in the U.S. Navy (Oct. 2017).

"Learning how to advance as an RP is a consistent form of education," said Master Chief Religious Programs Specialist Eddie Walker III, RP senior enlisted leader.

It takes commitment and dedication to climb that career ladder, said Walker. "It's more than just studying for an exam."

Chaplains also have a responsibility to evaluate and guide the careers of RPs.

"The RP rate is fairly young, and a small community competing against larger rates such as corpsman or IT (information systems technicians)," added Walker.

Whether joining the ranks of RPs through accession or conversion, the guide is a tool that can shape the vision for current and future recruits.

"I knew I was going to serve when I was eleven years old," said Religious Programs Specialist 1st Class David Okula, who joined the Navy in December 2012 after graduating college.

"Growing up during the period of the global war on terror, I had a variety of options and chose the RP rate where I can serve and help all kinds of people," said Okula. "With the new guide, I trust all RPs will feel empowered to making decisions with confidence."

RPs are Sailors first and from day one are navigators of their career.

"What's unique about the guide is that everything a RP needs to know is in one place," said Walker.

The training guide project began more than a year ago with support and collaboration from the RP leadership mess, and complements the Navy's Sailor 2025 ready, relevant learning initiatives.

Health, Safety and Fitness Community Service Award Winners for 2017 announced

by Ed Barker

Twelve commands were recognized for community service excellence Jan. 9, as Naval Education and Training Command (NETC) announced the Health, Safety, and Fitness Flagship Awards for calendar year 2017, as detailed in Naval Administrative Message (NAADMIN) 004/18.

The Health, Safety, and Fitness Flagship Awards are managed by NETC as the flag sponsor, and executed by the Naval Education and Training Professional Development Center (NETPDC). Winners are recognized for having the best overall community service programs teaching and encouraging individuals, especially youth, to lead active lives.

"The Navy's Health, Safety, and Fitness Flagship Award program promotes positive lifestyles through command partnerships with schools and communities," said Capt. Kertreck Brooks, NETPDC Commanding Officer. "Every day, thousands of Sailors are out in the community, around the world, promoting health and fitness by educating and setting a good example for kids to emulate."

Part of the overall Navy Community Service Program (NCSP), the Health, Safety, and Fitness

Flagship Awards highlight Navy volunteers who visit schools and neighborhoods sharing information and giving practical training that focuses on nutrition, hygiene, mental health, disease prevention, leisure skills development, personal safety, drug demand reduction, sports, and recreation.

Examples of command-sponsored health, safety and fitness events are Special Olympics, the Great American Smokeout, safety and health fairs, and the President's Award on Physical Fitness and Sports.

According to Rear Adm. Kyle Cozad, NETC commander, devoting the time to improve health, safety, and fitness in the community is time well-spent by commands and sows the seeds of great rewards.

"This program re-enforces the Navy's commitment and support to our surrounding communities," said Cozad. "Continuing partnerships and positive leadership make a significant difference in the quality of lives for our Sailors and in those lives they touch."

The 2017 Health, Safety, and Fitness Flagship Award winners by category are:
Shore Command Category:

-Small Winner: Afloat Training Group Middle Pacific, Pearl Harbor, Hawaii.

-Small Honorable Mention: Center for Naval Aviation Technical Training Unit, Lemoore, California.

-Medium Winner: Center for Naval Aviation Technical Training Unit, Keesler AFB, Mississippi.

-Medium Honorable Mention: Navy Medicine Professional Development Center, Bethesda, Maryland.

-Large Winner: Naval Air Technical Training Center, Pensacola, Florida.

-Large Honorable Mention: Joint Base Pearl Harbor-Hickam, Hawaii and Naval Air Station Patuxent River, Maryland.

Overseas Category:

-Small Winner: Naval Airborne Weapons Maintenance Unit ONE, Guam

-Large Winner: U.S. Naval Hospital, Naples, Italy

-Large Honorable Mention: U.S. Naval Hospital, Guam

Sea Category:

-Medium Winner: Helicopter Sea Combat Squadron TWO THREE, San Diego

-Large Winner: U.S. Naval Mobile Construction Battalion THREE, Port Hueneme, Calif.

-Large Honorable Mention: USS Gerald R. Ford (CVN 78),

Norfolk, Virginia.

The NCSP was launched in 1992 by then-Chief of Naval Operations Adm. Frank B. Kelso, with the goal of fostering and nurturing community ties with the Navy and promoting volunteerism while developing better naval leaders through experience in the program.

NCSP consists of five flagship award categories, including the Health, Safety, and Fitness Flagship, Personal Excellence Partnership Flagship, Project Good Neighbor Flagship, Campaign Drug Free Flagship, and Environmental Stewardship Flagship. A separate Navy command sponsors and administers each flagship category.

In addition to executing the Health, Safety and Fitness Flagship Award, NETPDC provides products and services that enable and enhance education, training, career development, and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education Department, the Navy Advancement Center, and the Resources Management Department. Additional information about the Naval Education and Training Professional Development Center can be found via: <https://www.netc.navy.mil/netc/netpdc/Default.htm>.

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About Your Health

Keeping your gut in check: Healthy options to stay on 'tract'

by National Institutes of Health

Your digestive system is busy. When you eat something, your food takes a twisty trip that starts with being chewed up and ends with you going to the bathroom. A lot happens in between. The health of your gut plays a key role in your overall health and well-being. You can make choices to help your body stay on tract.

Your digestive, or gastrointestinal (GI), tract is a long, muscular tube that runs from your mouth to your anus. It's about 30 feet long and works with other parts of your digestive system to break food and drink down into smaller molecules of nutrients. The blood absorbs these and carries them throughout the body for cells to use for energy, growth, and repair.

With such a long GI highway, it's common to run into bumps in the road. About 60 to 70

million Americans are affected by digestive diseases, like gastroesophageal reflux disease (GERD) or irritable bowel syndrome (IBS). GERD happens when your stomach acid and/or contents come back up into your esophagus (swallowing tube) or throat. This causes uncomfortable symptoms like heartburn and indigestion. IBS is a group of symptoms that includes pain in the abdomen and changes in bowel habits. People with IBS may have constipation, diarrhea, or both. Many more people have other digestive problems, like bloating and stomach pain.

"There are many factors that can impact gut health," says Dr. Lin Chang, a GI expert at the University of California, Los Angeles. How your body's built, your family and genetic history, how you manage stress, and what you eat can all affect your gut.

"I see a lot of lifestyle-related

GI issues, and there are often no quick fixes for that," she says. "In general, people do well when they create a more routine schedule, eat a healthy diet and smaller more frequent meals, add in some exercise, and get a good amount of sleep."

Chang studies the connection between stress and IBS. Her research group has found that people who have early life stress are more likely to develop IBS. "However, this increased risk for IBS went down when people confided in someone they trust about the stress they experienced," she explains. "Finding healthy ways to manage stress is important for GI health, and your health overall."

What you eat can help or hurt your digestive system, and influence how you feel. "Increasing fiber is really important for constipation," says Chang. "Most Americans do not eat a lot of fiber so you have to gradually increase the fiber in your diet. Otherwise you might get gas and more bloating, and won't stick with [the changes]."

Chang says you should eat at least 20–30 grams of fiber a day for constipation. You can spread out your fiber in small amounts throughout the day. Start with small servings and gradually increase them to avoid gas, bloating, and discomfort.

Try to eat fruits and vegetables at every meal. A variety of fruits, vegetables, whole grains, and nuts can provide a healthy mix of different fibers and nutrients to your diet. An added benefit

is that the more fiber and whole foods you eat, the less room you'll have for less healthy options.

But some fiber-rich foods, called high FODMAP foods, can be hard to digest. Examples include certain fruits and vegetables, dairy products, and wheat and rye products. If you have IBS, your doctor may recommend a diet low in FODMAPS.

Researchers are coming to understand the complex community of bacteria and other microbes that live in the human GI tract. Called gut flora or microbiota, these microbes help with our digestion. But evidence has been growing that gut microbes may influence our health in other ways too. Studies suggest that they may play roles in obesity, type 2 diabetes, IBS, and colon cancer. They might also affect how the immune system functions. This can affect how your body fights illness and disease. Recent studies have found that microbes' effects on the immune system may impact the development of conditions such as allergy, asthma, and rheumatoid arthritis.

You might have heard that probiotics—live microbes that are similar to those found in the human gut—can improve your gut health. These are also called "friendly bacteria" or "good bacteria." Probiotics are available in dietary supplements and in certain foods, such as yogurt.

There is some evidence that probiotics may be helpful in preventing diarrhea associated

with antibiotics and improving symptoms of IBS, but more needs to be learned. Researchers still don't know which probiotics are helpful and which aren't. They also don't know how much of the probiotics people would have to take or who would most likely benefit from them.

Certain food additives called emulsifiers are something else that may affect your gut health. Emulsifiers are added to many processed foods to improve texture and extend shelf life. But studies show they can affect our gut flora.

"Our work and other research indicate that emulsifiers and other food additives can negatively impact the microbiota and promote inflammatory diseases," says Georgia State University's Dr. Andrew Gewirtz. His group has been studying the relationships between food additives, gut bacteria, and disease in mice. The team also plans to examine how different food additives may affect people.

Based on what his team and others have found, Gewirtz advises, "The take home message: Eat a balanced diet and less processed foods."

"The GI system is complicated and such an important part of our health," Chang says. "It takes a real partnership between patient and doctor to get to the root of issues. Everyone has to find a healthy routine that works for them."

She encourages you to take an active role in finding a doc-

tor who makes you feel comfortable. The right doctor will listen carefully to your health history and symptoms. You can help keep your gut in check by talking with your doctor and—together—making the right choices for you.



For Better Gut Health

Eat slower. Chew your food well before swallowing. It may help you swallow less air and better sense when you're full.

Enjoy smaller meals. Eat in moderation to avoid overfilling your stomach and encourage digestion. A packed stomach may also cause reflux, or your food to come back up.

Set a bedtime for your gut. Try to limit how much you eat after dark. Your GI tract is most active in the morning and daytime.

Manage stress. Learn healthy ways to reduce stress like relaxation breathing, mindfulness, and exercise. Stress makes it harder to digest your food well.

Create a routine. Try to eat around the same times each day. Your GI system may do best on a schedule.

Consider probiotics. Talk with your doctor about taking probiotics (supplemental healthful bacteria). They may ease constipation and IBS symptoms.



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

Call Jay Lott at 619-230-0301 or email him at jay@navyleague-sd.com for more information.

Places of Worship

Bayview Baptist Church

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2nd Wednesday's 6pm YLoV and YMv
Wednesday Night Live (WNL) 7pm
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www.bayviewbc.org

Canyon View Church of Christ

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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
[Email:cvcfoffice@canyonview.org](mailto:cvcfoffice@canyonview.org)

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www.facebook.com/cccsd

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Friday's Women's Bible Study 9:30-11:30 am
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ariel@fbcoronado.com FB: First Baptist Church of Coronado

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website: www.st-lukes-la-mesa.org
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Turning the other cheek: Enduring a colonoscopy

exposing the sordid details of my recent colonoscopy might qualify as conduct unbecoming of a military spouse, I nevertheless feel compelled to give my readers what they want.

No pun intended.

the meat and potatoes of life

by Lisa Smith Molinari

It seems that every humor writer on Earth has penned an amusing account of his or her root canal, mammogram, or other cringeworthy medical procedure. Arguably, the intimate details of one's doctor's appointments should not be published for the masses to read. However, many unscrupulous writers have plucked this low hanging fruit in shameless pursuit of an easy laugh.

While I aspire to higher moral standards as a writer, I cannot deny the uncontested fact that embarrassing medical procedures are grounding experiences to which many readers can relate. So, realizing that publicly

Of course, I will tell the unsavory tale with the utmost decency and decorum - no vulgar language will be used in this story. In fact, I have gone to great lengths to provide squeaky-clean metaphors and subtle innuendos to describe the most sensitive parts.

For those who may not know, routine colonoscopies are recommended for people over fifty. In theory, the procedure is relatively simple — the doctor uses an endoscopic camera to check the colon for irregularities. But in reality, this life-saving cancer screening has a way of bringing humans to the brink of all that is

The first step in my colonoscopy journey was the dreaded pre-operative bowel cleansing. By nearly starving myself on a clear liquid diet for two days, and guzzling what seemed like a 50 gallon drum of the prescribed system-cleaning solution which tasted like bilge water with a spritz of Lemon Pledge, I effectively relinquished all control of my bowels for the next 48 hours. Suffice it to say that I would highly recommend that anyone scheduled for a colonoscopy invest in a Mega-pack of Charmin double ply, install a splash guard on the toilet, and stop wearing pants altogether.

By the next morning, my in-

testines were emptier than an AA meeting on St. Patrick's Day, and I was ready for my colon's photo shoot. At the Naval Clinic's surgery center, I put on a hospital gown open at the back and laid on my side as instructed. The room contained various trays of instruments, an overhead spotlight, an air compressor, and a long black hose wound over a metal rack. I thought I had accidentally wandered into a Jiffy Lube. But then, I saw the flat screen TV for live streaming the video of my innards and knew I was in the right place.

The doctor had decided to put me under general anesthesia rather than mild sedation, because my lower intestines were "all over the place" and would

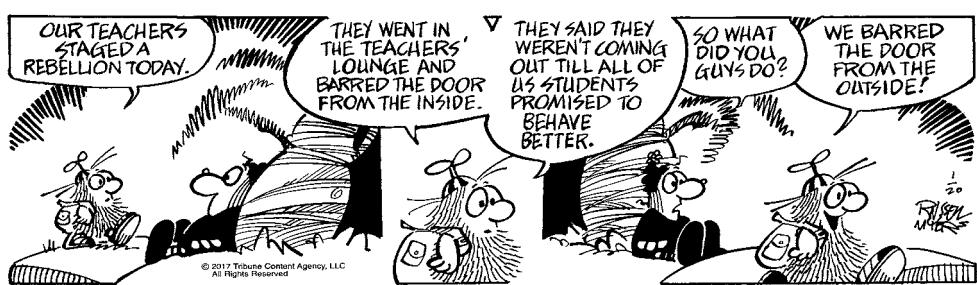
need extra probing. As I waited for the anesthesiologist to arrive, I was embarrassed about my exposed rump and middle-aged stomach that drooped onto the table like spilled pancake batter. I glimpsed the air compressor and knew that they would soon be pumping my intestines full of air and shoving Lord-knows-how-many-feet of that hose into my body.

Lisa!"

The anesthetist came in for a side hug, and I stared at him in shock. It was Jerry, the father of my daughter's friend from school. I had chatted with him and his wife many times during school events. I knew he was a Navy doctor, but I had no idea that he would one day peer down at my bare backside.

The milky solution in the syringe could not hit my IV soon enough. I awoke an hour later, feeling gassy, embarrassed, and woozy, but mostly relieved that my colon had a clean bill of health.

Schedule your colonoscopy screening now. See www.coloncancerfoundation.org



On Base & On Board

MLK Workout Run Friday, January 19, 9 am, FREE Event T-shirt awaits all pre-registered participants! Run starts at the Admiral Prout Field House Track aboard NBSD. Register online at www.navylifesw.com. For more information call 619-556-7444.

Core & More 5K Healthy Fitness Challenge Friday, January 19, 11:15 am, FREE, NMCSO Softball Field MWR Fitness & Health is kicking off the 2018 Healthy Fitness Challenge in style! Join us on the softball field interval training to include core, upper and lower body circuit, followed by a lap (run/jog) between each station. Laps equate to a 5K. The challenge concludes with a cool down/stretch segment. The first 100 to register receive an event giveaway. Register today at www.navylifesw.com or call 619-532-7495 for more info.

Big Bear Snow Weekend Friday-Sunday, February 9-11, \$145 active/\$155 guest Take a "SNOW DAY" with Liberty! Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Cost includes transportation, lodging, in-cabin meals and snow tubing. Ski/snowboard rentals and lift tickets are available on site for an additional fee. Sign up at your local Liberty Center or call 619-532-8909.

HAPPENINGS LISTED FROM PREVIOUS ISSUES....

GOLF

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

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

Junior Golf Clinics Every Wednesday, 3-4 pm & Saturday, 9-10 am • \$20 Kid's 6-17 years, learn fundamentals, etiquette and golf rules in a fun, friendly environment. For more details contact the Sea 'N Air Golf Course at 619-545-9659 or Admiral Baker Golf Course at 619-487-0090.

BOWLING

Cosmic Bowling Sea 'N Air Lanes, NASNI – Every Friday and Saturday night, 8 pm-midnight Admiral Robinson Recreation Center, NBSD – Saturday, 9 pm-midnight Visit one of MWR's Bowling Centers for "out-of-this-world" bowling. Everything glows under black lights while the fog rolls in and wild music blasts you to another dimension. Bring the whole family and enjoy the "cosmic" scene! For more information call 619-556-7486 or 619-545-7240.

Roll & Grow Saturdays, 9:30 am, \$5/per week (7yrs. & younger) Cost includes instruction, 2 games and shoe rental. Admiral Robinson Recreation Center, NBSD, 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.

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

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

CYP

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

Give Parents a Break Military families are subject to unique stresses such as deployments, remote tours of duty, and extended working hours. This Navy Child & Youth Programs (CYP) program is designed to give family members a short break from parenting in order to help them deal with these types of stressful situations by providing childcare for children 6 weeks to 12 years of age. Centers are utilized for care at no cost for eligible families and at the hourly care rate (\$4 per hour) for all other eligible CYP patrons, on a space available basis.

Visit <http://sandiego.navylifesw.com/fleet-family//fleet-family/child-youth-programs/> for more information and the most recent GPAB schedule.

LIBERTY

Boxing Class Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. VADM Martin Liberty, NASNI: 619-545-3331 Friday, January 19 6 pm \$15 Learn proper boxing technique and punches that pack the most power. Cost includes transportation, hand wrap, glove rental

and trainer fee.

Mt. High Ski/Snowboard Weekend Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. VADM Martin Liberty, NASNI: 619-545-3331 Saturday-Sunday, January 20-21 7 am \$100 active/\$120 guest Cost includes transportation, one night hotel stay, ski/snowboard rental and snow tubing.

Hike Dust Devil Trail, Del Mar Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Balboa Liberty Center, NMCSO: 619-532-8909 Saturday, January 20 • 7 am • \$10 active/\$15 guest This easy 1.75 mile hike consists of 3 intersecting loops that provide views of the San Dieguito Lagoon. Cost includes transportation and a snack. Don't forget to ask about our new Hiker's Club Program!

The Paintball Park at Miramar Trip open to single enlisted and unaccompanied active duty, plus a guest, 18+. Q-Zone Liberty, NAB: 619-437-3190 Sunday, January 21 10:30 am Call for cost Check out paintball's hot spot! The grounds are massive!

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

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Local Military

'Knights' prepare for battle

by Cpl Daniel Auvert and Cpl Jake McClung

Marines with Marine Fighter Attack Squadron (VMFA) 314, the "Black Knights," deployed as part of the aviation combat element (ACE) for Special Purpose Marine Air-Ground Task Force-Crisis Response-Central Command (SPMAGTF-CR-CC) from Marine Corps Air Station Miramar Jan. 10.



SPMAGTF-CR-CC's mission is to conduct crisis response, contingency operations and theater security cooperation to enable missions supporting Combined Joint Task Force-Operation Inherent Resolve and other operations in the U.S. Central Command (CENTCOM) area of operations.

"The squadron's whole purpose is to support those ground troops that are actually in the fight," said 1st Lt. Steven Flores, Marine Aviation Logistics Squadron (MALS) 11 detachment officer in charge for VMFA-314. "Being able to pick up a deployment like this is what the squadron trains for; it's the kind of mission that pilots want to get when they first start flying."

While on the deployment, the Marines will maintain F/A-18 Hornets and keep them operationally capable of offensive air support, anti-aircraft warfare, assault support and aerial reconnaissance. Without the maintainers, VMFA-314's mission would be impossible, added Flores.

"There's a lot of trust between Marines on the ground being able to call in air support from Marine aviators," said Flores. "It goes a long way and gives them confidence knowing they have Marine support wherever they are."

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Southwest Regional Apprentice Program returns graduates to Navy

SAN DIEGO - The Navy welcomed eight new journey-level mechanics to its team of ship maintenance professionals during a Jan. 11 ceremony at Southwestern College in Chula Vista..

Parks assumes command with HSM-78

by MC2 Tom Tonthat

PACIFIC OCEAN - Helicopter Maritime Strike Squadron (HSM) 78 held a change of command ceremony while flying in an MH-60R Sea Hawk operating near USS *Carl Vinson* Jan. 15.

Cmdr. Eddie Park relieved Cmdr. Timothy C. Boheme and assumed command of the "Blue Hawks."

Boheme served as XO for HSM-78 before taking over as commanding officer. Under his leadership, HSM-78 completed a maiden operational deployment last year and prepared more than 300 Sailors to deploy again this January.

"It's been my honor to do my duty with a team that has accomplished so much," he said.

Family, friends, instructors, supervisors and representatives from the Navy, college and state were in attendance to celebrate the hard work and accomplishments of the Southwest Regional Apprentice Program graduates.

"We are tasked to maintain and modernize ships, submarines and aircraft carriers, and deliver them back to the Fleet on time," said Capt. Neil Sexton, Puget Sound Naval Shipyard and Intermediate Maintenance Facility product line officer. "We cannot do that without highly skilled and motivated mechanics and leaders like you."

Sexton presided over the event as a representative of PSNS & IMF, which oversees the apprentice program.

The graduates represented two commands and five trades, with 75 percent graduating with a grade point average at or above 3.5. In addition to receiving their journey worker certificates from both the Department of Navy and Department of Labor, they all earned a Certificate of Proficiency in Leadership and Supervision from Southwestern College.

After assuming command, Park pledged to continue the legacy Boheme began.

"I pledge to serve you with honor," said Park. "I pledge to take into consideration every single Blue Hawk's needs as we execute this command's mission. I am proud to serve with you and carry on the legacy skipper Boheme has advanced so well."

HSM-78 is based on Naval Air Station North Island and is the Navy's newest MH-60R Sea Hawk squadron.

abilities and in the training we have received."

The event also included recognition of exceptional student achievement. Andrew Lerch, PSNS & IMF marine machinery mechanic, received the scholastic achievement award for his cumulative grade point average of 4.0. Lerch was also selected by the program's board of directors as the 2018 Apprentice of the Year. He had previously received a Student of Distinction Award from Southwestern College in 2016, the only apprentice to ever receive this prestigious award.

The Southwest Regional Apprentice Program consists of both academic classes and on-the-job-learning. This is the fourth graduating class since the four-year program opened its doors in 2010.

The program is a partnership among Puget Sound Naval Shipyard and Intermediate Maintenance Facility in Bremerton, Wash.; Southwest Regional Maintenance Center in San Diego; Fleet Readiness Center Southwest at NAS North Island; Portsmouth Naval Shipyard in Kittery, Maine; and Southwestern College in Chula Vista.

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Artist donates sculpture to Combat Center

by Cpl. Dave Flores

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, CA -- The Officers' Club here hosted a dedication ceremony for a new sculpture at their establishment Jan. 9. The sculpture was gifted by Claudio D'Augustino, a sculptor who has created many Marine Corps-related pieces for MCRD San Diego.

In 1997, D'Augustino, was commissioned by MCRD San Diego to create a piece to commemorate more than 75 years of recruit training in San Diego. D'Augustino viewed the creation of the sculpture, "Marine Recruit," as a way to give back to the military community and thank them for their service.

In the years to follow, D'Augustino created several more Marine-related pieces, such as a drill instructor bust, a bust of Gen. John A. Lejeune and his most recent piece, a sculpture of the Marine emblem, which was donated to the Combat Center.

"I was able to work on [my latest] sculpture on board MCRD San Diego, and hearing the drill instructors and seeing the Marines go through train-



Claudio D'Augustino stands in front of his sculpture during a dedication ceremony aboard the Marine Corps Air Ground Combat Center, Twenty-nine Palms. The sculpture was donated to express D'Augustino's appreciation for members of the armed services. Marine Corps photo

ing inspired me," D'Augustino said. "Once you step on to a Marine Corps base, you can feel the sacrifices that have been made and you get the sense that you're doing things for the United States. By working on base, I was able to feel those emotions and make this sculpture happen."

Lt. Col. Larry Warfield, assistant chief of staff, MCCS, and the senior manager of the Officers' Club, spoke at ceremony.

"When I look at Claudio's sculpture, I can hear the echoes of Marines and Sailors who have come through the Combat Center and dedicated their lives to the

service," Warfield said. "John F. Kennedy said ask not what your country can do for you, but what you can do for your country. What that means is that we are in service to our country, whether you're a United States Marine or a citizen."

D'Augustino expressed his gratitude to everyone who made the event possible, and said that the whole experience felt very surreal to him.

"Donating this sculpture is a dream come true for me, and knowing that it has been placed in this building makes me happy because this piece is in good hands," D'Augustino said.

Lake Champlain onloads ordnance

by Petty Officer 1st Class

Nathan R. Carpenter
SEAL BEACH - Ticonderoga-class guided missile cruiser USS *Lake Champlain* (CG 57) completed an ordnance onload at Naval Weapons Station Seal Beach, Jan. 12, in preparation for deployment to the Western Pacific.

the deployment onload," said Capt. Jen Ellinger, commanding officer of *Lake Champlain*.

Despite several rainy days and high winds that suspended the operation several times, the onload was completed on schedule. Personnel from *Lake Champlain*'s weapons department worked alongside civilians from the weapons station to safely and efficiently load the ordnance.

"They were so organized that they were able to overcome the weather setbacks so that we were able to complete the onload and depart on time," said Ellinger.

While organization is an important factor in working

quickly, it is also a critical component of safety. Hot-work, open flames and the use of flammable materials like paint are prohibited during the onload. Use of radio equipment, including cell phones, is also restricted.

As an Aegis-equipped cruiser, *Lake Champlain* provides air and missile defense to the aircraft carrier USS *Carl Vinson* Strike Group.

The Ticonderoga-class guided-missile cruiser is operated by more than 350 Sailors and carries Tomahawk missiles, standard SM-2 surface to air missiles, two 5-inch dual purpose guns, and two SH-60 Seahawk helicopters.

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CNV 4474	C40	14:08	WHIDBEY(121)

TUESDAY, JANUARY 23, 2018

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4114	C40	09:00	HONOLULU(121)

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PACIFIC OCEAN (Jan. 12, 2018) - Naval Aircrewman (Tactical Helicopter) 2nd Class Alexander Grimes sits aboard an MH-60S Sea Hawk helicopter assigned to HSC 4 near USS Carl Vinson. The Carl Vinson Strike Group is operating in the Pacific. Navy photo by MC3 Jake Cannady



ARABIAN GULF (Jan. 14, 2018) - Lance Cpl. Devin Cook sits on an F/A-18C Hornet assigned to the Checkerboards of Marine Strike Fighter Attack Squadron (VMFA) 312 during a preflight inspection brief on the flight deck of deployed the aircraft carrier *Theodore Roosevelt*. Navy photo by MCSN Michael Hogan



EL CENTRO (Jan. 13, 2018) - Blue Angels Slot Pilot, Lt. Cmdr. Nate Scott, taxis onto the flight line during a winter training flight at Naval Air Facility here. The Blue Angels are scheduled to perform more than 60 demonstrations at more than 30 locations across the U.S. in 2018. Navy photo by MC1 Ian Cotter



ARABIAN GULF (Jan. 4, 2018) - HT2 Ryann Galbraith brazes piping aboard *Theodore Roosevelt*. *Theodore Roosevelt* and its carrier strike group are deployed to the 5th Fleet area of operations. Navy photo by MCSN Michael Hogan

Insurance fraud and your career

You are committing insurance fraud when you stage a vehicle accident.

You are committing insurance fraud when you fake vandalism or the theft of your vehicle.

You are committing insurance fraud when you get an insurance policy after a loss has occurred and try to untruthfully claim that loss occurred after you were insured.

You are committing insurance fraud when you fake, stage, or exaggerate injuries or property damage.

If you learn one thing from this article, let it be this: committing insurance fraud isn't worth it. Perhaps you have heard of someone filing out a false claim to get money from an insurance company. What is often left out of these stories is the impact on finances, career, family, and life when they're caught.

Before you decide to lie during an insurance claim, consider these consequences. California Penal Code 550 makes it a felony to knowingly file a false insurance claim, or to help someone file a false insurance claim. The California court system can impose up to five years in prison, a fine of up to \$50,000 or double the amount of the fraud and order the felon to repay the insurance company in full. The restitution owed to the insurance company includes not only the actual losses but also the insurance company's investigative costs.

These consequences are amplified and catastrophic where military careers are involved. The effect a civilian fraud conviction can have on a military career is also severe and must be considered. Ask yourself these questions:

- Will a civilian felony theft-related conviction serve as a basis to revoke my security clearance?
- Will a civilian felony theft-related conviction be used as a basis to administratively separate me even where no prison is imposed?
- Will being arrested and placed in county jail awaiting trial for filing such a claim be a basis to administratively separate me?
- Will my civilian conviction be the basis to convene a Court Martial that could result in a dishonorable discharge, forfeiture of all pay and allowances, and confinement for five years in a military brig?

Theft is theft even where the victim is an insurance company. It is a crime. If you or someone you know is considering committing insurance fraud by filing false claims, tell them: it is not worth it. Tell them of the effects it will have on their finances, career, family, and life. If they cheat; they will pay.

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America, San Diego depart Guam

by MC3 Vance Hand

GUAM - Amphibious assault ship USS *America* (LHA 6) and amphibious transport dock ship USS *San Diego* (LPD 22), both part of the *America* Amphibious Ready Group (ARG), along with embarked 15th Marine Expeditionary Unit (MEU), departed Guam Jan. 12 following a scheduled port visit.

As the first port visit together in the Indo-Asia-Pacific, many of the Sailors and Marines of *America* and *San Diego* had been looking forward to visiting the beautiful island for the first time.

"I've never been to Guam before, but it was a really good time," said Capt. Michael Smith, troop embarkation officer for the 15th MEU aboard *San Diego*. "Everyone is so friendly and overall its been such a fun place to be. I spent time on the beach, walked around the island and ate some good food."

During their time in Guam, the crews also brought on supplies, conducted routine maintenance, participated in community service projects, and experienced the unique culture and sights on the island.

America's Chaplain, Cmdr. Mike Foskett, organized the three community service projects for *America*. On Jan. 8, the crew visited Oceanview Middle School, where 25 Sailors and Marines spoke with students about military life and service.

"It was fun getting to spend time with the kids and to talk with them about who we are and what we do," said Religious Program Specialist 2nd Class Anais Fernandez, one of the volunteers at the event. "The kids were amazing and I hope we get to

come back to spend more time with them."

America's crew members also visited the Catholic Social Services Adult Day Care Center on Jan. 9 where they had an opportunity to interact with the elderly and share experiences and stories.

"It was a rewarding experience," said Foskett. "The crew worked hard to help visit the Adult Day Care and school, assisted in cleaning beaches, and get to know some of the people of Guam."

While in port, both crews had the chance to explore the island, seeing sights and interacting with locals.

"It was refreshing to be able to relax and unwind at such an amazing place," said Logistics Specialist 3rd Class Anthony Campbell, a Sailor assigned to *America*. "The beaches, the food, the people, everything was amazing and I think being here was a good thing to do before going back to sea."

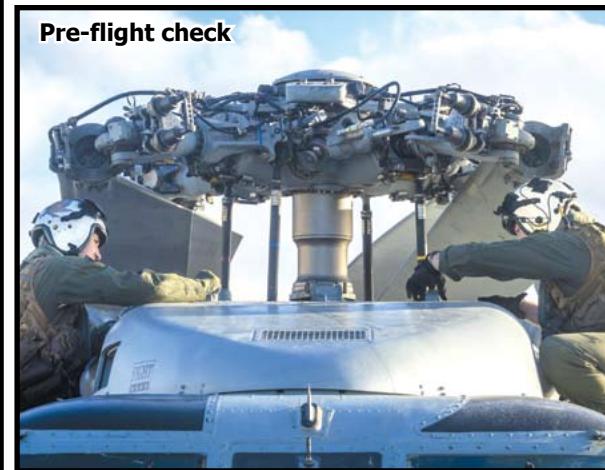
Marines assigned to the 15th MEU and the crew of *America* spent the first few days of the port visit conducting a vehicle wash down. The agricultural wash down and inspection process is a requirement for re-entry into the United States by the United States Department of Agriculture and Customs and Border Patrol.

The purpose of the evolution was to ensure that no contraband or foreign invasive species in the form of dirt, debris or pests are introduced to the United States.

The *America* Amphibious Ready Group, with embarked 15th Marine Expeditionary Unit, is operating in the Indo-Asia-Pacific.



CAMP PENDLETON (Jan. 11, 2018) - Marines assigned to Headquarters Regiment, 1st Marine Logistics Group, receive instructions during a Reconnaissance, Surveillance and Decontamination Course. photo by Lance Cpl. Timothy Shoemaker



PACIFIC OCEAN (Jan. 10, 2018) - Lt. Bryan Wogerman, left, and Naval Aircrewman (Tactical Helicopter) 2nd Class Zach Nicholson perform a pre-flight check on an MH-60R Sea Hawk from "Blue Hawks" Helicopter Maritime Strike Squadron (HSM) 78 on USS *Carl Vinson*'s (CVN 70) flight deck. *Carl Vinson* Strike Group is currently operating in the Pacific as part of a regularly scheduled deployment. Navy photo by MC3 Matthew Granito

cific region to strengthen partnerships and serve as a ready-response force for any type of contingency.

Seventh Fleet, which celebrates its 75th year in 2018, spans more than 124 million square kilometers, stretching from the International Date Line to the India/Pakistan border; and from the Kuril Islands in the North to the Antarctic in the South.

Seventh Fleet's area of operation encompasses 36 maritime countries and 50 percent of the world's population with between 50-70 U.S. ships and submarines, 140 aircraft, and approximately 20,000 Sailors in the 7th Fleet.



MCRD SAN DIEGO (Jan. 10, 2018) - A recruit from Delta Company, 1st Recruit Training Battalion, performs a take down during a Marine Corps Martial Arts Program training session here. Recruits learn the basic fundamentals of MCMAP and will test out for their tan belts later in training. Annually, more than 17,000 males recruited from the Western Recruiting Region are trained here. Delta Company is scheduled to graduate Feb. 2. Marine Corps photo



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Entertainment

San Diego Cactus and Succulent Society is having it's annual one-day Winter Show and Sale

It's that time of year for purchasing exotically beautiful succulents.

The San Diego Cactus and Succulent Society is having its annual one-day Winter Show and Sale Feb. 10.

The Society announces that thousands attend this show and sale and they will have vendors from all over Southern California and Arizona - rare and



unusual plants and handmade pottery.

Plant experts will be happy come to your home on Feb. 8 or Feb 9 to help with your arrangements.

Here are the show and sale particulars:

When: Feb 10, 2018....10 to 4 pm (members only shopping from 9 to 10 am....memberships can be purchased through

PayPal online or at the door!) (People start to line up at 8 am!)

Where: Balboa Park, Casa del Prado Room 101 and outdoor patio

Cost: free and family friendly

Misc: free parking all around

park, holding area for plants so you can bring your car around, boxes will be needed for your purchases, cash, credit or check accepted....5 cash registers make the line speedier

'The Importance of Being Earnest' runs Jan. 27-March 4 at The Old Globe



(from left) Kate Abbruzzese appears as The Hon. Gwendolen Fairfax, Matt Schwader as John Worthing, Helen Carey as Lady Bracknell, Christian Conn as Algernon Moncrieff, and Helen Cespedes as Cecily Cardew in *The Importance of Being Earnest*, by Oscar Wilde, directed by Maria Aitken, runs January 27 - March 4, 2018 at The Old Globe. Photo by Jim Cox.

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AutoMatters & More: CES 2018 – The Consumer Electronics Show in Las Vegas

AutoMatters™ & More



by Jan Wagner

CES—more commonly known to the world as the Consumer Electronics Show—is where to find latest innovations and breakthroughs in consumer technologies. CES attracts companies large and small, filling almost every convention center space, hotel room and suite, in Las Vegas for the better part of a week in early January each year. Considering the enormous variety and quantity of products, services and technologies, as well as the difficulty in getting around to the various venues in the often gridlocked Las Vegas traffic, there is not nearly enough time to see and do everything.

Added to the challenge this year was a massive power failure in the Las Vegas Convention Center (LVCC), following two straight days of steady, relentless rain. Trashcans appeared throughout the LVCC, in an only partially successful effort to collect the rainwater leaking through its aging roof. Sufficient moisture found its way in by the next day to cause the power failure that led to the evacuation of the LVCC's Central Hall. Many of us wasted precious time waiting to be let back in.

Several events provide opportunities for members of the media to meet with a variety of companies and their representatives, and see some of their products and services, gathered together at one time in large ballrooms around Las Vegas. These include CES Unveiled, Pepcom's Digital Experience! and ShowStoppers.

I approached CES with two objectives: to try to get an overview of this year's emerging trends, technologies, products and services; and to focus on a few of particular interest and importance, in part by requesting several products for review. These will be covered here in the coming weeks and months.

In recent years, autonomous vehicles and technology have been featured at CES. The major automakers have had an ever-increasing presence at CES, as have a myriad of tech companies that many consumers may never have even heard of. The sheer volume of computer code that must be written to process the massive amount of data required for autonomous vehicles and their infrastructure is truly mind-boggling.

One such company is Aptiv (spun off from Delphi), self-described as "a global technology

company that develops safer, greener and more connected solutions, which enable the future of mobility." For CES they built an entire (temporary) building, within which they presented and explained some of the key hardware, software and processes of their autonomous vehicle technologies.

Of particular interest was Aptiv's partnership with BMW and Lyft—the ridesharing company. To showcase that collaboration, showgoers could choose a special choice in the Lyft app to request a ride in an Aptiv-modified BMW sedan to one of several destinations in Las Vegas. This required driving in real-world, heavy traffic, complete with unexpected events—such as a pedestrian crossing in front of the path of my BMW, which prompted it to stop suddenly. Thankfully it did so safely, with no drama. It was like having a professional driver at the wheel.

While at CES I had several opportunities to speak with showgoers about autonomous vehicles. It seemed like the younger people who I spoke to were less inclined to embrace this technology. Reflecting back, at one time I was not too keen about the thought of relegating driving to a vehicle either, but as I get older I realize that at some point my ability to drive will become more limited. Autonomous vehicles will provide an aging population with the ability to not become prisoners of their homes in the suburbs, or be forced to move. When I shared this thought with younger adults, many told me that they had not considered that, and that they could now see how it could be extremely beneficial. Of course autono-



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Aptiv-equipped self-driving BMW Lyft car

mous vehicles offer much more, from driverless buses to shuttle people around college and business campuses, and urban centers; to the ability to be productive or rest while your vehicle safely and efficiently takes you where you want to go.

Google had a major presence at this year's CES. Scattered throughout Las Vegas were opportunities

for showgoers to experience the Google Assistant and try their luck at winning one of several prizes.

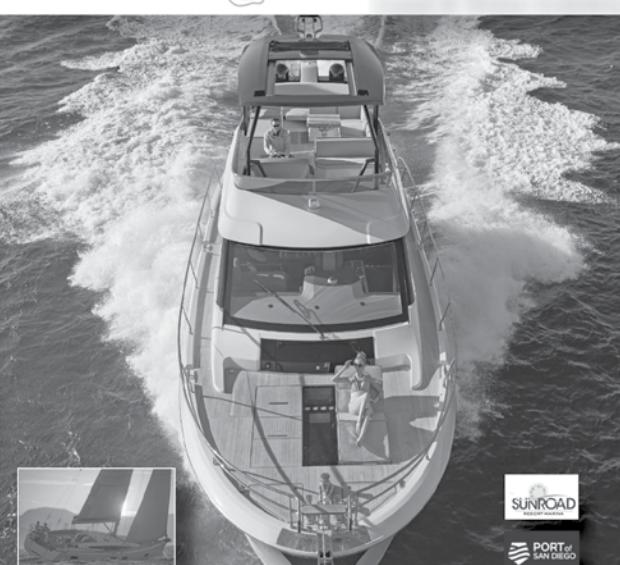
Check back again to find out more about what was at CES 2018.

Send your comments and

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

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	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
KFMB 8	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Inside Edition	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy
KFMB2 82	News 8 Morning Extra			The 700 Club		Maury		Dr. Phil		Judge Faith	Judge Faith	Judge Mathis		The Robert Irvine Show		Paternity Court	Paternity Court	Couples Court	Couples Court
KGTV 10	Good Morning America			Live with Kelly and Ryan		The View		10News Midday		The Chew		General Hospital		Pickler & Ben		Dateline		10News: The Now San Diego	
KPBS 15	Cat in the Hat	Nature Cat	Curious George	Curious George	Daniel Tiger	Splash and Bubbles	Sesame Street	Super Why!	Dinosaur Train	Peg Plus Cat	Sesame Street	Splash and Bubbles	Curious George	Arthur	Nature Cat	Wild Kratts	Wild Kratts	Odd Squad	
KNSD 39	Today			Megyn Kelly Today		Today With Kathie Lee & Hoda	NBC 7 News Midday		Days of our Lives		Access Live		Steve		The Ellen DeGeneres Show	NBC 7 News at 4			
DISN	Transylvania	The Lion Guard	Mickey Mouse	Mickey Mouse	Mickey Mouse	Roadster-Racers	Puppy Dog Pals	Vampirina	PJ Masks	Puppy Dog Pals	Elena of Avalon	Doc McStuffins	Sofia the First	Bunk'd	Jessie	Stuck in the Middle	Liv and Maddie	Raven's Home	Stuck in the Middle
ESPN	First Take			SportsCenter		Outside the Lines	NFL Live		NBA: The Jump		SportsNation		Questionable	Around the Horn	Pardon the Interruption	SportsCenter With Michael and Jemele		Varied Programs	
ESPN2	SportsCenter	SportsCenter		First Take			2018 Australian Open Tennis					Varied Programs	NFL Live		Around the Horn	Pardon the Interruption		Varied Programs	
TLC	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Varied Programs					Hoarding: Buried Alive		Hoarding: Buried Alive	My 600-Lb. Life			Varied Programs		Say Yes to the Dress	Varied Programs	
USA	Varied Programs														Law & Order: Special Victims Unit				

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1/26 AMERICAN FOLK

1/26 A CIAMBRA

American Folk



Filmed over 3500 miles in 14 states, musicians Joe Purdy and Amber Rubarth star as two strangers, both folk musicians, whose fates become intertwined after their plane is grounded in California following the September 11th attacks. They embark on a cross-country journey, raising their voices with everyday people they meet on the road.

Genre: Drama, Musical & Performing Arts

A CIAMBRA

In A CIAMBRA, a small Romani community in Calabria, Pio Amato is desperate to grow up fast. At 14, he drinks, smokes and is one of the few to easily slide between the region's factions - the local Italians, the African refugees and his fellow Romani. When his brother disappears, Pio sets out to prove he's ready to step into his big brother's shoes.

Genre: Drama

SATURDAY MORNING/AFTERNOON

	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
KFMB 8	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	College Basketball Villanova at Connecticut. From XL Center in Hartford, Conn. (N) (Live) (CC)		College Basketball Texas at West Virginia. From WVU Coliseum in Morgantown, W.Va. (N) (CC)		College Basketball Arizona at Stanford. From Maples Pavilion in Stanford, Calif. (N) (Live) (CC)				To Be Announced		CBS Weekend News	To Be Announced	Judge Judy (CC)			
KFMB2 82	Dog Whisperer	Dog Whisperer	Dog Whisperer	This Old H. Hidden Heroes (N)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid program-	Paid Program	Impractical Jokers	Impractical Jokers	James Brown	RaceWeek (CC)	Sports Stars	Hiring America (CC)	Military Make-over	
KGTV 10	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Sea Rescue (N)	The Wildlife Docs	World of X Games (N)	NBA Countdown (N)	NBA Countdown (N)	NBA Basketball Oklahoma City Thunder at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (Live) (CC)		Rock the Park (N)	Vacation Creation	Castle Beckett connects with a new detective. (CC)					
KPBS 15	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Memory Rescue With Daniel Amen, MD (CC)	R. Steves' Europe	This Old House (N)	Ask This Old House	Kimball's Milk	My Greek Table	Cook's Country (N)	Martha Bakes (N)	Pat's Mexican Table	Family Ingredients	R. Steves' Europe	Crossing South		
KNSD 39	NBC 7 News To	The Voyager	Wilderness Vet (N)	Journey-Dreyer	Premier League Soccer Manchester City FC vs Newcastle United FC. (N) (Live) (CC)	Prem Goal Zone	FIS Alpine Skiing World Cup: Men's Downhill. (CC)	Skiing U.S. Grand Prix: Freestyle & Slopestyle. (N Same-day Tape) (CC)				Balding Solutions	Open House	Naturally, Danny Seo	Give (CC) (DVS)				
DISN	Vampirina (CC)	Transylvania	Tangled: The Series	Stuck in the Middle	Stuck in the Middle	Andi Mack (CC)	Andi Mack (CC)	Bizaardvark (CC)	Bizaardvark (CC)	Raven's Home (CC)	Raven's Home (CC)	K.C. Under-cover (CC)	K.C. Under-cover (CC)	Bunk'd (CC)	Bunk'd (CC)	Jessie (CC)	Jessie (CC)	Stuck in the Middle	Stuck in the Middle
ESPN	SportsCenter (N) (Live) (CC)	College GameDay (N) (Live) (CC)	College Basketball Teams TBA. (N) (Live)			College Basketball Teams TBA. (N) (Live)		College Basketball Teams TBA. (N) (Live)								College Basketball Teams TBA. (N) (Live)			
ESPN2	2018 Australian Open Tennis Third Round. From Melbourne, Australia.		College Basketball Teams TBA. (N) (Live)			College Basketball Teams TBA. (N) (Live)		College Basketball Teams TBA. (N) (Live)								College Basketball Teams TBA. (N) (Live)			
TLC	Undercover Boss (CC)	Undercover Boss "Bikinis Sports Bar & Grill"	Undercover Boss "Wiener-schnitzel" (CC)	Undercover Boss (CC)	Undercover Boss Wheel Parts CEO Greg Adler.	Undercover Boss Buffalo Wings & Rings (CC)	Hayley Ever After: The Dress (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	
USA	Try Yoga	Try Yoga	Paid Program (CC)	Chrisley Knows	★½ The Condemned 2 (2015, Action) Randy Orton. Convicts fight to the death in a tournament.	★½ The Condemned (2007) Steve Austin, Vinnie Jones. Prisoners fight to the death before an audience on the Web.	★★ The Last Witch Hunter (2015) Vin Diesel, Elijah Wood. Premiere. An immortal warrior battles the resurrected Witch Queen.	★★ G.I. Joe: The Rise of Cobra (2009, Action) Channing Tatum, Dennis Quaid.	★★ G.I. Joe: The Rise of Cobra (2009, Action) Channing Tatum, Dennis Quaid.	★★ G.I. Joe: The Rise of Cobra (2009, Action) Channing Tatum, Dennis Quaid.	★★ G.I. Joe: The Rise of Cobra (2009, Action) Channing Tatum, Dennis Quaid.	G.I. Joe: Cobra							

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

THURSDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory (CC)	Young Sheldon	Mom (N)	Life in Pieces (N) (CC)	S.W.A.T. A search for a drug ring's leader.	News	Late-Colbert		
KFMB2 82	The Dr. Oz Show (N) (CC)	Judge Judy (CC)	Judge Judy (CC)	News 8 at 7 (N)	Seinfeld (CC)	Supernatural "Wayward Sisters" (N) (CC)	Arrow Oliver discovers Cayden's secret.		News 8 at 10 (N)	Seinfeld (CC)	2 Broke Girls (CC)			
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy "1-800-799-7233" (N) (CC)	Scandal Rowan's action affects everyone.			How to Get Away With Murder (N) (CC)	10News at 11pm	Jimmy Kimmel		
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	KPBS NewsHour (N) (CC)	Ken Kramer's	A Growing Passion	1915 Expo Cen	Crossing South	Midsomer Murders A mother is found dead.	Midsomer Murders	Start Up (N) (CC)		
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune (N) (CC)	Jeopardy! (N) (CC)	Superstore (N)	The Good Place (N)	Will & Grace (N)	Great News (N)	Chicago Fire "Foul Is Fair" (N) (CC)	NBC 7 News	Tonight Show		
DISN	Andi Mack	Bizaardvark (CC)	Jessie (CC)	Bunk'd (CC)	Raven's Home (CC)	K.C. Under-cover	Bunk'd / Middle	Bizaardvark (CC)	Bizaardvark (CC)	Bunk'd (CC)	Jessie (CC)	K.C. Under-cover		
ESPN	Women's College Basketball	Saint Mary's (Calif.) at Gonzaga. (N) (Live)	College Basketball Saint Mary's (Calif.) at Gonzaga. (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)			SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)			
ESPN2	SportsCenter Special (N) (Live)	College Basketball USC at Oregon. From Matthew Knight Arena in Eugene, Ore. (N)	College Basketball USC at Oregon. From Matthew Knight Arena in Eugene, Ore. (N)		2018 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)									
TLC	Say Yes, Dress	Say Yes, Dress	Hayley Ever After: The Dress (CC)	My 600-Lb. Life "Charity's Story" (CC)	My 600-Lb. Life "Supersized: Janine's Story" (CC)	Janine relies on a motorized scooter. (N) (CC)		Family by the Ton (N) (CC)	Family by the Ton (N) (CC)	My 600-Lb. Life (CC)				
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)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC) (DVS)	Law & Order: Special Victims Unit (CC)			

SATURDAY EVENING

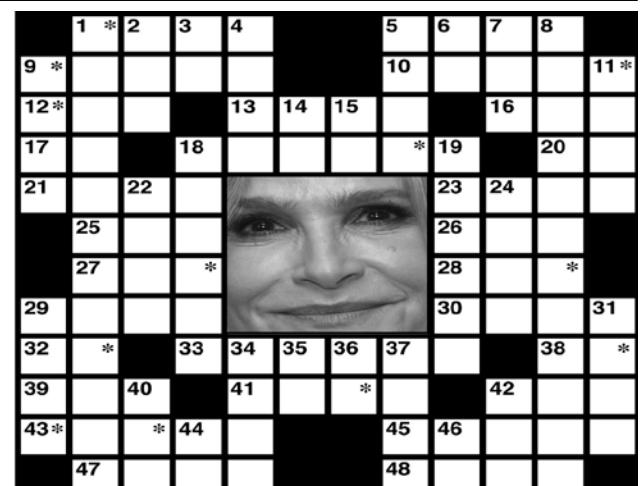
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TV Listings

SUNDAY MORNING/AFTERNOON															JANUARY 21, 2018						
	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30		
KFMB 8	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	Sports Spectacular From Wheatland, Mo. (N)	NFL Championship Chase (N) (CC)	The NFL Today (N) (Live) (CC)	NFL Football AFC Championship: Teams TBA. (N) (Live) (CC)											Paid Program	60 Minutes Presents: 50 Years of 60 Minutes (N)			
KFMB2 8.2	Paid Program	Mark T. Barclay	Catholic Mass	Face the Nation (N)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Make: Television	HouseCalls	Designing Spaces	P. Allen	Small Town Big Deal (N)	Great Escapes	Raw Travel (N) (CC)	Raw Travel (N) (CC)				
KGTV 10	Good Morning	10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos	Joel Osteen (CC)	Intrin'! Fel-lowship	Paid Program	Paid Program	Paid Program	Star of The Hit TV	LifeLock Protection	Star of The Hit TV	Truth and Lies: The Tonya Harding Story	Tonya Harding opens up about her life. (N) (CC)	Tonya Harding	Castle A chef is found frozen to death. (CC)						
KPBS 15	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Washington Week (N)	KPBS Round-table	Growing Bolder (N)	Understanding the Opioid Epidemic (N) (CC)	The Painful Truth Treating chronic pain. (CC)	NOVA Hagia Sophia survives earthquakes. (N)	Nature The white wolf fights for survival. (N)	Ken Kramer's S.D.	1915 Expo Centennial							
KNSD 35	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	NHL Hockey Philadelphia Flyers at Washington Capitals. From Capital One Arena in Washington, D.C. (N) (Live) (CC)	Figure Skating European Figure Skating Championships: Ladies' and Men's Free Skate. (Taped) (N)	Snowboarding U.S. Grand Prix: Halfpipe. (N)	Paid Program	Graham Bensinger	Access (N) (CC)												
DISN	Vampirina (CC)	Transylvania	Tangled: The Series	Stuck in the Middle	Stuck in the Middle (CC)	Andi Mack (CC)	Andi Mack (CC)	Bizaardvark (CC)	Raven's Home (N)	Raven's Home (N)	K.C. Under-cover (N)	K.C. Under-cover (N)	Bunk'd (CC)	Bunk'd "No Escape" (N)	Jessie (CC)	Jessie (CC)	Stuck in the Middle	Stuck in the Middle			
ESPN	SportsCenter (N) (Live) (CC)	Postseason NFL Countdown (N) (Live) (CC)							Golf Latin America Amateur Championship, Second Round. (N) (Live)											Women's Soccer	
ESPN2	2018 Australian Open Tennis Round of 16. From Melbourne, Australia. (Taped) (CC)				Women's College Basketball Connecticut at Temple. From McGonigle Hall in Philadelphia. (N) (Live)	Women's College Basketball Mississippi State at Tennessee. (N) (Live)			Women's College Basketball Florida State at Louisville. (N) (Live)					30 for 30 Shorts (N)	College Gymnastics						
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 (CC)	Say Yes to the Dress (CC)	Say Yes to the Dress (CC)	Say Yes to the Dress (CC)	Say Yes to the Dress (CC)	Say Yes to the Dress (CC)	Say Yes to the Dress (CC)	Say Yes: Wedding SOS (N)	Family by the Ton "The Family Journey Begins"							
USA	David Jeremiah (N)	In Touch	Joel Osteen (CC)	Law & Order: Special Victims Unit "Guilt" (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit "Loss" (N)	Law & Order: Special Victims Unit "Rockabye"	Law & Order: Special Victims Unit "Cold" (N)	Law & Order: Special Victims Unit "Wannabe"	Law & Order: Special Victims Unit "Branded"	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (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

- Ho Kelly; "Hawaii Five-0" role
- Lead role on "JAG"
- Betty or Jaleel
- Kate's housemate
- "Million Dollar ___"; 2014 Jon Hamm movie
- Tennis player Lendl
- NBC weekend program, for short
- Mum to Wills and Harry
- Setting for "Northern Exposure"
- John Denver's state of birth: abbr.
- "College GameDay" network
- Chachi's portrayer
- One of the girls on "The Brady Bunch"
- Sault ___ Marie
- Wong of "American Housewife"
- "___ of Watch"; 2012 Jake Gyllenhaal film
- Pinnacle
- Role on "Cheers"
- Actor Karn's initials
- "I've Got a ___"
- Prefix for regular or religious
- Initials for Mary's portrayer on "Little House on the Prairie"
- "___ Man Standing"
- Michael J. Fox's age
- Berra and Bear
- "Men in ___"
- Actress Campbell
- Not quite closed
- DOWN
- Actor on "Bull" (2)
- "Get ___ to the Greek"; 2010 Jonah Hill movie
- "Love ___ or List It"
- Diamond, for one



SUNDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes: 50 Years of 60 Minutes	60 Minutes (N) (CC)	S.W.A.T. "Homecoming" (N) (CC)	NCIS: Los Angeles "Se Murió El Payaso"				News	Blue Bloods		
KFMB2 8.2	Don't Blink	Engage-ment	The King of Queens	Mike & Molly (N)	2 Broke Girls (N)	Forensic Files (N)	Forensic Files (N)	Seinfeld (N) (CC)	Impractical Jokers (N)	Just for Laughs				
KGTV 10	10News at 5pm	World News	10News at 6pm	Broadway San	America's Funniest Home Videos (N)	America's Funniest Home Videos (N) (CC)	Shark Tank A pricing tool; a cleaning tool.	Shark Tank (N) (CC) (DVS)	10News at 11pm	Sports XTRA				
KPBS 15	NewsHour Wk	SciTech Now (N)	Father Brown Father Brown helps Jacob.	Victoria on Masterpiece Victoria is impatient to return to work. (N) (CC)	Victoria on Masterpiece Victoria is paralyzed by sorrow. (N) (CC)							Penelope Keith at Her Majesty's Service		
KNSD 35	Talk Stoop	Nightly News	NBC 7 News at 6	Reality Show	Dateline NBC (N) (CC)		To Be Announced					NBC 7 News	Sportswrap	
DISN	Andi Mack	Andi Mack	Bizaardvark (N)	Bizaardvark (N)	★★★½ The Incredibles (2004, Children's) Voices of Craig T. Nelson, Holly Hunter. (N)	Struck/Middle	Andi Mack	K.C. Under-cover	Andi Mack	Bunk'd (N) (CC)	Bunk'd "Fog'd In"			
ESPN	Women's Soccer United States vs Denmark. (N) (Live)	SportsCenter	NFL PrimeTime (N) (Live) (CC)	NFL PrimeTime (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	SportsCenter With Scott Van Pelt (CC)	NFL PrimeTime (CC)							
ESPN2	Women's College Gymnastics		2018 Australian Open Tennis Round of 16. From Melbourne, Australia. (N) (Live) (CC)											
TLC	Seeking Sister Wife (N)		Sister Wives With bonus content. (N)	Sister Wives With bonus content. (N)	Sister Wives "I Will Survive" It's Mykelti's bridal shower. (N)	Seeking Sister Wife "Risky Business" (N)	Sister Wives It's Mykelti's bridal shower.							
USA	Law & Order: Special Victims Unit (N)		Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Modern Family (N)	Modern Family (N)			

MONDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	Ent. Tonight	Inside Edition (N)	Kevin Can Wait (N)	Man With a Plan (N)	Superior Donuts (N) (CC)	9JKL (N) (N)	Scorpion The team must help a teen pilot.		News	Late-Colbert		
KFMB2 8.2	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N) (CC)	Supergirl "Fort Rozz" (N) (N)	Valor "Oscar Mike" (N) (N)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)				
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)			The Good Doctor "Seven Reasons" (N)	10News at 11pm	Jimmy Kimmel			
KPBS 15	KPBS Nightly Evening	World News	KPBS Evening	KPBS NewsHour (N) (CC)		Antiques Roadshow "Harrisburg" (N)	Tony Bennett: The Library of Congress Gershwin Prize					Independent Lens "The Force" The Oakland Police Department.		
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune (N) (CC)	Jeopardy! (N) (CC)	The Wall "Brooke and Cody" (N) (CC)	Better Late Than Never	The Brave A U.S. submarine is hacked.			NBC 7 News	Tonight Show		
DISN	Andi Mack	Bizaardvark (N)	Jessie (N)	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Raven's Home (N)	K.C. Under-cover	Stuck/Middle	Bizaardvark (N)	Bunk'd (N) (CC)	Jessie (N) (CC)	K.C. Under-cover		
ESPN	College Basketball		College Basketball West Virginia at TCU. (N) (Live)	SportsCenter (N) (Live)	SportsCenter (N) (Live)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live)	SportsCenter (N) (Live)				SportsCenter (N) (Live)		
ESPN2	Women's College Basketball		2018 Australian Open Tennis Men's and Women's Quarterfinals. From Melbourne, Australia. (N) (Live) (CC)									NFL Live (CC)		
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress (N) (CC)	Body Bizarre "My Son Has Four Legs"	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre (N)	Body Bizarre "My Extra Large Head" (N)	Body Bizarre "My Son Has Four Legs"					
USA	NCIS Abby's brother falls under suspicion.	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Ellen's Game of Games (N) (CC)	This Is Us "That'll Be the Day" (N) (CC)	Chicago Med "Lemons and Lemonade"			Football Fanatic	Football Fanatic		

TUESDAY EVENING

	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "Family Ties" (N) (DVS)	Bull "Kill Shot" A widow hires Bull. (N)	NCIS: New Orleans "Ties That Bind" (N)			News	Late-Colbert		
KFMB2 8.2	The Dr. Oz Show (N) (CC)	Judge Judy (N)	Judge Judy (N)	News 8 at 7 (N)	Seinfeld (N)	The Flash Ralph must defend Central City.	Black Lightning (N) (CC)	News 8 at 10 (N)	Seinfeld (N) (CC)	2 Broke Girls (N)				
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Middle Fresh Off the								

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Saturday, May 5 at NTC Park at Liberty Station, San Diego

When you sign up online, you can choose to: Register as an individual, become a team captain and get your friends, family members, neighbors, coworkers and furry friends to join you, or join an existing team.

Register before Jan. 20 and use the code JANUARY for 50 percent off adult and youth registrations.

Register at http://support.sdhumane.org/site/TR/WalkforAnimals/2018WalkforAnimals-SanDiego?pg=information&fr_id=1232&type=fr_informational&sid=1231.



Your life doesn't belong to you but to everyone who will be touched by your light. -Lisa Nichols



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"Sims, sitting with your feet up all day is not our idea of a zero carbon footprint."

Love is a four legged word

The heat is on....Get spay-neuter discount coupons

by Tracy DeFore

To beat the heat, County Animal Services is offering discount spay-neuter coupons (<http://www.sddac.com/content/sdc/das/adopt/spay-neuter.html>) throughout the month of January. The coupons give a \$100 discount for females and a \$50 discount for males. The idea is to act now before hundreds of kittens take over the shelters.

"Fluffy baby animals are cute, there is no doubt about that, but there aren't enough homes willing to take in a new kitten or two or three every year," said County Animal Services Director Daniel DeSousa. "As a result, the shelters get inundated with unwanted pets."

Cats can get pregnant at just four to five months old. While she is still nursing, she can get pregnant again.

The number of kittens under two months old dropped off at the County's shelters peaked in May of last year at 571. That averages out to 18 kittens a day for every day of the month. The number is a lot higher than in 2016 when the highest number,



again in May, was 415.

If pet owners use a veterinarian listed on County Animal Services website, the discount may be deeper or even free.

The coupons are available to residents in the unincorporated areas of the County and Animal Services' six contract cities of San Diego, Santee, Carlsbad, Solana Beach, Encinitas and Del Mar. Residents can pick up the coupons from 9:30 a.m. to 5:30 p.m. Tuesday through Sunday at any one of the three animal care facilities or by calling (619) 767-

2675. The coupons must be used within 60 days and returned to Animal Services within 30 days of being used so pet owners can be reimbursed.

Facilities:

- **Central Shelter**, 5480 Gaines Street, San Diego (619) 767-2675
- **North Shelter**, 2481 Palomar Airport Road, Carlsbad (619) 767-2675
- **South Shelter**, 5821 Sweetwater Road, Bonita (619) 767-2675

omarr's weekly Astrological forecast



ARIES (March 21-April 19): Having a few adventures may be good for you. The urge to start something new may be rolling around in the back of your mind. You may be spurred on by friends to test out unique activities as this week unfolds.

TAURUS (April 20-May 20): You may find that those in close connection are enthusiastic and agreeable. Some messages may be somewhat confusing. Being in harmony with others might be the most important motivating force in your week ahead.

GEMINI (May 21-June 20): Keep an inspirational inner dialog going to boost your spirits in the workplace. You may have some wonderful ideas even if you won't be in a situation in which to promote them.

CANCER (June 21-July 22): You will be most successful by exercising your physicality in some way in the upcoming week. If you feel a bit under the weather don't sit around but grab that tennis racket, or go for a walk, to dispel the clouds.

LEO (July 23-Aug. 22): Stress relief is on its way. Once situations that are up in the air settle down, you will be able to enjoy a serene social life. In the week ahead, focus on making new friends and spoiling yourself with some pretty things.

VIRGO (Aug. 23-Sept. 22): You may feel compelled to spend some money on technologically advanced wares, or the latest gadget, in the week ahead. Since you might be somewhat impulsive it is best to read the instructions and fine print carefully.

LIBRA (Sept. 23-Oct. 22): Your desires for smooth running relationships are ignited in the week ahead. Much can be accomplished when paired up with a pleasant companion. A plan of action will unfold effortlessly if put into action mid-week.

SCORPIO (Oct. 23-Nov. 21): You can sparkle and shine like a crystal chandelier in the week ahead. Your energy levels may be high making this a good time to try something entirely new or to experiment with trendy ideas and technologies.

SAGITTARIUS (Nov. 22-Dec. 21): Your head may be filled with new ideas and fresh insights that you feel compelled to discuss. Your bubbling enthusiasms may be somewhat confusing to loved ones in the beginning of the week.

CAPRICORN (Dec. 22-Jan. 19): You may be ready to embrace change at the drop of a hat, but it may aggravate a situation. Success is more likely if you wait until mid-week to break away from old traditions or to make firm resolutions.

AQUARIUS (Jan. 20-Feb. 18): Making changes too soon could cause aggravation and prove challenging. You may act due to a sense of urgency, but set off a difficult chain of events. Wait until mid-week to put your ideas into motion.

PISCES (Feb. 19-March 20): This week you may be full of vim and vigor. You have a lot of energy at your fingertips and will brighten up everyone's day with your enthusiasm. Since you are such a live wire you should network and visit friends.

MOVIES at the Bases



MOVIES at the Bases

Bob Hope Theater 858-577-4143 *Indicates last showing

THU. 18 6:30 PM Coco (PG) *

FRI. 19 6:30 PM Just Getting Started (PG-13)
9:00 PM Roman J. Israel, Esq. (PG-13)

SAT. 20 3:00 PM Star Wars: The Last Jedi (PG-13) (2D)
6:30 PM Jumanji: Welcome to the Jungle (PG-13)
9:00 PM Pitch Perfect 3 (PG-13)

SUN. 21 1:00 PM Ferdinand (PG)
6:30 PM Three Billboards Outside of Ebbing, Missouri (R)

WED. 24 6:30 PM Three Billboards Outside of Ebbing, Missouri (R)*

THU. 25 6:30 PM Last Flag Flying (R) LAST SHOWING

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

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

Friday, January 19
5:00 PM The Foreigner

Saturday, January 20
2:00 PM Marshall
5:00 PM The Mountain Between Us

Sunday, January 21
5:00 PM Everything, Everything

Monday, January 22
5:00 PM Only The Brave

Tuesday, January 23
11:00 AM My Little Pony
5:00 PM Blade Runner 2049

Wednesday, January 24
5:00 PM The War of The Roses

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

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

Thursday, January 18
5:50 PM Ferdinand
8:00 PM Roman J. Israel

Friday, January 19
5:50 PM Pitch Perfect 3
8:00 PM Jumanji: Welcome To The Jungle

Saturday, January 20
12:30 PM Ferdinand
2:40 PM Jumanji: Welcome To The Jungle
5:40 PM Jumanji: Welcome To The Jungle
8:10 PM Star Wars: The Last Jedi

Sunday, January 21
12:20 PM Ferdinand
2:30 PM Star Wars: The Last Jedi
6:00 PM Jumanji: Welcome To The Jungle
8:20 PM Just Getting Started

Tuesday, January 23
5:50 PM Ferdinand
8:00 PM Jumanji: Welcome To The Jungle

Wednesday, January 24
5:50 PM Jumanji: Welcome To The Jungle
8:10 PM Three Billboards Outside Ebbing, Missouri

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

Thursday, January 18
5:00 PM The LEGO Ninjago Movie

Friday, January 19
5:00 PM Only The Brave

Saturday, January 20
5:00 PM Dunkirk

Sunday, January 21
5:00 PM Flatliners (2017)

Thursday, January 25
5:00 PM Moana

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

Thursday, January 18
6:00 PM Coco
8:20 PM Just Getting Started

Friday, January 19
5:50 PM Jumanji: Welcome To The Jungle
8:10 PM Pitch Perfect 3

Saturday, January 20
1:00 PM Ferdinand
3:20 PM Star Wars: The Last Jedi
6:20 PM Pitch Perfect 3
8:20 PM Jumanji: Welcome To The Jungle

Sunday, January 21
1:00 PM Pitch Perfect 3
3:00 PM Star Wars: The Last Jedi
6:00 PM Pitch Perfect 3
8:00 PM Just Getting Started

Monday, January 22
6:00 PM Jumanji: Welcome To The Jungle
8:20 PM Pitch Perfect 3

Tuesday, January 23
5:50 PM Jumanji: Welcome To The Jungle
8:10 PM Last Flag Flying

Wednesday, January 24
5:50 PM Star Wars: The Last Jedi
8:40 PM Pitch Perfect 3

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



Rated: "PG" for rude humor, action and some thematic elements

Length: 108 minutes

Genre: Animation, Adventure, Comedy

Synopsis: After Ferdinand, a bull with a big heart, is mistaken for a dangerous beast, he is captured and torn from his home. Determined to return to his family, he rallies a misfit team on the ultimate adventure.

Cast: Voices of John Cena, Kate McKinnon, Bobby Cannavale, Raul Esparza and Jerrod Carmichael

Around Town

Santee Active Lifestyle Expo Free Saturday, Jan. 20, 9 a.m.-1 p.m. Are you looking for a way to get active and healthy in 2018 that won't cost you any money? Join the City of Santee for the free Santee Active Lifestyle Expo. Held in conjunction with the USATF National 50K Race Walk Championships (7:30 a.m.-2:30 p.m.). Giant inflatable obstacle courses, firefighter challenges, kid's fit fun zone, active game area, fitness class demos, BMX trick show, and a variety of vendors showcasing the best of health and wellness. Try your hand at race walking, and meet & greet with professional race walkers. Made possible through the support of event sponsors like the City of Santee, Waste Management, and Grossmont Healthcare District. Santee Trolley Square Town Center, 9884 Mission Gorge Road, Santee, 92071.

Hands-On Learning LEGO Experience Free Age limit: 18+

Saturday, January 20, 10:30 a.m. to noon
 Saturday, February 17 10:30 a.m. to noon
 Saturday, March 17, 10:30 a.m. to noon
 Saturday, April 21, 10:30 a.m. to noon
 Saturday, May 19, 10:30 a.m. to noon
 Build with LEGO bricks as you learn about the world. Topics and subjects change with each class and may include science, technology, engineering, art, and math (STEAM), as well as robotics and animation.

Mission Valley Library, 2123 Fenton Parkway, San Diego, 92108.

Gaslamp Walking Tour Cost: \$20 Ongoing until Saturday, April 7, Saturdays, 11am-12:30pm Tour architecturally significant structures of the period from Old City Hall to the Romanesque style Keating Building and hear the stories of the people and characters that shaped the destiny of San Diego. Opening a window to San Diego's past, the Gaslamp Quarter Historical Foundation showcases the history of the Davis-Horton House built in 1850, as well as walking tours of the historic Gaslamp Quarter. The tour includes architecturally significant structures of the period from Old City Hall (1874) to the Romanesque style Keating Building (1890) to the Baroque Revival Louis Bank of Commerce (1888), along with fascinating stories of the people and characters that shaped the destiny of San Diego, from William Heath Davis, who first attempted the building of "New Town," to Alonso Horton who came here in 1867 and finished the job, the cultural heritage of San Diego speaks through the buildings of a by-gone era that stand as testimony to its richness. The tour takes under two hours and includes the Davis-Horton House Museum. Gaslamp Museum at the Davis-Horton House, 410 Island Avenue, San Diego, 92101.

Make 'N' Play Family Music Day Cost: \$10 Saturday, Jan. 20, 1



p.m.-4 p.m. Tailored to children ages 4-12 and their families, Make 'N' Play days give kids the opportunity to create an instrument of their own. The museum will host a series of four Make 'N' Play days, where children will have the opportunity to create an instrument of their own. In this, the first of these interactive workshops, the focus will be on making a box guitar. Younger children will be able to make simpler instruments such as shakers and rattles. With their new instruments, children will be invited to "join a band" and play with others on the stage. Free snacks, giveaways and additional hands-on activities round out this fun filled afternoon. No experience necessary and all supplies are provided. Adults must accompany children. Museum of Making Music, 5790 Armada Drive, Carlsbad, 92008.

Salsa on the Beach Saturday, Jan. 20, 1 p.m.-5 p.m. Free A gathering combining a beach day and salsa social. There are usually classes on salsa shins, rueda, zouk, and more. Family-friendly. Salsa, cha cha, and bachata music. Bonfire and healthy potluck at the end. At Ventura Cove, 1030-1298 W.

Mission Bay Drive. Bonita Cove, 1100 W. Mission Bay Drive, San Diego, 92109.

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

Hats Off Celebrating 30 Years Free Saturday, Jan. 20, 3 p.m.-5 p.m. Bring friends and family to a "Hats Off" celebration and follow the wagon train through the museum's history. Stop along the way for gourmet bites, craft beer, and boutique wine. Enjoy special exhibits and live bluegrass music from Rosa's Cantina. The event is free for all ages, with tickets for food, drinks, and fun sold at the gate. All proceeds from those sales go to the Museum. San Dieguito Heritage Museum, 450 Quail Gardens Drive, Encinitas, 92024.

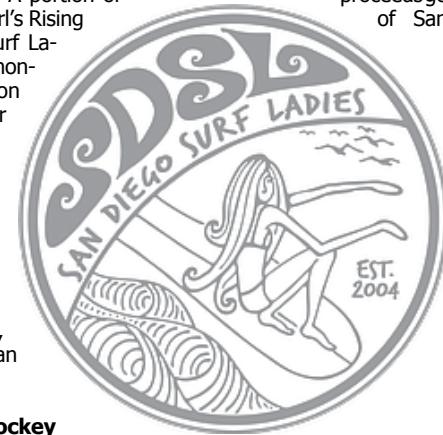
Harbor Seal Talk and Walk Free Ongoing until Saturday, March 24, Saturdays, 2pm-3:30pm It's Pupping Season for La Jolla Harbor Seals. The Seal Society of Sierra Club San Diego Chapter docents presents an educational talk followed by a short walk to Casa Beach (aka

Children's Pool) to view the newborn pups and nursing mothers in their nearshore habitat every other Saturday during pupping season. Free but donations accepted. Info: 858-551-9553. Where: Images of Nature Gallery, 7916 Girard Avenue, San Diego, 92037.

San Diego Surf Ladies Art Show Free Saturday, Jan. 20, 5:30 p.m.-8:30 p.m. Our first ever art show featuring surf and other nature related art. We will have lots of art to see and buy, food and drinks for sale, and live music. A portion of proceeds go to charity partner, Girl's Rising

of San

Diego. San Diego Surf Ladies is a registered non-profit whose mission is to bring together female surfers of all abilities to bond, have fun, share skills, and promote female surfing. We have over 200 members all over San Diego County. Torque Moto Café, 3604 30th Street, San Diego, 92104.



San Diego Gulls Hockey

Sat., Jan. 20, 7 p.m.-10:30 p.m.
 Wed., Jan. 10, 7 p.m.-10:30 p.m.
 Saturday, January 13, 2018, 7 p.m. to 10:30 p.m.
 Friday, January 19, 2018, 7 p.m. to 10:30 p.m.
 Saturday, February 3, 2018, 7 p.m. to 10:30 p.m.
 Tuesday, February 6, 2018, 7 p.m. to 10:30 p.m.
 Wednesday, February 14, 2018, 7 p.m. to 10:30 p.m.
 Saturday, February 17, 2018, 7 p.m. to 10:30 p.m.
 Tuesday, February 27, 2018, 7 p.m. to 10:30 p.m.
 Friday, March 2, 2018, 7 p.m. to 10:30 p.m.
 Tue., March 6, 2018, 7 p.m. to 10:30 p.m.
 Tue., March 13, 2018, 7 p.m. to 10:30 p.m.
 Friday, March 16, 2018, 7 p.m. to 10:30 p.m.
 Sat., March 17, 2018, 7 p.m. to 10:30 p.m.
 Wed., March 28, 2018, 7 p.m. to 10:30 p.m.
 Friday, March 30, 2018, 7 p.m. to 10:30 p.m.
 Saturday, April 7, 2018, 7 p.m. to 10:30 p.m.
 Wednesday, April 11, 2018, 7 p.m. to 10:30 p.m. Valley View Casino Center 3500 Sports Arena Boulevard, San Diego, 92110



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Concerts

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

January

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

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

February

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

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

The Oak Ridge Boys. Age 21+. Sat, Feb 3, 5 & 8 p.m. Country. Sycuan Live & Up Close Theatre, 5469 Casino Way, El Cajon, 92019. (619) 445-6002.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Future

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

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

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

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

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

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

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

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

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

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

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

George Kahumoku Jr. Sun, March 11, 7:30pm. \$32-\$42. Folk/World/Slack Key Guitar. Hawaii's

Renaissance Man. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

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

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

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

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

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

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

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

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

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

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NEW 2018 TOYOTA YARIS IA

LEASE FOR

\$199

PLUS TAX PER MONTH
FOR 36 MONTHS



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

NEW 2018 TOYOTA COROLLA SE

LEASE FOR

\$210

PLUS TAX PER MONTH
FOR 36 MONTHS



1 at this payment. Stk.#: 53635 VIN:JP786770, Model #:1864. Net capitalized cost \$19,283.21. \$210 plus tax monthly for 36 months with \$2750 due at lease signing. Includes \$1250 Toyota Factory Lease Subventions Cash. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 1/31/18.

NEW 2018 TOYOTA CAMRY LE

LEASE FOR

\$249

PLUS TAX PER MONTH
FOR 36 MONTHS



1 at this payment. Stk#: 53516 VIN:JU011080, Model #: 2532. Net capitalized cost \$22,766.23. \$249 plus tax monthly for 36 months with \$2,750 due at lease signing. Includes \$1250 Toyota Factory Lease Subventions Cash. Security deposit not required. On approved above average credit through Toyota Financial Services. \$0.15 per mile over 12K miles annually and \$80 dealer document preparation charges. Any electronic filing fee. Includes license fee. College Grad and Military Rebates are not included on price/payment offers unless otherwise specified. Offer expires 1/31/18.

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\$7,777

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Automatic, ABS, AC, PW, PDL, Cruise, Tilt #496155



\$9,777

2014 Nissan Sentra SV

4 Cyl., Automatic, ABS, AC, PW, PDL, Cruise, Tilt #277477



\$9,777

2016 Ford Fiesta S

4 Cyl., Automatic, ABS, AC, PW, PDL, Cruise, Tilt #149944



\$9,777

2010 Honda Accord EX-L

4 Cyl., Automatic, ABS, Alarm, AC, PW, PDL, Cruise, PS #174409



\$14,777

2014 Hyundai Genesis 3.8

V6, Automatic, ABS, AC, PW, PDL, Cruise, Tilt #260112



\$14,777

2010 Infiniti G37 Conv.

4 Cyl., Automatic, ABS, Alarm, AC, PW, PDL, Cruise, PS #351375



\$16,777

2015 Honda Fit EX-L

4 Cyl., Automatic, ABS, AC, PW, PDL, Cruise, Tilt #747654



\$17,777

2016 Ford Mustang V6 Convert

V6 Automatic, ABS, AC, PW, PDL, Cruise, Tilt #216181 Prior Rental



\$19,995

2015 Infiniti QX60

4 Cyl., Automatic, ABS, Alarm, AC, PW, PDL, Cruise, PS #540632



\$30,777

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

FRANK

SUBARU

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866.207.1891

www.franksubaru.com

2018 Subaru Impreza

5 Dr. 2.0i CVT

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



*1 at this payment, VIN #J3720878. Model #JLD 11. \$239 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 1/31/18.

2018 Subaru Forester

2.5i Premium CVT

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



*1 at this payment, VIN #JH459540 Model #JFF 14. \$298 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 1/31/18.

2018 Subaru WRX

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



*1 at this payment, VIN #JH459540 Model #JFF 14. \$299 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 1/31/18.

2018 Subaru Outback Limited

2.5i Eyesight

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



*1 at this payment, VIN #J3326673. Model #JUN 01. \$329 plus tax monthly for 36 months with \$0 due at signing. \$0.15 per mile over 10,000 miles per year. \$80 Dealer document preparation charges, any electronic filing fee. Security deposit not required. On approved above average credit through JP Morgan Chase. Offer expires 1/31/18.



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SPECIAL
\$50 OFF

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- ✓ Inspect Brake Hardware
- ✓ Replace Front Brake Pads

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Repairs May not be combined with
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