

Weekly contest...

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MATILDA

See page 4

Best bets this weekend

Circus Vargas, Wellness Week Festival, Insights in Nature, Monster Jam

See page 22

Concerts

Cold War Kids, Chevelle, Switchfoot, Sage the Gemini, Jodeci/Blackstreet/Ginuwine

See page 23

Navy Marine Corps Coast Guard Army Air Force

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THURSDAY, JANUARY 19, 2017

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GENERAL INFORMATION

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Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, speaks with Air Chief Marshal Sir Stuart Peach, the United Kingdom's chief of defense, before a meeting of the NATO Military Committee alliance at the alliance's headquarters in Brussels Jan. 17. DoD photo by Army Sgt. James K. McCann

NATO aims to transform military capacity, official says

by Jim Garamone

BRUSSELS - Throughout its history, NATO has always changed and adapted to new threats, new doctrines and new realities, the commander of the alliance's Allied Command Transformation told reporters here Jan. 17.

Gen. Denis Mercier of the French air force, like many alliance officials, admits that parts of NATO are outdated, and said that's a big reason why there is a major command in Norfolk, Va., ensuring the organization remains relevant.

One of the areas in need of review is responding to new threats that require quick response, Mercier said, but he disagreed with critics who charge that the alliance has not been combatting violent extremism. He mentioned Article 5 of the North Atlantic Treaty, which established the alliance in 1949. Article 5 states that an attack on one allied country is an attack on all. The general noted that it has been invoked only once, in response to the terror attack on the United States in September 2001.

People talk about transformation all the time, Mercier said, "but the question is what do we transform? What we transform is the military capacity of the alliance."

NATO will soon have 29 members, and each has its own military strengths and weaknesses, along with varying cultures and traditions, the general said. Allied Command Transformation must take all this on board as it looks ahead, he added.

"We deal with future operations," the general said.

Mercier was here for meetings with the NATO Military Committee. Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, also participated in the meetings.

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DoD officials hail Iraqi forces' progress in Eastern Mosul



An AV-8B Harrier jet takes off from USS Wasp in the Mediterranean Sea Dec. 5. The 22nd Marine Expeditionary Unit is embarked on Wasp. Navy photo by Petty Officer 2nd Class Nathan Wilkes

by Lisa Ferdinando

WASHINGTON - Iraqi security forces today reached key buildings in eastern Mosul and raised the Iraqi flag there; an event that U.S. defense officials hailed as important progress in liberating the city from the Islamic State of Iraq and the Levant.

Iraqi forces reached the Nineveh governorate and counsel buildings, according to Elissa Slotkin, acting assistant defense secretary for international security affairs.

"It's both a symbolic victory and a significant operational victory. [I'm] so thrilled to see that the success continues, and we got that momentum that's so required," Slotkin said at a Pentagon news briefing Jan. 13.

In a statement, the spokesman for Combined Joint Task Force - Operation Inherent Resolve congratulated the Iraqis on their continued progress in eastern Mosul.

"Work still needs to be done, but ISIL's days in Mosul are quickly coming to an end," Col. John Dorrian said in the release.

The counter-ISIL campaign continues to target senior ISIL leaders, including Abu Bakr al-Baghdadi, Pentagon Press Secretary Peter Cook said at Friday's briefing with Slotkin.

The coalition is continuing to apply pressure and gain territory in Iraq and Syria, Cook said.

"We're going to continue to use that intelligence and use what we learn about their movements, about their activities to try and again intensify the pressure, including intensifying the pressure on senior ISIL leaders," he said.

Defense Secretary Ash Carter and Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, recently outlined efforts to remove ISIL leaders from the battlefield, Cook said.

"The secretary and the chairman, I think, echoed here that those leaders should be worried about their safety at this moment in time, and that includes Baghdadi," Cook said.

ISIL is a global threat that requires a global response, Slotkin said. "Momentum and simultaneous pressure" are required in the fight, she said.

"We've learned through many, many years that unless there's simultaneous pressure across multiple ends of their flank, they just have the ability to disappear and pop up somewhere else," Slotkin said.

In addition, she said, it is necessary to work "by, with and through" local partners in order for a "success to stick." For example, coalition members are working with Iraqi forces at the pace and timing of the local forces, Slotkin said.

Stabilization and governance are critical to success as well, she said.

"It cannot be left out if you want to actually have a lasting defeat," she said. "It's something that is sometimes harder to do than the military victory but it is absolutely required."

And, in a statement released Friday, Cook reported on the recent death of an Al-Qaida

in the Arabian Peninsula terrorist leader. On Jan. 8, U.S. forces conducted an airstrike in a remote area of al-Bayda governorate, Yemen, resulting in the death of Abd al-Ghani al-Rasas. That strike, Cook said, removed an AQAP senior leader and facilitator in the area, and will disrupt AQAP's terrorism operations in Yemen and the region.

The U.S. remains committed to eradicating the threats

posed by al Qaida and denying them safe haven, Cook said. The operation, he said, is an example of the U.S. government and its allies' commitment to the people and the government of Yemen to detect, deter, disrupt and defeat violent extremists who threaten progress in the region, as well as threaten to conduct terrorist attacks against innocent people in the region and around the world.

SECNAV presents high-level awards to Naval Special Warfare Commands

WASHINGTON - On Jan. 13, Secretary of the Navy Ray Mabus presented eight Navy Crosses and eight Silver Stars to active-duty and former members of East and West Coast Naval Special Warfare Commands at a ceremony in Virginia Beach, Va. One Navy Cross and one Silver Star were presented posthumously.

"Today we honor some of our nation's finest heroes, not just for their individual acts of courage and bravery in the face of danger, but for the everyday selflessness that they and their peers demonstrate," said Mabus. "This generation of Sailors, and particularly those serving as part of our Naval Special Warfare team, is an extraordinary group of men and women who have given so much to our country. Although today we recognize these individuals for their heroism and valor in combat, we are also honoring the Sailors and Marines who fought beside them and those who are still in the fight."

These awards were upgrades to previously awarded medals for valor in combat and upgraded as a result of the Department of the Navy's Post 9/11 Valor Awards Review Panel. This panel reviewed award nominations from combat operations in Iraq and Afghanistan to ensure members were appropriately recognized for acts of valor.

The Department of the Navy reviewed more than 300 valor awards and the review was completed Nov. 15.

The Navy Cross, the U.S. Navy's second highest decoration, is awarded for extraordinary heroism while engaged in an action against an enemy of the United States. The act must be performed in the presence of great danger or at great personal risk.



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France deploys globally in counter-extremism fight

by Jim Garamone

PARIS - France is committed to stopping the spread of violent extremism and has deployed significant military resources worldwide in the fight, a French military official said Jan. 16.

Like the United States, France early on recognized the threat that terrorist groups like the Islamic State of Iraq and the Levant pose to the globe, French Army Col. Patrik Steiger told reporters traveling with Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff.

Dunford is here meeting with his French counterpart Army Gen. Pierre de Villiers.

Out of a total force of 205,000, the French military has 30,000 troops deployed worldwide performing counter-terrorism.

There are three main operations: Sentinelle, Barkhane and Chammal. Sentinelle is the French military contribution to the defense of France, Steiger said. Barkhane is centered in the African Sahel, and Chammal is the French contribution to Operation Inherent Resolve in Iraq and Syria.

Operation Sentinelle is a major effort with more than 13,000 service members working with police and the gendarmerie to protect France from attacks like those that hit Paris and Nice. The French navy and air force are involved ensuring protec-



French soldiers stand guard in Mali as part of Operation Barkhane. French Ministry of Defense photo

tion of territorial waters and the nation's airspace.

"We also have stand-by forces - our prepositioned forces stationed in French overseas territories from New Caledonia and French Polynesia to Guyana in South America," Steiger said.

The French maintain a robust presence in the Middle East, which is augmented at times by French naval forces. There are a significant number of French forces in Djibouti, Senegal, Cote d'Ivoire and Gabon.

In many of these areas, French forces work side-by-side with U.S. personnel, Steiger said. American personnel, for example, provide intelligence, surveillance and reconnaissance assets for French forces operating in Mali and Niger. French Rafale attack aircraft participate fully in counter-ISIL operations in Iraq.

French forces also cooperate

with U.S. Africa Command in providing training to indigenous forces, Steiger said.

"Prior to this position, I was in Senegal for two years," the colonel said. "My job was to train Senegalese battalions that would form a U.N. brigade that is deployed in Mali. That was the way it worked."

All this activity has put a stress on the force, but the French government acted to increase the size of its army by 11,000, raising the active-duty force to 77,000, Steiger said.

Operation Barkhane started in a very kinetic manner, with French troops going into Mali to expel armed terrorist groups that sought to overthrow the government. They were successful and now the French troops are in the area to support the peace process and to ensure the armed extremist groups do not come back, Steiger said.

The operational area covers five large countries - Mali, Mauritania, Burkina Faso, Niger and Chad. It covers 8 million square kilometers, and the enemy knows how to use the desert to avoid detection, the

colonel said.

The U.S. and France have common interests in the area and a common concern. Smugglers have used caravan routes through the Sahel for generations. The only difference now is in what they smuggle.

In Iraq, French gunners are helping support Iraqi operations against ISIL in Mosul. The French army has a full battery of Caesar 155 mm gun-howitzers supporting Iraqi forces as they retake Mosul. Meanwhile in the air, French Rafale attack aircraft are taking the fight to ISIL in Iraq and Syria - cooperating fully with coalition aircraft.

France remains a pillar of the NATO alliance. French troops will deploy to Eastern Europe to deter any further Russian aggression and to help on the alliance's southern flank.

The French see the struggle against violent extremism much the same way as the U.S. Both countries understand there is the need for security so that the people can address the underlying problems that made extremism appealing to young men. Steiger spoke about "the virtuous circle," and quoted former U.N. Secretary General Kofi Annan who said. "We won't enjoy security without development, we won't enjoy development without security and we won't enjoy either without respect for human rights."

French military personnel work with French development and aid organizations as well as international organizations in Africa and the Middle East. They provide security that enables development to take place.



Nimitz holds change of command

BREMERTON, Wash. - USS *Nimitz* (CVN 68) held a change of command ceremony Jan. 12 at the ship's homeport.

Capt. Kevin P. Lenox took command of *Nimitz* from Capt. John C. Ring, who had been in command since July 2014.

Vice Adm. Mike Shoemaker, commander, Naval Air Forces, was the guest speaker at the event and acknowledged Ring and his crew for their accomplishments as a command.

As Ring took the podium for the last time, he acknowledged special guests in attendance, including Betsy Nimitz Van Dorn - granddaughter of *Nimitz's* namesake, Adm. Chester W. Nimitz. He then addressed the crew he led over the last 2 1/2 years.

"Each of you are the reason I wanted to command an aircraft carrier, and you are what made my command tour so very special," said Ring. "This is a crew I am extremely proud of, and your achievements are something I will always look back at."

Ring led the ship and her crew in the initial at-sea development testing of the F-35C Lighting II Joint Strike Fighter (JSF), a homeport change, and a 21-month extended planned incremental availability (EPIA). After completing the yard period in October 2016, Ring led *Nimitz* and her crew through an expedited inter-deployment training cycle basic phase 126 days ahead of the typical schedule. - by MC3 Liana N. Nichols

Navy announces Navy Week schedule

MILLINGTON, Tenn. - From Portland, Maine, to Spokane, Wash., America's Navy will sail into 15 cities across the country in 2017 as part of the Navy Week outreach program.

Navy Weeks, coordinated by the Navy Office of Community Outreach (NAVCO), are designed to give Americans the opportunity to learn about the Navy, its people, and its importance to national security and prosperity. Since 2005, the Navy Week program has served as the Navy's flagship outreach effort into areas of the country without a significant Navy presence, with 195 Navy Weeks held in 71 different U.S. markets.

"Navy Weeks are designed to show Americans the tremendous investment and unmatched capability they have in their Navy," said Cmdr. John Gay, NAVCO's director. "Because the Navy is concentrated primarily on both coasts, we're challenged to communicate our mission away from fleet concentration areas. The Navy Week program helps us do that."

Navy Weeks are scheduled for the following cities in 2017:

- Mobile, Alabama, Feb. 22-28
- Austin, Texas, March 19-26
- Gulfport/Biloxi, Mississippi, March 31-April 8
- Memphis, Tennessee, May 8-14
- Spokane, Washington, May 15-21
- Pittsburgh, June 19-25
- Minneapolis/St. Paul, Minnesota, July 17-23
- Green Bay/Fox Cities, Wisconsin, July 24-30
- Indianapolis, Aug. 7-13
- Portland, Maine, Aug. 21-27
- Detroit, Aug. 28-Sept. 4
- Salt Lake City, Sept. 11-17
- Little Rock, Arkansas, Oct. 16-22
- Fort Worth, Texas, Oct. 23-29

An additional Navy Week will be added during the year at a location and time to be determined. by Ricky Burke

'Strong, balanced approach to Russia'

WASHINGTON - The United States needs a strong but balanced approach to Russia, Defense Secretary Ash Carter said Jan. 8.

Carter discussed the recent U.S. intelligence community assessment of alleged Russian activities and intentions in the November presidential election. The intelligence community did a "painstaking" and "careful" job in coming to its assessment, Carter said.

The intelligence community on Jan. 6 released a declassified assessment that alleged Russia carried out an "influence campaign" aimed at the 2016 U.S. presidential election. Those alleged actions included cyber activities against targets, according to the assessment.

The intelligence community, according to Carter, was "very clear - they were very unequivocal about the judgement." The situation raises questions about U.S. overall strategy with respect to Russia, he said.

"It's an aggressive act against our very democracy," he said, adding, "That's why I think all Americans need to regard it very seriously."

A U.S. response does not have to be limited to cyber, or to a military response, he explained, emphasizing the importance of trying to work with Russia "where we can."

Carters said he thinks "the steps that have been taken so far probably represent a beginning and not the end - a floor, not the ceiling - obviously being up to the next administration and the next congress to take those steps." - by Lisa Ferdinando

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Palmdale approves new Enriched Neighborhood for vets

PALMDALE - A new Enriched Neighborhood for Veterans and their families was recently approved during the Palmdale Planning Commission meeting.

The 56-single family housing neighborhood, will expand over 9.5 acres, and include a sensory playground for the children, a community garden for families, along with wrap around services, that create a culture encouraging self-sufficiency for our low income and very low income veterans and families.

The Enriched Neighborhood model provides permanent housing in a neighborhood context

Homes for Families, Habitat for Humanity providing family housing



that also includes specifically designed services to allow the families to become successful homeowners and move up into the middle class. The Enriched Neighborhood is more than just housing.

Services, such as financial training and health and safety information, allow families to become self-sufficient and

learn skills and necessary tools to move out of the endless cycle of poverty housing and into the middle class.

Services are provided by community partners and begin 12 months before and continue 12-24 months after the families move into their new homes. Families will receive Sweat Equity hours for all classes and services

including required ones.

Habitat for Humanity SF/SCV will build the homes, in collaboration with Homes For Families services.

If you are a veteran, are currently serving, or are the widow of a fallen soldier, apply at www.humanityca.org/become-a-homeowner/ and learn more about Homes For Families at www.homes4families.org.

On Feb. 1, the Palmdale City Commission will provide the final approval, allowing vets to begin the application process. Ground breaking is expected to take place July 5, 2017.

FRA launches 2017 survey on military, veterans benefits



FLEET RESERVE ASSOCIATION - You are an important component of FRA's Legislative Team. As part of FRA's mission to fight for the concerns of enlisted personnel, the association is conducting an online survey to determine which military and veterans' benefits are most important to active duty and Reserve personnel, retirees, veterans

and their families. The survey asks current and former service members and their spouses to rate the importance of various benefits and quality-of-life programs. FRA will share the survey results with elected officials on Capitol Hill, key committee staff, and leaders within the Departments of Defense, Homeland Security and Veterans Affairs. The FRA Legislative team will ensure these crucial decision-makers understand the enlisted sea service perspective. The brief online survey is available at: <https://www.surveymonkey.com/r/MVLKCLJ>. Let FRA know which military and veteran benefits are most important to you.

'Concurrent receipt' introduced

Senators Dean Heller (Nev.) and Jon Tester (Mont.) have introduced comprehensive concurrent receipt legislation, the "Retired Pay Restoration Act" (S. 66), which would authorize the immediate payment of concurrent receipt of full military retired pay, and veterans' disability compensation for all disabled retirees. Rep. Gus Bilirakis (Fla.) also introduced the "Retired Pay Restoration Act" (H.R. 303), which would expand the eligibility of retirees with less than a 50 percent disability rating, to receive service-connected disability from the VA and full retirement pay for retirees eligible for Concurrent Retirement and Disability Payments (CRDP). Currently, only CRDP for retirees with a rating of 50 percent or more are eligible for concurrent receipt. Rep. Sanford Bishop (Ga.), has also introduced comprehensive concurrent receipt reform (H.R. 333) that includes disabled retirees with CRDP with less than a 50 percent rate and CRDP (Chapter 61) to medically retired, with less than 20 years of service. Rep. Sanford's House bill is similar to the Senate bill and would have the same impact. Members can use the FRA Action Center at action.fra.org/action-center to contact their legislators to ask for their support of these proposals.

Navy Wounded Warriors complete training camp at NBVC

by Kyle Malloy

PORT HEUNEME, Calif. - Athletes learned new skills and enhanced their knowledge of archery, air-rifle shooting, and track and field at the Navy Wounded Warrior-Safe Harbor Warrior Games Training Camp onboard Naval Base Ventura County (NBVC), Jan. 8-14.

The training camp was for new and accomplished athletes and provided a chance to strengthen their skills while increasing their knowledge. Each day of the camp was full of instruction, practice and motivation for all three of the sports.

One of the main goals of the camp was to improve every athlete's ability in each sporting event, while tailoring the practice sessions to each individual's capabilities.

"Every athlete competes with themselves and their abilities and that includes those in adaptive sports," said Margaret Smith, track and field coach for the adaptive sports camp. "We (as coaches) figure out the things each athlete can do; and then this camp makes space for them to do those activities to their maximum potential."

The Port Heuneme training camp was the second for retired Chief Logistics Specialist Averill Malone. He expressed how these events have taught him the importance of overcoming obstacles and not allowing his disability impede his desire to compete.

"What I have learned is, if you have a body, you're an athlete," he said. "You should never allow your disability prevent you

from at least trying."

Along with improving athletic abilities, the camp provided a place for the athletes to make new friends and build new relationships.

"It's exciting for me to see how the athletes bond with each other in a short amount of time and become this support network that really motivates each other," said Smith.

"The best part of the camp is being with the team members," said Malone. "It builds camaraderie and you get to know everyone on an individual basis."

The training camp was a first for Information Systems Technician 1st Class Pou Pou and he spoke about how great of an opportunity it was to be part of it.

"This is something I've really looked forward to doing since I found out about Navy Wounded Warrior-Safe Harbor," said Pou Pou. "I'm really happy to be here."

Whether or not it was an athlete's first time, the adaptive sports camp played a part in their recovery process and demonstrates how Navy Wounded Warrior-Safe Harbor continues to encourage service members

on their road to recovery.

"Navy Wounded Warrior saved my life and I know I belong here," said Malone. "I can do this."

Navy Wounded Warrior-Safe Harbor is the Navy's sole organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors, and Coast Guardsmen and providing resources and support to their families. Through proactive leadership, the program provides individually-tailored assistance designed to optimize the success of the wounded warriors' recovery, rehabilitation and reintegration activities.

Marine Corps statement regarding Camp Lejeune water

WASHINGTON, D.C. (Jan. 13, 2017) - The Marine Corps has released a statement that the Department of Veterans Affairs has announced a new rule to consider certain diseases under the presumptive care act which addresses concerns raised by our Marines, Sailors and families who lived or worked at Camp Lejeune.

The authority to prescribe all rules and regulations for presumptive disability is given to the VA by Congress. The Marines say they support the Camp Lejeune health care law and any related policy decisions made by the VA and/or Congress that provides health care and benefits to service members and their families.

The health and welfare of Marines, Sailors, their families and civilian workers are top priorities for the Marine Corps. They continue a commitment to find and notify those who used the water during the time period in question, and keep them informed regarding the latest scientific and medical information. All updates can be viewed on reference website. To be added to our registry or learn more about ATSDR studies visit the below websites: <http://www.publichealth.va.gov/exposures/camp-lejeune/>, <https://www.atsdr.cdc.gov/sites/lejeune/>, and <https://c1nr.hqi.usmc.mil/clwater/home.aspx>.



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County Health and Human Services offers child car seats

by José A. Álvarez

More child car seats and safety education classes. That's what the County Health and Human Services Agency will be offering to low-income parents thanks to a program funded by a \$155,000 grant from the California Office of Traffic Safety, through the National Highway Traffic Safety Administration.

The funds will be used to provide child passenger safety education classes and to give 200 free child safety seats to people in need.

Keeping low-income children safe while they ride with their parents or friends is part of the County's Live Well San Diego vision, which aims to improve

the health and safety of children and families in the region.

The child safety workshops and free child car seats will be provided through Sept. 2017 and are part of the Keep 'Em Safe program. This is the seventh year the County has received funding from Office of Traffic Safety.

According to the Centers for Disease Control and Prevention, 602 children age 12 and younger died in 2014 in motor vehicle crashes in the U.S. About 34

percent of those children were in a child safety car seat or using a seat belt.

Motor vehicle injuries remains a public health challenge, especially among low-income families and communities. Accessibility to education is critical for many minority groups because they are less likely to restrain their children due to cultural and socio-economic factors.

A new California law requires that kids under the age of two be

fastened into rear-facing child safety seats, unless the child weighs at least 40 pounds or is 40 inches tall.

The Keep 'Em Safe program will fund a safety education campaign, including presentations on the proper installation and use of a child passenger restraint system for children of all ages. For more information about the Keep 'Em Safe program, contact the Pacific Safety Center at 858-621-2313 ext. 114 or 855-4-PSC-411 (toll-free).

Top baby names in San Diego

by José A. Álvarez

Noah was the most popular male baby name in San Diego County for the second year in a row.

Oliver and David toddled out of the top 10 boy names in 2016, being replaced by Mateo and James.

On the girls' side, the top names did not change last year from 2015, but the order did. Emma traded places with Mia for the top spot, while Victoria and Charlotte crawled ahead of Emily and Ava.

The County Health and Human Services Agency records all births in the region, where about 45,000 babies are born every year.

Here are the top 10 baby names parents chose in 2016. You can see how they ranked the previous year here.

Boys

Rank	Name	Total
1.	Noah	236
2.	Liam	228
3.	Sebastian	216
4.	Daniel	194
5.	Ethan	193
5.	Mateo	193
7.	Alexander	189
8.	Jacob	186
9.	Benjamin	184
10.	James	173



Girls

Rank	Name	Total
1.	Emma	263
2.	Mia	258
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Places of Worship



Bayview Baptist Church

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

Canyon View Church of Christ

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

Christ Community Church

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

City of Praise

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

Del Cerro Baptist Church

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

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

Faith Bible Fellowship

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

First Baptist Church

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

Friends Christian Church

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

Lakeside Community Presbyterian Church

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

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

Lighthouse Baptist Church

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

Mesa View Baptist Church

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

Mt. Moriah Christian Church

"Purpose Driven" Gospel Church
 Multi-Cultural, Non-Denominational
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 L.J. Thomas - Sr. Pastor
 7055 Carroll Rd, San Diego CA 92121
 (858) 335-5795 www.mtmoriahcc.org

New Directions Church

A Church where a change of heart take place
 Sunday Worship 10:30 am
 Wednesday Night Bible Study 6:30 pm
 Rev. Phillip L. Brown, Sr.; Pastor
 4855 Seminol Dr., San Diego, CA 92115
 PO Box 740443 San Diego, Ca 92174 Mailing address
www.ndcsd.org (619) 822-4961

Saddleback Church

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 Adults: 9 am & 11 am
 Kids: 9 am & 11 am
 Students: only 11 am
 5951 Village Centerloop Rd., San Diego, CA 92130
saddleback.com/sandiego

St. Luke's Lutheran Church

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

About Your Health

Is it past time to reprogram the software in your brain?

We all fall into habits and routines – it's the nature of being human.

But even when you realize your daily behaviors are inhibiting you from achieving your goals, that doesn't mean you can just vow to change one day and all will be well.

"Every single behavior that you demonstrate – good, bad or ugly – is actually run by your unconscious mind," says Carol Talbot, a keynote speaker and author of *YOU The Divine Genius* (www.Youthedivinegenius.com). "So if you want to change a behavior, you can't do it by willpower alone. You have to get into the unconscious mind and change it there."

She likens it to running a new program on a computer. First, you need to install the program – or at least upgrade the existing software.

Here's why: Research indicates that the unconscious mind is running you on its auto pilot 95 percent of the time, Talbot says.

"That means the conscious mind provides 5 percent or less of our cognitive activity during the day," she says. "So

even when you think you're consciously making a decision, you're not. You are operating from pre-existing programs running at the unconscious level."

The good news, Talbot says, is you really can reprogram the "software" in your brain. But she cautions that unlearning a lifetime worth of habits is no simple feat.

"A lot of the thoughts and attitudes rumbling around in your brain were probably programmed during childhood, which means they're out of date," she says. "It's also likely that many beliefs that guide your life aren't even your own. They were adopted from your family, culture or heritage."

There's a lot involved in unbinding those ties to the past, but Talbot offers a few tips to point you in the right direction.

- Understand that belief creates experience. People often think that experience is what leads to beliefs, but it's actually the other way around. Your beliefs shape your destiny. For example, if deep down you believe you're not good enough to accomplish something, then that belief will create the reality. "It becomes a self-fulfilling prophecy," Talbot says. "So when

was the last time you examined your beliefs? Are they outdated

Thorough evaluation before LASIK surgery can help avoid potential problems

DEAR MAYO CLINIC: I'm considering having LASIK surgery, but have a friend who had the procedure done many years ago and is now experiencing regression in her vision and has to wear glasses again. Is this typical? What are the risks of LASIK surgery?

ANSWER: It is not typical for a person's vision to regress after LASIK. Although the procedure may lead to some side effects and complications, they're uncommon. A thorough evaluation before surgery often can help avoid many of the potential problems that can occur after LASIK.

LASIK stands for laser-assisted in-situ keratomileusis. It's a type of refractive surgery - surgery that changes the shape of the transparent tissue, called the cornea, at the front of your eye. The surgery corrects vision problems such as nearsightedness, farsightedness and astigmatism, reducing or eliminating the need for eyeglasses or contact lenses.

LASIK is performed using a laser that removes tissue from your cornea to reshape it. To gain

and only supporting a limited view of what's really possible

access to the cornea, a surgeon cuts a hinged flap about the size of a contact lens away from the front of the eye. After reshaping the cornea, the surgeon lays the flap back into place.

Vision is often very good right after surgery, but it can take up to several weeks for it to stabilize. In some cases, the first surgery may result in under-correction. This is more common in people who have higher prescriptions. If it occurs, another surgery may be needed to achieve the proper correction.

Long-term results from LASIK tend to be best in people who are carefully evaluated before surgery to ensure that they're good candidates for the procedure. Medical history, family history and other existing medical conditions can have an impact on the success of LASIK. The shape and thickness of your cornea also need to be thoroughly assessed to make sure you can undergo the procedure safely.

Potential side effects from LASIK include seeing glare and halos around lights, particularly

for you? Maybe it's time to choose your own beliefs rather

at night. This generally lasts a few days to a few weeks. Some people experience more dryness in their eyes after surgery. Rarely, dry eyes may become a chronic problem following LASIK. People with dry eyes before LASIK are at higher risk for chronic dry eyes after surgery than those who have not had that condition.

More serious complications of LASIK include eye infections that lead to scarring of the cornea, an irregular surface of the cornea from the laser, and problems with the LASIK flap during or after surgery. All of these are uncommon.

The most serious and the rarest complication is an eye disorder called post-LASIK ectasia. This condition changes the shape of your cornea years after surgery. In people with ectasia, it may seem as if their vision has regressed. But the problem is much more serious than that. In some cases, ectasia may require a cornea transplant. The main risk factor for post-LASIK ectasia is an eye disease called keratoconus. If you have this disorder, or if you have a family history of it, you should

than operate from those passed
SEE Brain, page 8

not get LASIK.

Another eye problem that can mimic vision regression after LASIK is a cataract - clouding of the eye lens. As a cataract develops, some people who've had refractive surgery become nearsighted again. This problem requires cataract surgery and not further LASIK.

Because several serious eye issues can masquerade as vision regression, it's important to have your eye care professional investigate any change in vision after LASIK to find the underlying cause.

Overall, complications from LASIK are uncommon, especially when people are screened and evaluated carefully to confirm that they're good candidates for the procedure. The vast majority of patients have positive results and are satisfied with the outcome of the surgery. As you consider if LASIK surgery is right for you, talk to your eye care professional about the pros and cons based on your individual situation. - Sanjay V. Patel, M.D., Ophthalmology, Mayo Clinic, Rochester, Minn.



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SDSU open University program ideal for numerous audiences

San Diego State University's Open University program allows the public to attend regular SDSU classes and earn credit, if space is still available after SDSU students have registered.

Open University benefits a variety of potential students:

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- Working adults looking to complete their degree, advance their career, or learn new skills
- Former students who need a certain course or credits to graduate
- Students who attend other universities and would like to earn transferable credits

University admission is not required, and registration is easy. The university's class schedule and registration

information are at neverstoplearning.net/openu. Registration is open from Saturday, **Jan. 14-Tuesday, Jan. 24** both online and at the SDSU College of Extended Studies registration office on Hardy Ave. Spring semester courses begin Wednesday, Jan. 18.

There are also 10 Open University certificate options:

- Accounting
- Computational Linguistics
- Entertainment Management
- Environmental Studies
- Geographic Information Science
- Industrial/Organizational (I/O) Psychology
- Professional Writing
- Teaching English as a Second or Foreign Language (TESL/TEFL)
- Translation & Interpretation (English-Spanish)
- Women's Studies

For more information, call the college's Registration and Enrollment Services office at (619) 594-5152 or email ces.registrar@sdsu.edu.

Make 2017 the year you shine

by Dr. Daneen Skube

Every year, I like to revisit some of the "greatest hits" from our last year together. We've all been through an uncommonly bumpy year, full of unexpected twists in politics and the economy. Our normal human response is to feel anxious about the year ahead.

Consider this advice a final gift from me to you and the ones you love to help you thrive in 2017.

You will never control all your circumstances, no matter how clever you are. Please do not beat yourself up when you experience adversity.

Suffering is a universal and occasional experience common to all humanity. You cannot avoid all suffering, but you can use your challenges to grow yourself up and create opportunity.

Occasionally you will feel hopeless, worthless and victimized. These feelings will not ruin your future; however, deciding these feelings are the truth can ruin your future and prevent

problem solving.

We can all borrow an episode from the movie "Back from the Future" by pretending we can time travel and have exactly what we want. Once we can see what is possible, getting to that goal is a matter of setting up steps between where you are and where you could be.

If you honestly don't know how to get where you want to go, get competent help. You were put on this planet with billions of people who know things you don't know but can learn. Asking for help is the difference between success and failure.

Learn from people who are humble because they are smart enough to know how much they don't know.

Do business with people who are grateful. They are your high-dividend stocks at work, always paying back even more than you put in!

Don't do business with people who cannot keep their word they will tarnish your reputation and betray you at critical moments.

Give people one chance to act badly. Making one mistake could be a fluke, but two mistakes is pattern. React accordingly.

Make 2017 the year you give up pity for yourself and others. Evoking pity from you is what con artists and manipulators use to get you to sacrifice yourself. Just say no!

Rather than judging yourself this year, work to understand the emotions that drive your behavior. Even self-destructive behavior has emotional roots in attempting to get what you need. If you can see what you

need, you have options to get that goal in a smarter way.

Stop boycotting reality! Reality doesn't care and will run you over while you pout. Feel all the feelings you have about any upsetting turn of events, yell "Plot twist!" and make a new plan.

In 2017 don't wait until you have unlimited time, money or perfect circumstances to make one tiny change a day that makes the New Year a new you. As long as you are still above ground, it is never too late to be what you might have been.

Brain continued from page 7

ancestors."

• Be the cause for all the effects in your life. Life is a chain reaction of causes and effects. Everything that happens was caused by what happened before and is the effect for what will happen next. "Some people seem stuck on the 'effect' side of life, bemoaning their bad luck," Talbot says. "Others habitu-

ally think of themselves on the 'cause' side of life, always doing and achieving things."

• Your words say more than you realize. The way we share and express our thoughts and beliefs is through language. And the language we use makes a huge difference, Talbot says. "You can change the language you use every day to label people, events, situations and circumstances in your life," she says. "As soon as the label you put on them changes, your experience and perception of the person, the event, the situation or the circumstance also change."

"Once you realize you're creating your life as you go along, it gives you the power to change," Talbot says. "You can choose to pay attention to different things, interpret experiences differently, feel differently and act differently."

About Carol Talbot: Carol Talbot (www.caroltalbot.me), author of the soon-to-be-released book *YOU The Divine Genius*, is a keynote speaker who has delivered inspiring messages to corporations and conferences in more than 20 countries. She is a Certified Master Trainer of NLP (Neuro-Linguistic Programming), a Certified Trainer of hypnosis and a Certified Master Trainer of Time Line Therapy. In addition, she is a Master Firewalk Instructor, firing up teams and groups to walk across burning hot coals. Talbot also is the Amazon bestselling author of *Hitting the Wall ... and Breaking Through*.

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On Base & On Board

Core & More 5K Healthy Fitness Challenge Thursday, January 19, 11:15 am, FREE, NMCSD Softball Field MWR Fitness & Health is kicking off the 2017 Healthy Fitness Challenge in style! Join us on the softball field for a warm-up, followed by a 5K run, circuit and strength training, and cool down/stretch session. The first 100 to register is rewarded with a T-shirt at the completion of the event. Register today at www.navylifefsw.com or call 619-532-7495 for more info.

Flea Market Saturday, January 21, 8 am-Noon, \$5 Fiddlers Cove Marina Parking Lot Find new treasures at the Flea Market! Market is open to the public. Info: 619-437-3190 or 619-522-8680

Hidden Trail Hike: Azalea Glen Trail Sunday, January 22, 8 am-3 pm, \$7, Depart from NBPL, Main Base, The Clubhouse, Bldg. 546 Keep your New Year's resolution for fun and fitness on track! This moderate 6-mile hike weaves through the forest, past Stonewall Peak, along open grasslands and up boulders. Cost includes transportation and guide. Registration required: NAB 619-437-3190, NBPL 619-553-9138, NBSD 619-556-9597

R.P.M. (Run, Play, Move) A FREE, 6-Week, Youth Fitness & Education Program Wednesdays, January 25-March 1 (must enroll for full 6 weeks), Youth 6-10 years, 2:30-4 pm @ VADM Martin Fitness Center, NASNI R.P.M. is a dance inspired fitness based youth program geared toward individuals looking to have major fun! This 6-week program gives participants the ability to learn new things about themselves while working in the group. It's not just a dance class. It's energetic workouts led by an MWR coach, plus lectures and activities focusing on topics such as nutrition, self-esteem and anti-bullying. Who's ready to RUN, PLAY AND MOVE! Register by 1/20/17 online at www.navylifefsw.com. For more information call 619-437-2982.

Child & Youth Programs Hiring Fair Thursday, January 26, 7:30 am-5 pm, Courtyard by Marriott at Liberty Station Looking for a job in child development! This is your opportunity to apply, interview and be hired --- all in the SAME DAY! Start your career with the Navy in the fun and rewarding field of child care. Multiple entry-level openings are available caring for youth from 6 weeks to 18 years old. The Navy has Child Development and Youth Centers throughout San Diego caring for our military children. YOU can make a difference in the life of a military child. Visit www.navylifefsw.com/CYPHiringFair for details.

Ice Skating Trip Friday, January 27, 6:30-10 pm, \$12 pre-registered/\$14 day of, San Diego Ice Arena Come out for a fun night of

ice skating! Cost includes rental, ice time and pre-skate snacks from 6:30-7:30 pm. Registration required: NAB 619-437-3190, NBPL 619-553-9138, NBSD 619-556-9597

Disney on Ice Saturday, January 28, 1 pm, \$25 (2 and under FREE) Depart from NBSD Anchors Catering & Conference Center Take a magical bus ride with a special guest to see the 3 pm show. Cost includes transportation and admission. Register: 619-556-9597

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

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

HAPPENINGS LISTED FROM PREVIOUS ISSUES....

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

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

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

BOWLING

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

Monday Madness Bowling \$1.25 per game, shoe rental \$1.25, hot dog \$1.25, soda \$1.25 Get great these great deals at Admiral

Robinson Recreation Center, NBSD, and Sea 'N Air Lanes, NASNI. For more information call 619-556-7486 or 619-545-7240.

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.

LIBERTY

San Diego Gulls Game Trip open to enlisted active duty and a guest, 18+. Q-Zone, NAB: 619-437-3190 Friday, January 20 5 pm \$25 It's Star Wars night ~ costumes encouraged.

SD Gulls Hockey Game Trip open to enlisted active duty and a guest, 18+. VADM Martin Liberty Center, NASNI: 619-545-3331 Friday, January 20 • 5 pm • \$15 Cheer on our local team LIVE on the ice.

La Brea Tar Pits Trip open to enlisted active duty and a guest, 18+. Liberty Center, NMCSD: 619-532-8909 Saturday, January 21 • 9 am • \$5 Curious about the Ice Age! Explore it up close and personal. Cost includes transportation. Entrance is free with military ID.

Monster Jam Trip open to enlisted active duty and a guest, 18+. Q-Zone, NAB: 619-437-3190 Saturday, January 21 5:30 pm \$45

Paint Your Own Pottery Trips open to enlisted active duty and a guest, 18+. Liberty Center, NMCSD: 619-532-8909 Wednesday, January 25 and Friday, February 24 • 5 pm Show your creative side at one of the best local studios around. Cost varies based on the size of the piece you choose to paint.

Southern Lowcountry Boil Festival Event open to enlisted active duty and a guest, 18+. VADM Martin Liberty Center, NASNI: 619-545-3331 Thursday, January 26 6 pm FREE Tap into southern culture with savory classics like seafood boil, grits and much more!

Big Bear Snow Trip Trip open to enlisted active duty and a guest, 18+. The RECYARD, NBSD: 619-556-5078 Saturday, January 28 • 7 am • \$15 Check out some of So Cal's best slopes! Snowboard, ski or play in the snow. Space is limited. Sign up today! Cost includes transportation and gear.

Medieval Times Trip open to enlisted active duty and a guest, 18+. NBPL Liberty: 619-524-6587 or 619-553-9138 Saturday, January 28 • 3 pm • \$41 Witness a 2-hour jousting tournament with knights, real weapons and a 4-course meal. Cost includes transportation, dinner and show. Sign up by 1/24.

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Chief of Naval Personnel, Fleet Master Chief highlight Sailor 2025 Initiative at Naval Base San Diego

by MC2 Indra Bosko
SAN DIEGO - The Chief of Naval Personnel, Vice Adm. Robert Burke, and Fleet Master Chief Petty Officer April Beldo visited Naval Base San Diego to discuss the Sailor 2025 initiative and hear from Sailors Jan. 12.

The Sailor 2025 initiative is a series of changes to a wide range of personnel programs

and policies Burke is looking at in order to provide the Navy with the right mix of skill sets and Sailors with more flexible career paths.

"I am here to paint the big picture of Sailor 2025," said Burke. "My main job is to make sure that the fleet is fully manned."

The goal of Sailor 2025 is

aimed at modernizing the naval personnel system and includes 43 different initiatives which fall under three major categories: modernizing the entire personnel system, modernizing the training process, and enhancing career and family readiness.

"Sailor 2025 is a great initiative and will bring a lot of

of the Sailor 2025 incentives include increasing training opportunities for Sailors, making adjustments to evaluations and fitness reports, extending hours and capacity at child development centers, and increasing paternity leave days.

Burke said many of these changes are critical to recruiting

put things in place to make the Navy a place that people who aren't in yet want to come to, and for you folks, make it a place that you want to stay," said Burke. "Sailor 2025 allows Sailors to make choices, have flexibility in their career paths, and adds transparency and opportunities to do things outside the normal mold," said Burke.

room for improvement or adjustment to policies.

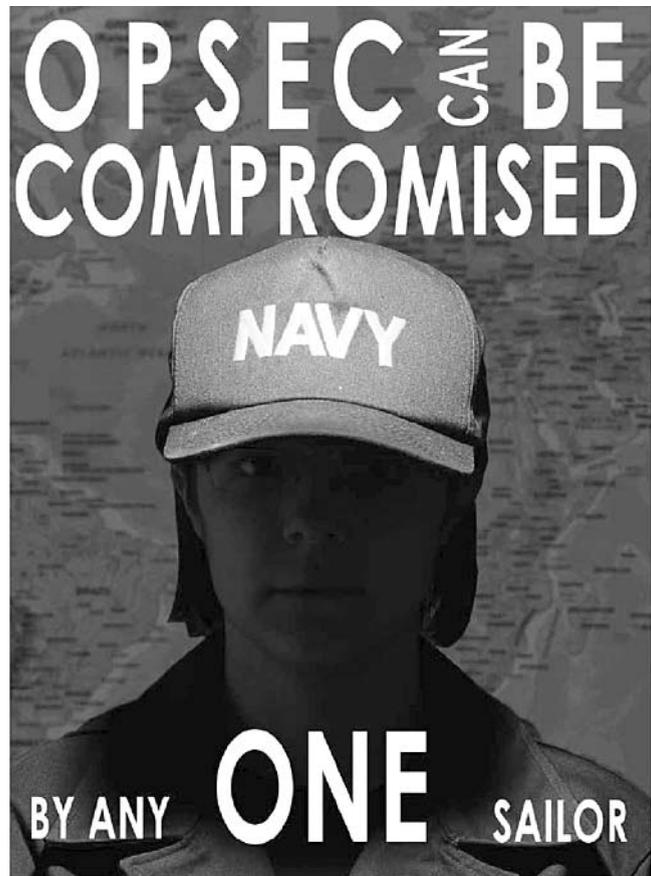
"Fleet [Master Chief] Beldo and I value your opinion, and I encourage you to continue giving us your ideas and concerns," said Burke.

The Office of the Chief of Naval Personnel is responsible for recruiting, training, education, and manpower distribution for all naval personnel.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy.

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Armed forces Dispatch



"Sailor 2025 allows Sailors to make choices, have flexibility in their career paths, and adds transparency and opportunities to do things outside the normal mold."

Vice Adm. Robert Burke

valuable programs to the fleet," said Capt. Roy Love, commanding officer of Naval Base San Diego.

and retaining talented Sailors, and are based on direct feedback from fleet engagements such as this.

According to Burke, some

"We are working really hard to

SSC Pacific conducts change of command ceremony

by Patric Petrie

SAN DIEGO - Space and Naval Warfare Systems Center Pacific welcomed new commanding officer Capt. Gisele Bonitz, who relieved Capt. Kurt Rothenhaus Jan. 9.

Rothenhaus, who holds a doctorate in software engineering, has been the lab's commanding officer since December 2013.

Relating some of the accomplishments of Rothenhaus' three-year tour at SSC Pacific, Executive Director Carmela Keeney highlighted the installation of the Navy's game-changing Consolidated Afloat Networks and Enterprise Services aboard USS *Ronald Reagan*, which was completed in eight months, followed by the CANES installation aboard USS *Carl Vinson* in a record six months.

Keeney also highlighted Rothenhaus' leadership role in many major programs which have an important impact on the Navy. Under his leadership, SSC Pacific strengthened and promoted agile software development, something Keeney believes will reap significant benefits for the warfighter in the future.

Additionally, Keeney said, the lab has become a catalyst for new capabilities in the areas of cyber operations, intelligence, surveillance, reconnaissance, command and control, communications, and networking. For instance, in July 2016, Defensive Innovation Advisory Board Chairman and Alphabet Executive Chairman Dr.

Eric Schmidt and members of the board visited SSC Pacific. The board has been tasked by SECDEF Ashton Carter with finding new ways to improve innovation within DoD.

"Nowhere in the DoD have we seen innovation, engineers, and operators come together as we have at this facility," Schmidt said. "This is what we are looking for."

Keeney said Schmidt's recognition of the center's achievements was directly attributable to Rothenhaus' efforts. But most importantly, she said, "As one of our senior leaders said to me, 'Words can never do justice for all the constant support, the patience, the guidance, and the caring he has shown to us.'"

NRSW: Special, General Courts-Martial for Oct.-Nov. 2016

WASHINGTON - The following reports the results of Special and General Courts-Martial tried and completed within Navy Region Southwest in October and November 2016.

General Court-Martial

* At a general court-martial in San Diego, a senior chief petty officer was tried for violation of a fraternization and sexual assault. On Oct. 14, 2016, a panel of members returned a verdict of not guilty.

Special Court-Martial

* At a special court-martial in San Diego, Seaman Tyeisha L. Washington pled guilty pursuant to a pretrial agreement to reporting a false bomb threat. On Oct. 17, 2016, the military judge sentenced her to a reprimand, to be discharged with a bad conduct discharge, reduction in rank to paygrade seaman recruit, a fine of \$2,500, and hard labor for 45 days. Pursuant to the pretrial agreement, the bad conduct discharge is to be disapproved.

* At a special court-martial in San Diego, Seaman William H. Rusch pled guilty pursuant to a pretrial agreement to breaking arrest, wrongful introduction of a controlled substance and wrongful use of a controlled substance. On Oct. 18, 2016, the military judge sentenced him to be discharged with a bad conduct discharge, reduction in rank to paygrade seaman recruit, and confinement for 6 months. Pursuant to the pretrial agreement, all confinement greater than 90 days is to be suspended and remitted. The suspended confinement may be served if the service member violates the terms of the pretrial agreement.

* At a special court-martial in San Diego, Seaman William A. Gutierrez III pled guilty pursuant to a pretrial agreement to unauthorized absence, wrongful possession of drug paraphernalia, wrongful possession of device used to defeat drug testing program, wrongful use of marijuana, and two specifications of wrongful use of heroin. On Oct. 20, 2016, the military judge sentenced him to be discharged with a bad conduct discharge and confinement for 95 days.

* At a special court-martial in San Diego, Seaman Mackadis J. Smith Jr., pled guilty pursuant to a pretrial agreement to unauthorized absence, disrespect toward a superior commissioned officer, and two specifications of wrongful use of a controlled substance. On Nov. 2, 2016, the military judge sentenced him to forfeit \$1,037 for three months, reduction in rank to paygrade E-1, and confinement for six months. Pursuant to the pretrial agreement, all confinement greater than time served (68 days) is to be suspended and remitted. The suspended confinement may be served if the service member violates the terms of the pretrial agreement.



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Training Talk

AT SEA (Jan. 9, 2017) - Petty Officer 2nd Class Mark Thornton, the on-scene leader, talks with the firefighting team during a general quarters drill in the hangar bay aboard USS Carl Vinson in the Pacific Ocean. Thornton is an aviation boatswain's mate handling. Navy photo by Chief Amanda Dunford

Marine Corps General, Special Court-Martial dispositions

At a Special Court-Martial at San Diego, Gunnery Sergeant M. G. Watkins was convicted by a panel of officer and enlisted members of violation of a lawful general order and false official statement. The members sentenced the accused to reduction to E-3 and a bad-conduct discharge.

At a Special Court-Martial at Camp Pendleton, Lance Corporal A. B. Aguilar was convicted by a military judge of unauthorized absence. The military judge sentenced the accused to 190 days confinement and a bad-conduct discharge.

At a General Court-Martial at San Diego, Staff Sergeant M. S. Camacho was convicted by a military judge of willfully disobeying a superior commissioned officer, reckless operation of a vehicle, assault consummated by a battery, aggravated assault, communicating threats, and adultery. The military judge sentenced the accused to 5 years confinement, total forfeiture of all pay and allowances, reduction to E-1, and a dishonorable discharge. Pursuant to a pre-trial agreement, the convening authority agreed to suspend all confinement in excess of 30 months.

At a Special Court-Martial at Camp Pendleton, Lance Corporal B. A. Ipsen was convicted by a military judge of indecent language. The military judge sentenced the accused to 5 months confinement and a bad-conduct discharge. The pretrial agreement had no effect on the sentence.

At a Special Court-Martial at Camp Pendleton, a gunnery sergeant was acquitted by a panel of officer and enlisted members of violation of a lawful general order and abusive sexual contact.

At a General Court-Martial at Camp Pendleton, Lance Corporal A. P. Martinez was convicted by a military judge of dereliction of duty and aggravated assault with a dangerous weapon. The military judge sentenced the accused to 15 months confinement, total forfeiture of all pay and allowances, reduction to E-1, and a dishonorable discharge. Pursuant to a pre-trial agreement, the convening authority agreed to suspend all confinement in excess of 12 months.

At a General Court-Martial at Camp Pendleton, Seaman Apprentice S. T. Boyles was convicted by a military judge of sexual abuse of a child, possession with intent to distribute child pornography, and distribution of child pornography. The military judge sentenced the accused to 9 years confinement, reduction to E-1, and a dishonorable discharge. Pursuant to a pre-trial agreement, the convening authority agreed to suspend all confinement in excess of 7 years.



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SNA hosts shipbuilding, maintenance panels

by MC2 Bill Dodge and MC3 Deven Leigh Ellis

ARLINGTON, Va. - The Surface Navy Association hosted shipbuilding and ship maintenance panels on the third and final day of their 29th annual symposium Jan. 12.

Vice Adm. Thomas J. Moore, commander, Naval Sea Systems Command (NAVSEA), moderated both panels, which consisted of Navy and Coast Guard leaders and focused on current and future force structure with developments in technology, ship design, cost effectiveness and the implementation of the Navy's newest classes of ships.

"We are in the age of the electric ship; it is a real emphasis going forward," Moore said. "If we want to provide capability against our competition, whether an LCS (Littoral Combat Ship), DDG 1000, Columbia-class, Coast Guard icebreakers-you have to leap forward. These are and will be great platforms and are going to do great things for the Navy going forward."

Moore and his panel dis-

cussed the Navy's intentions moving forward, the importance of testing new and developing systems prior to implementation, affordability and the ability for the Navy to reach our current goal of 355 citing the progression of the Ford-class carrier, successes and lessons learned from the LCS's, development of a newly designed frigate and USS *Zumwalt* (DDG 1000).

The ship maintenance panel, held following the shipbuilding panel, gave the surface community insight into how the Navy expects to have more accurate maintenance schedules by improved planning, developing shipyard and waterfront sustainability, and educating the workforce.

"Our ability to get ships and submarines out on time is critical," Moore said. "There are three key elements to getting on track: understanding what our true maintenance requirements are, having the capacity in shipyards to work and perform maintenance, and to be more productive going forward."

Rear. Adm. Mark R. Whitney,

director, Fleet Maintenance and a member of the panel, also stressed the importance of maintenance in setting Sailors up for success.

"Delivering the right maintenance gives Sailors trust in their ship," Whitney said. "Modernization gives Sailors the tools to face threats. Delivering on time gives them the opportunity to win, to be successful on deployments."

The annual three-day SNA symposium provided military leaders and members of the private sector the opportunity to discuss and showcase current and developing technologies and to enhance the Navy's warfighting capabilities.

SNA was incorporated in 1985 to promote greater coordination and communication among the military, business and academic communities, which share a common interest in naval surface warfare and support the activities of surface naval forces.

The SNA symposium concluded Jan. 12.

Expeditionary Strike Group 3 conducts change of command

by MC2 Molly A. Sonnier
SAN DIEGO - Rear Adm. Cathal S. O'Connor relieved Rear Adm. Daniel H. Fillion as commander, Expeditionary Strike Group (ESG) 3 during a change of command on USS *America* (LHA 6) while pierside at Naval Base here Jan. 13.

Fillion assumed command of ESG-3 in June 2015 and upon his departure will report to United States Strategic Command as J3, Director of Global Operations.

Vice Adm. Nora W. Tyson, commander, 3rd Fleet served as the guest speaker for the event. Tyson presented Fillion with a Legion of Merit as an end of tour award, recognizing him for his exceptional service to the Navy.

"In his role as ESG-3, 'Dano' has made a lasting impact to the fleet," said Tyson. "The highest levels of leadership in our na-

tion have depended time after time on this strike group to do our nation's bidding. We have been extremely fortunate to have him and I look forward to seeing how Rear Admiral O'Connor will continue that legacy," said Tyson.

As commander, ESG-3, Fillion prepared all amphibious units for operations within 3rd Fleet and for deployments worldwide.

He was responsible for the successful execution of Amphibious Ready Group (ARG)/Marine Expeditionary Unit (MEU) pre-deployment training cycles and the on-time deployment and demonstrated operational readiness of USS *Essex* (LHD 2), USS *Boxer* (LHD 4), USS *Makin Island* (LHD 8) and *America* ARGs.

Fillion directed the planning and execution of Amphibious Squadron/MEU Integration Exercises as well as Composite

Unit Training Exercises and Certification Exercises, which comprise the integrated phase of training for deploying ARGs and MEUs.

The guidance that he and his cadre of Senior Officer Observation Team members provided during these exercises ensured their successful completion and resulted in a 50 percent increase in observed evolutions and increased scores in all warfare areas for all deploying ready groups.

In addition, Fillion was the driving force to ensure ARGs conduct Rolling Airframe Missile test shoots prior to deployment, as part of the Fleet Response Training Plan.

Due in large part to his leadership, nine ships, three MEUs and numerous Naval Support Elements deployed to the 5th and 7th fleet areas of responsibility on time and fully trained.

He reflected on his time at ESG-3 while thanking his peers and the men and women of the Navy.

"It has been the greatest honor to have the opportunity to lead the world's largest strike group and work side by side with the men and women of ESG-3 and the Marines of I MEF," said Fillion. "Their magnitude of respect and devoted work ethic speaks volumes as to who they are as people. What this strike group has accomplished together as a blue/green team is astonishing and I'm grateful to have been part of it."

O'Connor's most recent assignment was deputy chief of staff for Strategy, Resources, and Plans, U.S. Naval Forces Europe-Africa/U.S. 6th Fleet.

As a surface warfare officer, he commanded Amphibious Squadron (PHIBRON) 11/Task Group 76.4 in Sasebo, Japan and USS *Rushmore* (LSD 47) in San Diego.

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Makin Island visits Bahrain



by MC1 Jason J. Perry

MANAMA, Bahrain - Sailors and Marines aboard amphibious assault ship *USS Makin Island* (LHD 8) visited Manama, Bahrain Jan. 9-15 for the ship's first port visit since entering the 5th Fleet area of operations Nov. 30.

Makin Island and its crew of more than 2,400 Sailors and Marines visited Bahrain to replenish supplies, perform maintenance and repairs, and take the opportunity to experience the country's culture.

"Since arriving in the U.S. 5th Fleet operating area, our Sailors and Marines have maintained a steady tempo, conducting training with our regional partners in order to stay ready to perform the range of maritime security operations on a moment's notice," said Capt. Mark Melson, commanding officer of *Makin Island*. "We're thankful to visit Bahrain, both for the logistical and maintenance capabilities afforded to the ship that allow us to maintain our high level of readiness, as well as the won-

derful culture for our team to explore and enjoy."

Sailors and Marines also teamed together ashore to help the local community at outreach events at two local schools and a women's shelter in Manama.

"I love doing community relations events and giving back to the community," said Religious Program Specialist 2nd Class Tiffani Hess from Carson, Calif. "It's one of the reasons I love what I do, seeing the happiness on their faces knowing that someone cares about them."

The ship's MWR team organized a variety of activities ashore such as sporting events, horseback riding, city tours, and spa packages.

"It was great to tour the city and enjoy an authentic Middle Eastern dinner," said Damage Controlman 3rd Class Euserbio Morenoortiz, from Naples, Fla. "It was interesting to learn about the culture and experience it firsthand. I had a really good time."

Makin Island, part of the *Makin Island Amphibious Ready Group*, is conducting maritime security operations and theater security cooperation efforts during a deployment to the U.S. 5th Fleet area of operations.

"As the flagship for 5th Fleet's self-sustained crisis response force, the *Makin Island ARG* and embarked 11th Marine Expeditionary Unit, we must maintain the highest level of readiness," said Melson.

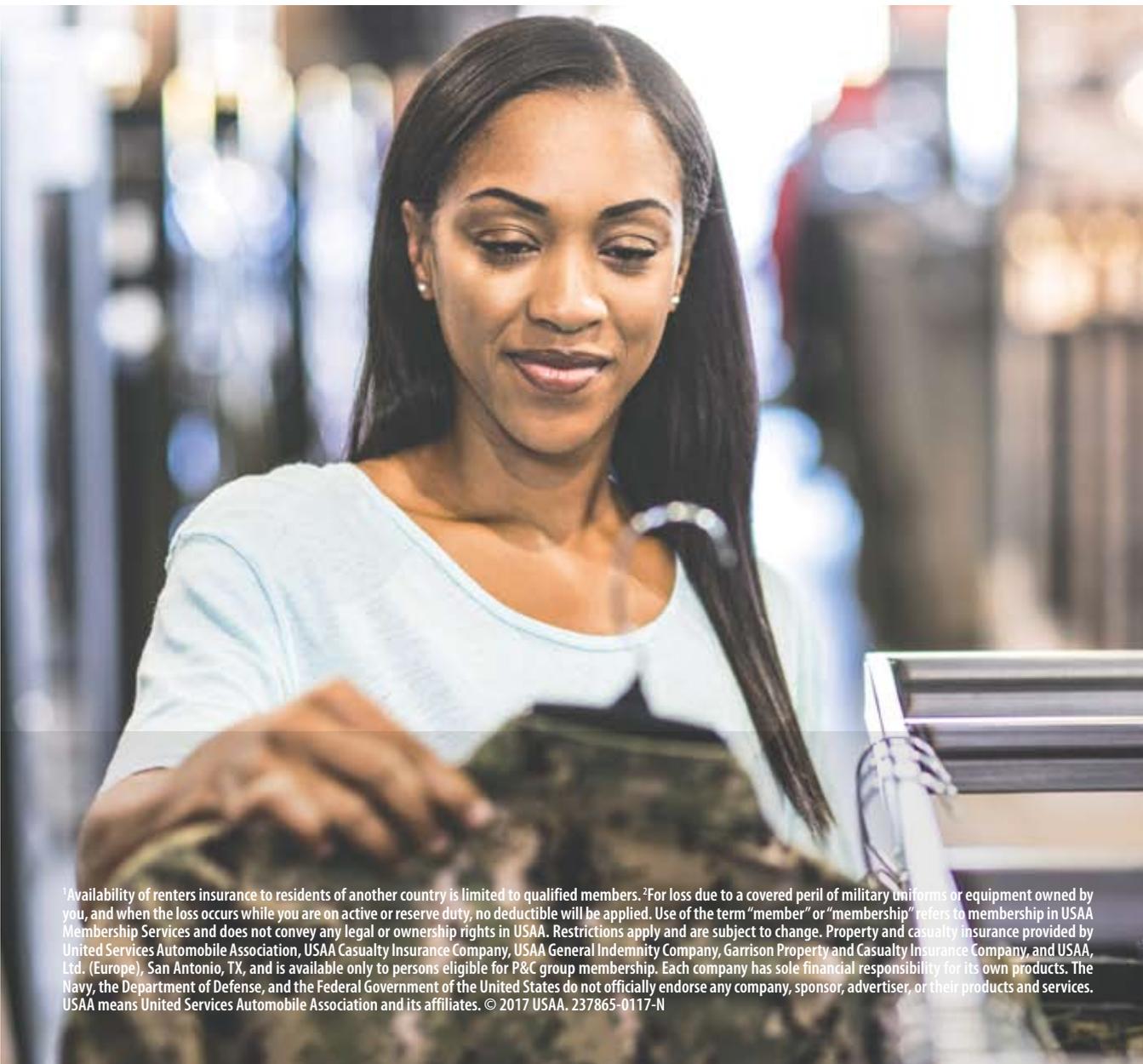


Humping it at Camp Pendleton

by Lance Cpl. Justin Bowles

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CNV 4922	C40	12:40	HICKAM(121)
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NO SPACE "A" DEPARTURES			
SUNDAY, JANUARY 22, 2017			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4841	C40	09:00	BOISE(69), LONG BEACH(22)
MONDAY, JANUARY 23, 2017			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4121	C40	09:00	FALLON(69), KEY WEST(9), JACKSONVILLE(9)
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Bernadette Peters arrives at the 73rd Annual Golden Globe Awards show at the Beverly Hilton Hotel in Beverly Hills, Calif., on Sunday, Jan. 10, 2016.

Liz Smith: Life is a cabaret in wintry New York City

by Liz Smith

"Time heals everything, Tuesday, Thursday

Time heals everything, April, August

If I'm patient the break will mend

And one fine morning the hurt will end

"So make the moments fly, autumn, winter

I'll forget you by next year, some year/Though it's hell that I'm going through, Some Tuesday, Thursday, April, August

Autumn, winter, next year, some year/

"Time heals everything/Time heals everything

But loving you."

All theater mavens worth their salt (and pepper!) know that the above are lyrics from Jerry Herman's "Time Heals Everything," sung most memorably by Bernadette Peters in Herman's 1974 masterpiece, "Mack and Mabel." (Despite eight Tony nominations, the show closed af-

ter only 66 performances. Since then, it has often been revived, overseas and out of Manhattan. It has grown in stature and is weeping for a NYC revival.)

Not long ago, I heard this on the radio and it struck me that if there was ever a song that could serve as a sentimental/hopeful serenade for Hillary Clinton - something to bring a crowd to its feet, cheering and cathartic crying, this was it.

Well, it might happen, if Hillary Rodham Clinton deigns to pop into Feinstein's/54 Below on Feb. 25, where the talented and inescapably attractive Seth Sikes "Sings Bernadette Peters." Seth, who has made his name and fame singing the big hits and lovely oddities of Judy Garland and Liza Minnelli, will dig into Bernadette's catalogue and oeuvre. He'll learn her songs, too.

Seth doesn't try to sound like Liza or Judy (who could?). He just sings their songs with a lot of emotion, craft and love. He'll no doubt do the same for the eternally girlish Broadway diva, Miss Peters.

And Seth, please do dedicate "Time Heals Everything" to

Hillary.

P.S. The very good author Thomas Santopietro ("Considering Doris Day," "Sinatra in Hollywood") writes us that he was at "The Color Purple" the other day when Hillary and Bill attended. He reported that "It was like a rock concert, people were not just applauding Hillary they were screaming their approval at the top of their lungs." Thomas said the emotion was so thick, that it clearly super-primed the audience for the show. "Jennifer Hudson's big song resulted in a complete standing ovation in the middle of Act One. It was quite a memorable afternoon!"

ALSO COMING to Feinstein's, on Feb. 7, is one Michael Griffiths. He'll present "In Vogue: Songs of Madonna." The press release says he'll do such classics as "Express Yourself," "Into the Groove" and "Vogue." But I hope some of the great ballads are included. ("Oh, Father," "Live to Tell," "La Isla Bonita," "Love Don't Live Here Anymore," "You'll See," "The Power of Goodbye," "Rain," "Crazy For You" and even the recent "Ghosttown.")

In the end - many, many years

from now, please - I think The Big M's musically tender side will be better remembered and reassessed than the dance hits or the "controversial" numbers. Some years ago, I said to her, "You really are such a romantic!" She replied with no small degree of melancholy: "Listen to the songs. Those are ones that tell my story."

For both these hot shows visit www.54Below.com.

MORE CABARET: Two nights only (Jan. 18, Jan. 20) to catch the delicious Melinda Hughes at The Metropolitan Room. Some of you might recall her last Manhattan stint, the well-reviewed "An English Girl in New York." This new one is titled, "Cheers, Darling!" Although Melinda is trained to knock you out with thrilling arias from "Aida" and "Madame Butterfly," her cabaret act is more jazz-infused, satiric and Noel Coward-ish. For tix info, call 212-206-0440, or go to www.Metropolitanroom.com.

SAVE THE DATE: On Friday March 17, that great force of nature, Tyne Daly will be honored at the Gingold Theater Group's 2017 Golden Shamrock Gala. This will celebrate Ms. Daly, St. Patrick's Day and George Bernard Shaw. (The Gingold Group is responsible for all the great Shaw productions in NYC in recent years.) This happens at the 3 West Club (3 West 51st Street). Call 212-353-7823.

THE book "Food City," so well-reviewed in The New York Times several months ago, has been decorating my coffee table for a while. I had pleurably been saving this tome, sub-

SEE Cabaret, page 15

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Lunar New Year Festival 2017

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Opening ceremony – Saturday Jan 21st Lion dance troupes are on-site throughout the day, every day.

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- 30,000 zodiac charms giveaway while supplies last!

The Little Saigon San Diego Foundation is excited to announce the return of its flagship event, the Lunar New Year Festival at Qualcomm Stadium! Scheduled Jan. 20-22, 2017, the Qualcomm Lunar New Year Festival attracts over 30,000 guests from across San Diego County and offers a fusion of Asian food stations, unique vendor booths, carnival rides, non-stop live entertainment (including lion dances, concerts, bands and singers such as Heartbreaka) as well as a highly acclaimed "Cultural Village" featuring breathtaking artistic reconstructions of iconic sculptures, buildings and landscapes from across South East Asia.

Celebrated for thousands of years in various countries around the world influenced by Chinese civilization, the Lunar New Year remains Vietnam's most celebrated holiday. This Lunar New Year Festival observes the Year of the Rooster, an animal representing resourceful, courageous and talented. These qualities, coupled with Rooster's active and amusing nature, make 2017 a year of endless possibilities.

Cabaret

continued from page 14

titled "Four Centuries of Food-Making in New York," for my spare time.

As we know "spare time" seldom comes, so the other night

I dug right into this intriguing history of not only food itself, but the story of production of food and its transport in Gotham over four centuries.

This story is one heck of a delicious entertainment, bril-

liantly written by Joy Santlofer. (Her daughter, Doria, completed the massive work, in honor of her mom.) It has been vouched for by the Pulitzer Prize-winning author Mike Wallace of "Gotham," Paul Freedman's

"Ten Restaurants that Changed America," The James Beard winner, Laura Schenone, of "A Thousand Years Over a Hot Stove" and Amy Bentley, author of "Inventing Baby Food."

This work is rapidly becoming a runaway hit with its revelations of the fall of the gastronomic empire. There

are also vital but unappetizing tales of slavery, immigration, unions, child labor and racial and ethnic wars, etc.

But the chief thing raising my interest was my partner Denis Ferrara. He is a guy whose tastes run the gamut from the fraught and furious hotbeds of politics, current TV and movies,

books of every genre - not to mention his passion for klieg lights, classic show biz lore, Marilyn, Elizabeth, Dietrich, etc. His eye fell on "Food City" and he exclaimed, "Oh, I've been dying to read this!"

A greater recommendation was never heard!

SHORTLY before the holi-

Omarr's weekly Astrological forecast



ARIES (March 21-April 19): You have the ability to rock even as you shock. Focus on the latest technology and most advanced ideas. You may become frustrated by mundane tasks and routines in the week to come.

TAURUS (April 20-May 20): Wait for it. You may be blessed by an almost magical ability to execute some shrewd business and financial plans in the middle of the week. A partner might have some excellent ideas.

GEMINI (May 21-June 20): You might be thrown into contact with deceptive people or frustrating situations as this week unfolds. Monday is the best day to ask for advice or feedback to sort the wheat from chaff.

CANCER (June 21-July 22): Friends and group activities could dominate the week ahead. You appear friendly and approachable so may be bombarded by distracting conversations. A partner shares your goals.

LEO (July 23-Aug. 22): Building blocks can be cemented by friendships. As this week goes by you might meet people who share your interests and ideas. Get some feedback about how to reach business and financial goals.

VIRGO (Aug. 23-Sept. 22): Think ahead. In the beginning of the week you might be impressed by someone or something that is

merely a passing whim. Put your faith in people who have proved themselves trustworthy.

LIBRA (Sept. 23-Oct. 22): Exercise good judgment and tactfulness. It is much too easy to get caught up in a wild goose chase in the week ahead. A partner will not be able to accept suggestions or criticisms gracefully.

SCORPIO (Oct. 23-Nov. 21): Hold your piggy bank close to your chest. In the week ahead there may be several situations that could prove costly. Don't spend your hard earned cents unless it reflects sound business sense.

SAGITTARIUS (Nov. 22-Dec. 21): Your heroes might prove to be zeros. In the week ahead you might be challenged to differentiate between the

worthwhile and misleading. Remain in focus to achieve meaningful goals.

CAPRICORN (Dec. 22-Jan. 19): You may be called upon to navigate social functions and distracted from what is really important. There may be an excellent opportunity mid-week to make a money making idea fly.

AQUARIUS (Jan. 20-Feb. 18): Every nickel counts. There may be an opportunity to improve your financial situation this week. You must carefully weigh the added responsibilities and avoid long term debt loads.

PISCES (Feb. 19-March 20): There may be opportunities to showcase your talents this week. Yet if you accept new responsibilities they may stretch your talents too far. Get advice before accepting new obligations.

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Padres agree to terms with four players

The San Diego Padres announced Jan. 13 that they have avoided arbitration with four players, agreeing to terms with right-handed pitchers Carter Capps and Brandon Maurer and left-handed pitchers Christian Friedrich and Brad Hand on one-year contracts through the 2017 season. Executive Vice President/General Manager A.J. Preller made the announcement.

Capps, 26, was acquired by the Padres from the Miami Marlins this past season on July 29, 2016 and missed the entire 2016 campaign after undergoing right elbow surgery. In 2015 he went 1-0 with a 1.16 ERA (4 ER, 31.0 IP), 58 strikeouts against seven walks and a .168 (18-for-107) opponent batting average over 30 relief appearances for the Marlins. A veteran of four Major League seasons with the Seattle Mariners (2012-13) and Marlins (2014-15), the 6-5, 233-pound right hander has posted a career 4-3 record with a 3.99 ERA (60 ER, 135.1 IP) and 177 strikeouts against 46 walks with a .258 (135-for-523) opponent batting average.

Friedrich, 29, set career highs in nearly every pitching category in 2016, including starts (23), innings pitched (129.1) and strikeouts (100) while posting a 5-12 record, a 4.80 ERA and

a .259 (131-for-505) opponent batting average. Over his first six starts with San Diego last season from May 13 to June 12, the Evanston, Ill., native went 3-1 with a 2.12 ERA (8 ER, 34.0 IP) and 31 strikeouts against 19 walks with a .233 (30-for-129) opponent batting average. A first-round selection (25th overall) of the Colorado Rockies in 2008, Friedrich owns a lifetime 10-28 record with a 5.37 ERA (177 ER, 296.2 IP) with 246 strikeouts against 117 walks in 124 games, 42 starts, over parts of four Major League seasons with the Rockies (2012, 2014-15) and Padres (2016).

Hand, 26, led the Majors with a career-high 82 appearances in his first campaign with the Padres in 2016, the second-most appearances ever by a Padres reliever in a single season, behind only Craig Lefferts' 83 outings in 1986. His 111 strikeouts on the season were tied with Trevor Hoffman (1996 and 1997) for the third-most ever in a single season by a Padres reliever, behind only Lance McCullers (126 in 1987) and Rollie Fingers (113 in 1977). The Minneapolis,

Minn., native posted a 4-4 record in 2016 with a 2.92 ERA (29 ER, 89.1 IP) and a .248 (63-for-323) opponent batting average. The 6-3, 228-pound left-hander owns a lifetime 13-29 record with a 4.29 ERA (180 ER, 378.0 IP) in 172 games, 43 starts, over parts of six Major League seasons with the Marlins (2011-15) and Padres (2016).

Maurer, 26, set career highs in 2016 in appearances (71), strikeouts (72) and saves (13) while posting a 0-5 record with a 4.52 ERA (35 ER, 69.2 IP) and a .238 (65-for-273) opponent batting average. In his final 41 outings of the 2016 season after June 11, the Newport Beach, Calif., native posted a 2.59 ERA (12 ER, 41.2 IP) with 39 strikeouts against six walks and a .219 (34-for-150) opponent batting average, converting 12 of 14 save opportunities. The 6-5, 228-pound right-hander owns a lifetime 13-21 record with a 4.85 ERA (151 ER, 280.1 IP) and 236 strikeouts against 84 walks in 184 games, 21 starts, over parts of four Major League seasons with the Mariners (2013-14) and Padres (2015-16).

Armed Forces Dispatch

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SeaWorld gets wild with upcoming attractions

SEAWORLD GETS WILD AND UP CLOSE WITH JACK HANNA: It's a wild world out there and SeaWorld® San Diego is the place to celebrate amazing animals and the wonder of nature at the park's Jack Hanna Weekend event, January 14-15! Guests can join world-renowned animal expert Jack Hanna—also referred to as Jungle Jack—to meet some astounding animals and hear about their compelling stories. The star of two nationally broadcast TV shows detailing his international animal adventures, Hanna will also share his personal experiences about his travels around the world to raise awareness of animals and the challenges they face in the wild. Guests can meet incredible animals and learn firsthand how they can make a difference for wildlife and wild places with their own everyday actions. They can in turn share that message by using #JungleJackIsBack when posting images on social media. For more information visit www.SeaWorldSanDiego.com

PENGUIN AWARENESS EVENTS AT SEAWORLD: Guests of all ages can help make a difference and spend time with SeaWorld's coolest animals in celebration of Penguin Awareness Day (Jan. 20). For a more exclusive experience, penguin lovers can help raise awareness at the fourth annual Penguin Awareness Cocktail Party and Dinner on Jan. 21. Guests 21 and older will have the chance to get up close and personal with these animals and engage in conversation with conservation ambassadors and penguin specialists to learn more about the lives of penguins. Later, guests will enjoy a special dinner at the park's Nautilus Pavilion and have the opportunity to participate in a silent auction. All proceeds from this event support future SeaWorld & Busch Gardens Conservation Fund efforts. Dress is business casual attire but guests are encouraged to come dressed in black and white colors. For more information, visit: www.SeaWorldSanDiego.com/PenguinAwarenessCocktailParty

TWO EXCITING ADMISSION OFFERS: To celebrate all the fun SeaWorld® has for little guests, kids ages 3-5 living in San Diego and Orange Counties can receive a SeaWorld Preschool

Pass for \$10. With the Pass in hand, they can ride, climb, splash and play until Dec. 31, 2017. Parents interested in registering can visit www.SeaWorldSanDiego.com/Preschool by March 17. Guests should then, print and bring the confirmation along with a valid form of ID for the child (a copy of a certified birth certificate or travel passport) to any ticket window at SeaWorld. Redemption and first use must occur by March 31, 2017. In salute to California and Arizona educators, SeaWorld San Diego is offering free admission through the 2017 Teacher Appreciation Fun Card. The Teacher Appreciation program is open to all currently credentialed K-12 teachers residing in California (zip codes 90000-96199) and Arizona (zip codes 58000-86599). Teachers interested in registering can visit: www.SeaWorldParks.com/SWCTeachers by May 19, 2017. Teachers will also be eligible for two free single-day companion tickets that will allow teachers to bring two friends or family to SeaWorld as guests. Companion tickets must also be claimed and redeemed by May 19, 2017.

LUNAR NEW YEAR AT SEAWORLD: The park's Lunar New Year Festival area will be alive with sights, sounds and aromas celebrating Asian culture. Asian-inspired culinary offerings will tantalize the taste buds and entertaining acts will amaze and delight visitors with cultural performances, such as taiko drummers, lion dancers and the new interactive dragon parade. The Chinese Acrobats of Hebei will amaze the audience with incredible feats of agility and grace at the park's Mission Bay Theater. At the front of the park and at the Lunar New Year Festival area, guests will be greeted with festive red décor and artwork depicting a rooster, in honor of the Lunar New Year's astrological symbol of 2017. And in keeping with the Chinese tradition of wishing good fortune and happiness to family and friends, SeaWorld guests who visit shows at Mission Bay Theater will have an opportunity to receive a red envelope with a special gift inside. Lunar New Year at SeaWorld dates are Jan. 28-29, Feb. 4-5, 11-12 and 18-20. All of SeaWorld's seasonal events are included with park admission, but the best way to enjoy

all the fun is to purchase a SeaWorld Fun Card where guests can save \$10 on a single-day ticket and visit the rest of 2017 for free. For more information visit www.SeaWorldSanDiego.com/LunarNewYear

History of the World by Mark Andrews

Jan. 19: ON THIS DATE in 1966, Indira Gandhi became prime minister of India, following in the footsteps of her father, Jawaharlal Nehru, the nation's first prime minister. In 1976, the Beatles turned down a \$30 million offer to hold a reunion concert.

Jan. 20: ON THIS DATE in 1958, Elvis Presley got his draft notice to join the Army. He was given 60 days to finish making the movie "King Creole" before reporting for duty. In 1981, 52 American hostages in Iran were released after 444 days of captivity immediately upon the inauguration of Ronald Reagan as president.

Jan. 21: ON THIS DATE in 1793, King Louis XVI of France was executed on the guillotine by revolutionaries. In 1977, on his first full day in office, President Carter pardoned nearly all Vietnam War-era draft dodgers.

Jan. 22: ON THIS DATE in 1944, U.S. troops established a beachhead at Anzio after landing on the Italian coast during World War II. In 1973, in its Roe vs. Wade decision, the U.S. Supreme Court legalized most abortions.



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by Jan Wagner

AutoMatters & More: Mercedes-Benz Vision Van at CES 2017

in accompanying text by Mercedes-Benz, the Vision Van serves as an integrated rolling test bed for a number of innovative technologies for last-mile delivery operations, and thus sets the standard of performance requirements and solutions for future generations of vans.

It features a fully automated cargo space that presents packages to the driver for home deliveries, integrated drones (on the roof) for autonomous air deliveries, and state-of-the-art joystick control (replacing a steering wheel and pedals). Powered by a 75 kW electric drive system with a range of up to 270 km, deliveries with the

ternal combustion engines is planned. The virtually silent electric drive system facilitates late deliveries in residential areas for the purposes of same-day delivery.

Cloud-based software controls the Vision Van's automated cargo hardware. The Vision Van itself serves as the central, intelligent element in a fully connected delivery chain. Innovative algorithms control order picking, the loading of packages, the fully automated cargo space management, route planning for the vehicle and the delivery drones.

They also calculate ideal delivery routes for the pack-

In recent years CES (the Consumer Electronics Show) has increasingly become a major show for the auto industry, as was evidenced by autonomous vehicles demonstrations occupying much of the Las Vegas Convention Center's Gold Lot this year. One especially noteworthy vehicle on display was the Mercedes-Benz Vision Van.

Immediately after the throngs of show-goers and most of the world's Press had left the CES 2017 exhibit halls, the massive and rapid teardown began. What was unexpected was a SEMA Show-like, mini-parade of concept vehicles departing their CES exhibits.

The breathtaking exterior design of the Mercedes-Benz Vision Van caught this journalist's attention as they drove it out of the LVCC. It is a large vehicle and there is not an excess of aisle space between the exhibit booths, which made it quite a challenge to move it from the LVCC and load it onto its transporter without so much as a scratch. As you will see from the photos, that mission was accomplished.

Unlike many automotive design studies that are little more than empty shells, the Vision Van is a functional, roadworthy vehicle. It was driven out of the LVCC under its own power.

Vans play a prominent role at Mercedes-Benz. What initially attracts attention to the Vision Van is its stunning good looks - but it is far more than just a great looker. The Mercedes-Benz Vision Van is a fully functional prototype of an automated delivery van of the future. It would not be much of a stretch to envision this as a prototype for a future Amazon delivery vehicle that will be launching drones for autonomous home deliveries of lightweight parcels.

Its exterior design represents a vast improvement visually over today's chunky, utilitarian delivery vehicles - but it is much more than just a delivery van. As is demonstrated in its pair of world premiere videos at: <http://www.daimler.com/innovation/specials/vision-van/en/>, and as explained



Mercedes-Benz Vision Van concept on display at CES

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Vision Van are locally emission-free.

The electric drive system additionally guarantees that it will remain possible to operate the Vision Van in inner-city zones where the introduction of bans on vehicles with in-

age deliverer. Automatic order picking takes place at the logistics center, and consignments are loaded into special racking systems.

Driverless handling vehicles load the racks by way of an automated one-shot loading



Breathtaking exterior design.

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Driving onto its transporter outside the LVCC.

process. The intelligent cargo space management system automatically transfers packages for manual delivery to the driver at a package dispenser at the rear wall of the driver's cabin, where there is also an information terminal that provides all relevant information about the delivery process.

This terminal serves as a means of communication between the Vision Van's autonomously functioning system environment and the driver, who is able to concentrate fully on the manual delivery task at hand.

At the same time, the system supplies two drones, each with a payload capacity of two kilograms, with consignments for autonomous delivery within a radius of 10 km.

The surface of the broad, sweeping dashboard provides the driver with all the information needed to work, including gauges, route planning information and drone flight data.

LED displays on the front and rear communicate when the delivery drones take off, when the vehicle stops or when the deliverer exits the Vision Van. LED indicators in the floor signal to the driver whether pedestrians or cyclists are approaching.

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

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TV Listings

WEEKDAY MORNING/AFTERNOON

TVData@	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30	
XETV 6	CW6 News in the AM			San Diego Living	Varied Programs	The 700 Club		The Doctors		Judge Faith Court	Paternity Court	Judge Mathis		The Robert Irvine Show			Maury	CW6 News at 4pm		
KFMB 8	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Judge Judy	Bold/Beautiful	The Young and the Restless		The Talk			Dr. Phil	Judge Judy	Judge Judy	
KGTV 10	Good Morning America			LIVE with Kelly		The View		10News Midday		The Chew		General Hospital		T.D. Jakes			RightThis-Minute	RightThis-Minute	10News: The Now San Diego	
KPBS 13	Ready Jet Go!	Nature Cat	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Sesame Street	Dinosaur Train	Peg Plus Cat	Super Why!	Thomas & Friends	Sesame Street	Dinosaur Train	Wild Kratts	Arthur	Nature Cat	Ready Jet Go!	Odd Squad	Odd Squad	
KNSD 35	Today			Today's Take		Today		NBC 7 News Midday		Days of our Lives		Access Hollywood Live		Steve Harvey			The Ellen DeGeneres Show		NBC 7 News at 4	
DISN	Gravity Falls	The Lion Guard	The Lion Guard	Mickey Mouse	Mickey Mouse	Mickey Mouse	Elena of Avalor	Sofia the First	Sofia the First	Doc Mc-Stuffins	Doc Mc-Stuffins	PJ Masks	PJ Masks	Suite Life of Zack	Suite Life of Zack	Phineas and Ferb	Star vs. Forces	Jessie	Bunk'd	
ESPN	First Take			SportsCenter		Outside the Lines		Coll. Football Live	NFL Insiders	NFL Live		SportsNation	Questionable	Around the Horn	Pardon the Interruption	SportsCenter		College Basketball		
ESPN2	SportsCenter	SportsCenter	The Dan Le Batard Show With Stugotz		First Take		Varied Programs		2017 Australian Open Tennis		Around the Horn		Pardon the Interruption	Varied Programs		Say Yes: ATL		Say Yes: ATL		
TLC	I Found the Gown	Varied Programs		Addicted		Hoarding: Buried Alive		Hoarding: Buried Alive		My 600-Lb. Life		Varied Programs		Say Yes: ATL		Say Yes: ATL		Say Yes: ATL		
USA	Varied Programs		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit	

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

1/27 RESIDENT EVIL: THE FINAL CHAPTER
1/27 A DOG'S PURPOSE

Resident Evil: The Final Chapter



The T-virus unleashed by the evil Umbrella corporation has spread to every corner of the globe, turning Earth into a hellscape of zombies, demons and monsters. Now, Alice, a former Umbrella employee turned rogue warrior, joins her friends on a last-chance mission to save mankind by storming the company's headquarters located deep underneath what used to be Raccoon City. But the Red Queen knows Alice is coming, and the final battle will determine if the rest of mankind lives or dies.

Genre: Action, Horror, Sci-Fi
Cast: Milla Jovovich, Ali Larter, Shawn Roberts

A Dog's Purpose

A devoted dog discovers the meaning of its own existence by showing humans how to laugh and love over the course of several lifetimes.

Genre: Adventure, Comedy, Drama
Cast: Dennis Quaid, Britt Robertson, K.J. Apa

THURSDAY EVENING

TVData@	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (CC)	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	DC's Legends of Tomorrow (CC)	Supernatural "Lotus" (CC)	CW6 News at 10pm (N)		Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	The Great Indoors	Mom (N) (CC)	Life in Pieces (N)	Pure Genius "I Got This" (N) (CC)	News	Late-Colbert	Late-Colbert	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy "You Haven't Done Nothin'"	Scandal Olivia faces a possibly dire situation.	20/20 (N) (CC)	10News at 11pm	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel
KPBS 13	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Ken Kramer's Reflect (N)	Savor San Diego (N)	Kings of the Craft	DCI Banks "Undertow" Banks struggles with personal feelings.	Mineral Explorers	Mineral Explorers	Mineral Explorers	Mineral Explorers	Mineral Explorers
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Good Place (Season Finale) (N) (CC)	Chicago Med "Graveyard Shift" (N) (CC)	The Blacklist "The Harem" (N) (CC)	NBC 7 News	Tonight Show	Tonight Show	Tonight Show	Tonight Show	Tonight Show
DISN	Liv and Maddie	L & M: Cali Style	Girl Meets World	Bizaardvark (N)	K.C. Undercover	Good-Charlie	Stuck/Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd (CC)	Bunk'd (CC)	Jessie (CC)	Jessie (CC)
ESPN	College Basketball Maryland at Iowa. (N)	College Basketball Clemson at Louisville. From the KFC Yum! Center in Louisville, Ky.	College Basketball	College Basketball California at Oregon. From Matthew Knight Arena in Eugene, Ore.	2017 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2017 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2017 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2017 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2017 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2017 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2017 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2017 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2017 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)	2017 Australian Open Tennis Third Round. From Melbourne, Australia. (N) (Live) (CC)
ESPN2	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball	College Basketball
TLC	Project Dad The moms are due home.	My 600-Lb. Life "Angel's Story" (CC)	My 600-Lb. Life "Nikki's Story" (CC)	My 600-Lb. Life "Nikki's Story" (CC)	My 600-Lb. Life: Supersized "Cynthia's Story" Cynthia can't care for her family. (N)	Extreme Weight Loss "Jeff and Juliana" (CC)	My 600-Lb. Life: Supersized "Cynthia's Story" Cynthia can't care for her family. (N)	Extreme Weight Loss "Jeff and Juliana" (CC)	My 600-Lb. Life: Supersized "Cynthia's Story" Cynthia can't care for her family. (N)	Extreme Weight Loss "Jeff and Juliana" (CC)	My 600-Lb. Life: Supersized "Cynthia's Story" Cynthia can't care for her family. (N)	Extreme Weight Loss "Jeff and Juliana" (CC)	My 600-Lb. Life: Supersized "Cynthia's Story" Cynthia can't care for her family. (N)	Extreme Weight Loss "Jeff and Juliana" (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)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)	Law & Order: Special Victims Unit (CC)

FRIDAY EVENING

TVData@	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (CC)	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	The Vampire Diaries (N) (CC)	Crazy Ex-Girlfriend (N) (CC)	CW6 News at 10pm (N)		Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)	Seinfeld (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Change and Challenge	Hawaii Five-0 "Ka Laina Ma Ke One" (N)	Blue Bloods "The One That Got Away"	News	Late-Colbert	Late-Colbert	Late-Colbert	Late-Colbert	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Last Man Standing	Dr. Ken (N) (CC)	Shark Tank (N) (CC)	20/20 (N) (CC)	10News at 11pm	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel	Jimmy Kimmel
KPBS 13	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N)	Washington Week	Roundtable	The Coroner "The Fisherman's Tale" (N)	The Tunnel (CC)	Live at the Belly Up "Matsuyahu" (N)				
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Grimm "Oh Captain My Captain" (N) (CC)	Emerald City "Science and Magic" (N)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show				
DISN	Liv and Maddie	L & M: Cali Style	Girl Meets World	Bizaardvark (N)	K.C. Undercover	Good-Charlie	Stuck/Middle	A Cinderella Story: If the Shoe Fits (2016) Sofia Carson. (CC)	Stuck/Middle	Stuck/Middle	Jessie (CC)	Jessie (CC)	Jessie (CC)	Jessie (CC)
ESPN	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)	NBA Basketball Golden State Warriors at Houston Rockets. From the Toyota Center in Houston. (N) (Live)
ESPN2	SportsCenter (N) (Live) (CC)													
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Paranormal Lockdown (CC)	Paranormal Lockdown "Waverly Hills"	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)	A Haunting A family battles an evil entity.	Paranormal Lockdown (CC)	Paranormal Lockdown (CC)	Paranormal Lockdown (CC)	Paranormal Lockdown (CC)
USA	Law & Order: Special Victims Unit (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)	Modern Family (CC)

SATURDAY MORNING/AFTERNOON

TVData@	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
XETV 6	Dog Whisperer	CW6 News in the Morning Weekend (N)			Save Our Shelter (N)	Vacation Creation	Dinner Spinner (N)	Save to Win (N)	Paid Program	Paid Program	Paid Program	Country Heat Dance	Paid Program	Miracle Makeup!	Paid Program	Paid Program	Championship Wrestling		
KFMB 8	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	College Basketball Vanderbilt O'Connell Center in Gainesville, Fla. (N)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)	College Basketball Texas at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live) (CC)
KGTV 10	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Sea Rescue (N)	The Wildlife Docs	Rock the Park (N)	Outback Adventures	Paid Program	Paid Program	To Be Announced	30 for 30	No-Fat Fried Foods - YES! Really! (CC)						
KPBS 13	Daniel Tiger	Splash and Bubbles: One Big Ocean (2017)	Nature Cat (CC)	Ready Jet Go! (E) (E)	Moneytrack: Money for Life Financially secure retirement. (CC)	R. Steves' Europe	This Old House (N)	Ask This Old House	Moveable Feast	The Mind of a Chef	Cook's Country (N)	Martha Bakes (N)	Pat's Mexican Table	Savor San Diego	R. Steves' Europe	Crossing South	Crossing South	Crossing South	Crossing South
KNSD 35	NBC 7 News To	The Voyager	Wilderness Vet (N)	Journey-Dreyer	English Premier League Soccer Manchester City FC vs Tottenham Hotspur FC. (N) (Live) (CC)	Prem Goal Zone	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)	Figure Skating U.S. Championships: Pairs Free Skate and Free Dance. From Kansas City, Mo. (N) (Live) (CC)
DISN	The Lion Guard (CC)	Roadster-Racers	Roadster-Racers	Elena of Avalor (CC)	Zhu Zhu Pets	Gravity Falls (CC)	Star vs. Forces	Stuck in the Middle	K.C. Undercover	A Cinderella Story: If the Shoe Fits (2016) Sofia Carson, Jennifer Tilly. (CC)	L & M: Cali Style	Girl Meets World (CC)	Bizaardvark (CC)	K.C. Undercover (CC)	Stuck in the Middle	Jessie (CC)	Jessie (CC)	Jessie (CC)	Jessie (CC)
ESPN	SportsCenter (N)	College GameDay (N) (Live) (CC)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)	College Basketball Syracuse at Notre Dame. From Purcell Pavilion in Notre Dame, Ind. (N) (Live)
ESPN2	2017 Australian Open Tennis Third Round. From Melbourne, Australia.	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)	College Basketball Georgia at Texas A&M. From Reed Arena in College Station, Texas. (N) (Live)
TLC	Undercover Boss (CC)	Undercover Boss "Shoppers World" (CC)	Undercover Boss An employee is too flirty.	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)	Undercover Boss "Marco's Pizza" (CC)			
USA	Paid Program	Paid Program	Paid Program	Shooter Proving Bob Lee's innocence. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)	Colony Jennifer visits Katie. (CC) (DVS)

SATURDAY EVENING

TVData@	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	American Ninja Warrior (CC)	American Ninja Warrior (CC)	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (CC)	Mike & Molly (CC)	2 Broke Girls (CC)	2 Broke Girls (CC)	CW6 News at 10pm (N)		Tosh.0 (CC)	Tosh.0 "X12" (CC)	Tosh.0 (CC)	Tosh.0 (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)	Weekend News	News	Entertainment Tonight (N) (CC)	Ransom "The Box" (N) (CC)	48 Hours (CC)	48 Hours (CC)	48 Hours (CC)	48 Hours (CC)	48 Hours (CC)	48 Hours (CC)	48 Hours (CC)	48 Hours (CC)	48 Hours (CC)
KGTV 10	NBA	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)	NBA Basketball San Antonio Spurs at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (CC)
KPBS 13	NewsHour Wk	KPBS Spectrum	The Lawrence Welk Show "Indiana"	Fawly Towers	Blandings (CC)	The Doctor Blake Mysteries (CC)	Magic Moments: The Best of 50s Pop Musicians perform. (CC)	Globe Trekker (CC) (DVS)						
KNSD 35	Heart of a Champion	Nightly News	NBC 7 News at 6	L King Report										

TV Listings

SUNDAY MORNING/AFTERNOON

TVData®	7:30	8 am	8:30	9 am	9:30	10 am	10:30	11 am	11:30	12 pm	12:30	1 pm	1:30	2 pm	2:30	3 pm	3:30	4 pm	4:30
XETV 6	Paid Program	CW6 News in the Morning Weekend (N)				Paid Program	Paid Program	San Diego	Paid Program	The Neighborhood SD	Paid Program	Lifestyles San Diego	Flat and Sexy Abs!	*** Precious: Based on the Novel "Push" by Sapphire (2009) Gabourey Sidibe, Mo'Nique.				Raw Travel (CC)	Raw Travel (CC)
KFMB 6	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	Hidden Heroes (N)	The Open Road	Pro Pulling League From Wheatland, Mo. (N)	College Basketball Georgetown at Xavier. From Cintas Center in Cincinnati. (N) (Live) (CC)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	Country Heat Dance	Big Fan (CC)	Big Fan (CC)	Big Fan (CC)	Big Fan (CC)	Castle Investigating a weathercaster's death.	AFC Championship Game: Teams TBA. (N) (Live) (CC)
KGTV 10	Good Morning 10News This Morning at 8am Sunday (N) (CC)	This Week With George Stephanopoulos (N)	Nature Cat (CC)	Ready Jet Go! (EI)	Washington Week (CC)	KPBS Roundtable	Charlie Rose	POTUS 2016 (CC)	Start Up (N) (CC)	Travelscope	Great Performances "Bel Canto The Opera"	Story about terrorists and hostages. (CC)	Ken Kramer's S.D.'s Historic Places						
KPBS 15	Daniel Tiger	Splash and Bubbles: One Big Ocean (2017)																	
KNSD 35	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	NHL Hockey New York Rangers at Detroit Red Wings. From Joe Louis Arena in Detroit. (N) (Live) (CC)															
DISN	The Lion Guard (N) (Live) (CC)	Roadster-Racers	Roadster-Racers	Elena of Avalor (N)	Zhu Zhu Pets	Gravity Falls (CC)	Star vs. Forces	Stuck in the Middle	K.C. Undercover (N)	*** Cloudy With a Chance of Meatballs (2009) Voices of Bill Hader.	L & M: Cali Style	Girl Meets World (N)	Bizaardvark	K.C. Undercover (N)	Girl Meets World (N)	Girl Meets World (N)	Girl Meets World (N)	Austin & Ally (CC)	
ESPN	SportsCenter (N) (Live) (CC)			NFL Insider: Sunday Edition (N) (Live) (CC)		Postseason NFL Countdown (N) (Live) (CC)													Basketball
ESPN2	2017 Australian Open Tennis Round of 16. From Melbourne, Australia. (N) Same-day Tape) (CC)				Women's College Basketball Tulane at Connecticut. From XL Center in Hartford, Conn. (N) (Live)	Women's College Basketball Rutgers at Maryland. From XFINITY Center in College Park, Md. (N)													Women's 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	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	My 600-Lb. Life "June's Story" (CC)	My 600-Lb. Life "Ashley R's Story" Ashley makes changes to save her life. (N)	My 600-Lb. Life "Cynthia's Story" (N)					
USA	David Jeremiah (N)	In Touch	Joel Osteen (CC)	*** Red 2 (2013, Action) Bruce Willis, John Malkovich. Retired operatives return to retrieve a lethal device.				*** Red (2010, Action) Bruce Willis, Morgan Freeman. The CIA targets a team of former agents for assassination.				Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit "Blast" (N)	Law & Order: Special Victims Unit "Retno" (N)					

JANUARY 22, 2017

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

- Emeril, for one
- "_ the Clock"
- Actor Ballard
- Luau greeting
- "_ Vegas"
- "_ Search" (1983-2004)
- Actor Olin
- Most famous 1981 bride
- Lennon of "The Odd Couple"
- "_ On" (2012-13)
- Part of the foot
- Apple portable media player
- "A Flea in Her _"; Rex Harrison film
- Mr. Mineo
- Role on "blackish"
- Just a _; small amount
- "Hey _"; Beatles hit
- Actress Kathryn _
- Prefix for disturbed or detected
- _ Moore
- Spielberg's 1982 creature
- 2015 Melissa McCarthy movie
- Sher of "The Middle"
- "Joan of _"; Ingrid Bergman film
- "The _ Birds"; 1983 Richard Chamberlain miniseries
- Comment from Trigger
- Brynner's namesakes
- "A Farewell to _"; Gary Cooper movie

DOWN

- Role on "Modern Family" (2)
- "A Boy and _ Dog"; 1975 Don Johnson film
- Character in "The Wizard of Oz"

- Role on "Barney Miller"
- Theda of the silents
- "_ Dorado"; John Wayne movie
- Perfectly acceptable (hyph.)
- Series for Jeff Garlin (2)
- Emmy winner Alan
- "... and giving _ up the chimney he rose ..."
- "Say Yes _ the Dress"
- "I _ Weasel" (1997-99)
- "_ Company" (1976-84)
- "_ Wives"
- King or queen
- Early "Tonight Show" host
- "_ Shoot Me!"
- Engrave
- Egg producers
- 2000-04 Tom Cavanagh series
- "You, _ and the Apocalypse"
- Paquin or Faris
- "Mad About _"
- Objective
- Initials for Lansing
- Most-watched series of the 1998-99 season



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SUNDAY EVENING

TVData®	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	Horizon	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	The Middle (CC)	Mike & Molly (N)	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	CW6 News at 10pm (N)	Seinfeld (N) (CC)	Seinfeld (N) (CC)	
KFMB 6	NFL Football AFC Championship Game: Teams TBA. (N) (Live) (CC)				Hunted Nine teams of two go on the run. (N)	To Be Announced	Blue Bloods "Reagan V. Reagan" (N) (CC)	Entertainment Tonight (N) (CC)	News	CSI: Miami (CC)				
KGTV 10	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos (CC)	To Tell the Truth (N) (CC)	To Tell the Truth (N) (CC)	Conviction "Dropping Bombs" (N) (CC)	10News at 11pm	Sports XTRA				
KPBS 15	NewsHour Wk	SciTech Now (N)	Victoria on Masterpiece "Doll 123" Princess Victoria becomes queen. (N) (CC)		Mercy Street "Balm in Gilead" (N) (CC)	Victoria on Masterpiece "Brockert Hall"	Secrets of the Six Wives (N) (CC)	The Ascent of Woman "Separation"						
KNSD 35	Talk Stoop	Nightly News	Paid Program		Dateline NBC (N) (CC)	*** Ted (2012, Comedy) Mark Wahlberg, Mila Kunis. Voices of Seth MacFarlane. (N)	NBC 7 News	Jerome Sports						
DISN	Austin & Ally (CC)	Austin & Ally (CC)	Austin & Ally (CC)	Austin & Ally (CC)	Stuck/Middle	L & M: Cali Style	K.C. Undercover	Bizaardvark (N)	*** 16 Wishes (2010) Debby Ryan, Jean-Luc Bilodeau. (N)	K.C. Undercover	Bizaardvark (N)	Bunk'd "Fog'd In"		
ESPN	Basketball	30 for 30 (CC)			NFL PrimeTime (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (CC)			NFL PrimeTime (CC)				
ESPN2	Gymnastics	Win From Within (N)	2017 Australian Open Tennis Round of 16. From Melbourne, Australia. (N) (Live) (CC)											
TLC	My 600-Lb. Life "Cynthia's Story" (N)	My 600-Lb. Life "Brandi and Kandi's Story" Twins decide they need to lose weight. (N)	Sister Wives "Tell All, Part 1" (N) (Part 1 of 2)	Long Lost Family: What Happened Next	Married by Mom & Dad (N) (N)									
USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Modern Family	Modern Family				

JANUARY 22, 2017

MONDAY EVENING

TVData®	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (N)	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	Supergirl "Supergirl Lives" (N) (CC)	Jane the Virgin "Chapter Fifty-Two"	CW6 News at 10pm (N)	Seinfeld (N) (CC)	Seinfeld (N) (CC)			
KFMB 6	CBS News 8 at 5pm	Evening News	News	Ent. Tonight	Inside Edition (N)	Kevin Can Wait (N)	Man With a Plan (N)	2 Broke Girls (N)	The Odd Couple (N)	Scorpion "The Hole Truth" (N) (CC)	News	Late-Colbert		
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Bachelor (N Same-day Tape) (N) (CC)	Antiques Roadshow "The Civil War Years"	Antiques Roadshow "Santa Clara" (CC)	The Queen at 90 (N) (CC)	Independent Lens "The Witness" (N) (CC)				
KPBS 15	Evening News	Nightly Business	World News	World News	PBS NewsHour (N) (CC)	The New Celebrity Apprentice Contestants market health food. (N) (CC)	Timeless "The Murder of Jesse James"	NBC 7 News	Tonight Show					
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)									
DISN	Live and Maddie	L & M: Cali Style	Girl Meets World (N)	Bizaardvark (N)	K.C. Undercover	Good-Charlie	Stuck/Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)
ESPN	College Basketball	College Basketball Oklahoma at Texas. From the Frank Erwin Center in Austin, Texas. (N)			SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)				
ESPN2	Women's College Basketball	2017 Australian Open Tennis Quarterfinals. From Melbourne, Australia. (N) (Live) (CC)												
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life (N)	Outdaughters "All Eyes on Hazel" (CC)	Counting On "Could It Be Twins?" (N) (CC)	Rattled: A Paralyzed Mother's Story (N) (N)	Counting On "Could It Be Twins?" (N) (CC)					
USA	Law & Order: Special Victims Unit (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	WWE Monday Night RAW (N Same-day Tape) (N) (CC)	Modern Family (N)	Modern Family (N)						

JANUARY 23, 2017

TUESDAY EVENING

TVData®	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (N)	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	The Flash (N) (CC)	DC's Legends of Tomorrow (N) (CC)	CW6 News at 10pm (N)	Seinfeld (N) (CC)	Seinfeld (N) (CC)			
KFMB 6	CBS News 8 at 5pm	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS The team investigates a hit-and-run.	Bull "Stockholm Syndrome" (N) (CC)	NCIS: New Orleans (N) (CC) (DVS)	News	Late-Colbert				
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Middle	American Housewife	Fresh Off the Boat	The Real O'Neals	Marvel's Agents of S.H.I.E.L.D. (N) (CC)	10News at 11pm	Jimmy Kimmel		
KPBS 15	Evening News	Nightly Business	World News	World News	PBS NewsHour (N) (CC)	American Experience "Rachel Carson" Scientist Rachel Carson's writings. (N) (CC)	Frontline (N) (CC)	CONSTITUTION USA With Peter Sagal (N)						
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Wall "Ebony and Deanna" (N) (CC)	This Is Us "Three Sentences" (N) (CC)	Chicago Fire "Who Lives and Who Dies"	NBC 7 News	Tonight Show				
DISN	Live and Maddie	L & M: Cali Style	Girl Meets World (N)	Bizaardvark (N)	K.C. Undercover	Good-Charlie	Stuck/Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)
ESPN	College Basketball	College Basketball Kentucky at Tennessee. (N) (Live)			SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)				
ESPN2	College Basketball	2017 Australian Open Tennis Quarterfinals. From Melbourne, Australia. (N) (Live) (CC)												
TLC	My Big Fat Fabulous Life "Cereal Stalker"	My Big Fat Fabulous Life "Fat Jokes" (N)	My Big Fat Fabulous Life: Countdown to the New Season Whitney makes a dance DVD.	My Big Fat Fabulous Life "Knocked Up?"	Tattoo Girls "The Hair Wolf Tattoo" (N)	My Big Fat Fabulous Life "Knocked Up?"								
USA	NCIS A copycat of the Privileged Killer.	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	WWE SmackDown! (N Same-day Tape) (N) (CC)	*** The Condemned 2 (2015) Randy Orton. Convicts fight to the death in a tournament.							

JANUARY 24, 2017

WEDNESDAY EVENING

TVData®	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30
XETV 6	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (N)	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	Arrow Diggle fights for his life in prison.	Frequency "Signal Kiss" (N) (CC)	CW6 News at 10pm (N)	Seinfeld (N) (CC)	Seinfeld (N) (CC)			
KFMB 6	CBS News 8 at 5pm	Evening News	News	Ent. Tonight	Inside Edition (N)	Hunted "Snitches Get Stitches" One team goes completely off the grid. (N) (CC)	Code Black "Vertigo" (N) (CC)	News	Late-Colbert					
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Gold-bergs	Speech-less (N)	Modern Family (N)	blackish (N)	Match Game (N) (CC)	10News at 11pm	Jimmy Kimmel		
KPBS 15	Evening News	Nightly Business	World News	World News	PBS NewsHour (N) (CC)	Zoo Quest In Colour (N) (Part 1 of 2)	Zoo Quest In Colour (N) (Part 2 of 2)	Alzheimer's: Every Minute Counts (N) (N)	How to Stay Young (N) (CC)					
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Blindspot (N) (CC)	Law & Order: Special Victims Unit (N)	Chicago P.D. "300,000 Likes" (N)	NBC 7 News	Tonight Show				
DISN	Live and Maddie	L & M: Cali Style	Girl Meets World (N)	Bizaardvark (N)	K.C. Undercover	Good-Charlie	Stuck/Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)
ESPN	NBA Basketball Golden State Warriors at Charlotte Hornets. From Spectrum Center in Charlotte, N.C. (N) (Live)	NBA Basketball Los Angeles Lakers at Portland Trail Blazers. From Moda Center in Portland, Ore. (N) (Live)			SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)						
ESPN2	College Basketball Texas A&M at Mississippi. (N) (Live)	2017 Australian Open Tennis Women's Semifinals. From Melbourne, Australia. (N) (Live) (CC)												
TLC	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life: Extended "Cynthia's Story" Cynthia's weight threatens her children. (N)	My 600-Lb. Life "Kirsten's Story" (N) (N)	Too Close to Home "A Happy Invasion"	My 600-Lb. Life "Kirsten's Story" (N)								
USA	NCIS A research scientist is murdered. (N)	NCIS A vessel is commandeered by pirates.	NCIS "Incognito" (N) (CC) (DVS)	NCIS "Double Trouble" (CC) (DVS)	NCIS "Lockdown" (N) (CC) (DVS)	Suits Harvey, Louis and Donna plan. (N)	Modern Family (N)	Modern Family (N)						

JANUARY 25, 2017

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

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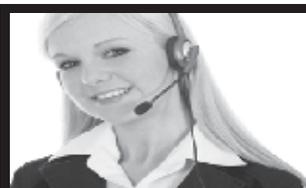
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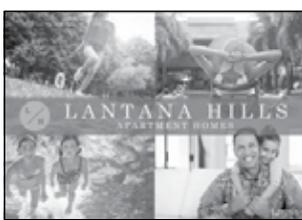
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Love is a four legged word

Dog on lap while driving: Unsafe...and illegal

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While driving under the influence was once the major focus of safety on the road, distracted driving of all kinds has gained national attention in recent years. Texting and driving has proven to be the latest serious road hazard; it has cost a number of lives, and 42 states have developed laws and campaigns against it.

Now many states are focusing their attention on a new threat - one that has gone under the radar thus far, but may prove to be as dangerous as texting and driving. This one involves the widely practiced habit of driving with a pet on one's lap.

Why it's a problem

There are no real statistics to say exactly how many crashes and other traffic incidents pets on laps cause each year. However, The AAA Foundation for Traffic Safety notes that taking your eyes off the road

for just two seconds doubles your chance of a crash, and two seconds is all it would take for a frightened or excited pet to jump up on you, claw you, climb up onto the dashboard, or worse - crawl under the brake pedal.

The facts

A 2011 AAA and Kurgo survey sought to ferret out the truth about how and why people drive with their pets, as well as any potential distractions their furry friends might potentially cause. The findings were interesting, to say the least; nearly 60 percent of respondents had driven with their pets in the last month, and 31 percent admitted to being distracted by their pet while driving. Distractions included everything from feeding and petting their pets to taking their photos while driving.

Seventeen percent of respondents who drove with their pet - nearly one in five - admitted to

either allowing their pet to sit on their lap or holding them while driving. Twenty-three percent admitted to using their hands or arms to secure their pet when they hit the brakes.

The reasons

Respondents cited several reasons for not restraining their pets in the car. The biggest of these reasons was their pet's temperament; they considered their pet to be calm enough to make restraints unnecessary. Many respondents had simply never considered the idea of restraints. Some said they didn't use restraints because they only went on short trips. And a few respondents noted that they wanted their dog to be able to put his head out the window.

The dangers

Beyond potentially causing accident, there are very real dangers to allowing a pet to sit on your lap. If a crash were to occur, a small pet could easily be crushed by a deployed airbag or thrown from the car and injured. In addition, during a crash an unrestrained dog can act as a missile. As AAA National Traffic Safety Programs Manager Jennifer Huebner-Davidson notes, "An unrestrained 10-pound dog in a crash at only 30 mph will exert roughly 300 pounds of pressure . . . Imagine the devastation that can cause to your pet and anyone in its path."

The solution

States are taking notice of the potential dangers. Hawaii has made it illegal to carry a pet on one's lap while driving, and many other states have introduced, considered or enacted legislation meant to stop drivers from traveling unsafely with pets. As a result, in some states, driving with your pet on your lap can earn you a traffic stop or a fine. Even in some states where there is no specific law pertaining to driving with a pet on one's lap, you can still be cited for doing so under broader distracted driving laws.

Increased awareness would likely also make a great difference. AAA notes that drivers who have heard of cases where unrestrained dogs were injured or caused injury to someone during a crash were three times likely to use a pet travel restraint.

While we love our pets and want them to enjoy every experience with us, the safest place for them (and everyone else riding along) is to be properly secured in the back seat or cargo area of your SUV. There are a number of pet restraint options in many sizes and price ranges that are comfortable for dogs and still allow them some freedom of movement.

The type of pet vehicle safety

device you select will depend on the size, temperament, and type of pet you have. Types of pet safety devices include: vehicle pet barriers, pet car and SUV seats, pet vehicle safety barriers, soft sided pet carriers, and hard sided pet travel crates and kennels.

No matter which pet vehicle safety device you decide is best for your pet, it is very important that you take the time to get your pet used to it. For example, if you choose a pet travel crate/kennel --- set up the kennel inside of your home and let your pet go in and out of the kennel until he or she is comfortable with it.

The investment in a vehicle pet safety device is well worth it if it means the peace of mind of pet parents, and the safety of their furry kids.

About TripsWithPets.com

TripsWithPets.com is the premier online pet friendly travel guide -- providing online reservations at over 30,000 pet friendly hotels & accommodations across the U.S. and Canada. When planning a trip, pet parents go to TripsWithPets.com for detailed, up-to-date information on hotel pet policies and pet amenities. TripsWithPets.com also features airline & car rental pet policies, pet friendly activities, a user-friendly search-by-route option, as well as pet travel gear.

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Local Award honors the extraordinary and inspiring stories of people and organizations supporting animals in San Diego

San Diego Humane Society is now accepting nominations for the 5th Annual Animal Compassion Awards. The awards honor people and organizations that go to extraordinary lengths supporting animals in San Diego County. Online submissions will be accepted through Feb. 12 for individuals and organizations that have demonstrated an exceptional level of compassion toward animals in one of 12 categories.

"We live in one of the pet-friendliest cities in the nation. What better reason to honor people in our community who have inspired the special bond we share with animals?" said Dr. Gary Weitzman, president and CEO of San Diego Humane Society. "We see extraordinary examples of people who symbolize compassion every day in our community. Not just for animals but for people too, especially where those both intersect. Recognizing these contributions is what inspired the idea behind the Animal Compassion Awards."

Past award recipients include: Dogs on Deployment, Hotel Indigo, The Cat Café, County Supervisor Dave Roberts and Assemblymember Toni Atkins.

Recipients of the Animal Compassion Awards are featured in the July issue of San Diego Pets Magazine!

Through online applications submitted by the community for individuals and businesses, San Diego Humane Society will honor those who have an extraordinary and inspiring story or example of compassion toward animals in one of three categories:

Animal Impact Award: Recognizes the powerful and unique relationship between people and their pets. It will highlight how an animal has impacted a human life in an extraordinary way, or vice versa.

Humane Hero: Recognizes an individual, business or organization that goes above and beyond to create positive awareness of animals and the unconditional love they bring to individuals.

Pet-Friendly Business: Recognizes a local business that promotes and supports an extraordinary pet-friendly environment in the following categories:

1. Best Pet-Friendly Restaurant
2. Best Pet-Friendly Hotel
3. Best Pet-Friendly Housing
4. Best Groomer
5. Best Pet Sitter
6. Best Dog Beach
7. Best Dog Park
8. Best Pet Boutique
9. Best Dog Wash
10. Best Boarding Kennel



Online nominations for the Animal Compassion Awards can be submitted at <http://www.sandiegopetsmagazine.com/animal-compassion-awards-nomination/>

PET of the week

Lily is a four year old spayed Lab/Pointer mix who weighs 65 lbs. Sadly, her previous family could not take her with them when they moved out of the area. Lily takes a bit of time to warm up to new people, but she was raised with a toddler and a feline pal, so she is used to having other "siblings." Lily also gets along with other dogs who can be calm and



respectful. Once she's had a little time to get comfortable with new friends, she becomes an incredibly loving and sweet companion. To meet this beautiful gal, ask for ID#A1751118 Tag#C467. Lily can be adopted for \$69.



Koko is a two year old neutered shorthair cat who weighs 9.7 lbs. This handsome guy has a gorgeous smokey black easy care coat. Koko's previous owner could no longer care for him so he is looking for a forever home. Koko's playful energy will add some spunk to your family, and his loving affectionate nature will surely win your heart! Meet Koko by asking for ID#A1660389 Tag#C122. He can be adopted for \$58.

A pet is more than a "gift," a pet is a forever friend to share your home for the rest of their lifetime. Bring some love into your life by adopting today! Dogs and puppies can be adopted for just \$69. Adult dogs and cats over 5 years old can become a member of your family for just \$35. If you're a senior yourself, or disabled, you can make any pet your forever companion for just \$35. Rabbits can be adopted for just \$25, so be sure to visit our bunny room too! All adoption fees should be confirmed once you get to the shelter, and include spaying or neutering, basic vaccinations, and a 1 year license for dogs.

You can visit these animals and their many other friends at our Central County Shelter, 5480 Gaines Street, San Diego between the hours of 9:30AM to 5:30PM, Tuesday through Saturday. Visit <http://www.sddac.com> for more information and contact the shelter with questions and for holiday hours.

Weekly Inspiration
From Colette

"I am not afraid of storms, for I am learning how to sail my ship"

-Louisa May Alcott

Around Town

Events subject to change. Please confirm details before attending!

Shen Yun Chinese Music And Dance Show. Tues-Sun, Jan 17-22. Journey through 5000 years of history. California Center for the Arts, Escondido, 340 N. Escondido Blvd, Escondido

Circus Vargas. Thurs-Mon, Jan 19-30. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. www.circusvargas.com

Presidential Inauguration. Fri, Jan 20

Drive out Hunger Golf Classic. Fri, Jan 20, 9:30am-6:30pm. \$50. Benefiting the vital Military Initiative. Maderas Golf Course, 17750 Old Coach Rd, Poway

Lunar New Year Festival. Fri-Sun, Jan 20-22 (Fri 5-10pm; Sat-Sun 10am-10pm). \$4-\$5. A three-day event with food, vendor booths, carnival rides, live entertainment, and cultural village. Qualcomm Stadium, 9449 Friars Rd, San Diego

Million Women March. Sat, Jan 21, 11am. Waterfront Park, 1600 Pacific Hwy, San Diego

School District Hiring Fair. Sat, Jan 21, 10am-2pm. Free. Open invitation to all experienced and aspiring educators who want to learn about career opportunities in our school systems. Alliant University, 10455 Pomerado Rd, San Diego

Seany's Bowling Alley Rally. Sat, Jan 21, 11:30am-4pm. \$30-\$180. The day includes two games of bowling with your team, lunch, and raffles and prizes. Poway Fun Bowl, 12941 Poway Rd, Poway

Monster Jam. Sat, Jan 21, 7pm. Petco Park, 100 Park Blvd, San Diego

Wellness Week Festival. Sat, Jan 21, 11am-3pm. Mini-treatments, samples, workshops and kids' activities. Encinitas Library, 540 Cornish Dr, Encinitas

Bird Spring Canyon and Grasslands. Sat, Jan 21, 8-10am. Free. Binoculars and bird book recommended. Mission Trails Regional Park East Fortuna staging area, Mast Boulevard at SR-52, Santee

Insights in Nature. Sat-Sun, Jan 21-22, 9:30-11am. Free. Meet inside the Visitor Center. Mission Trails Regional Park, One Father Junipero Serra Trail, San Carlos

Women for Wellness: Daycation + Bake Sale. Sun, Jan 22, 10am-12pm. \$5-\$30. Let's come together to be well, unite and celebrate women's rights. The Loma Club, 2960 Truxtun Rd, San Diego

Adult Drawing Class Trial. Mon, Jan 23, 1-3pm. Free. This class teaches skills in observational drawing and composition. San Diego Art Loft, 3421 Tripp Ct, San Diego

STARS (Spouse Transition and Readiness Seminar). Wed, Jan 25, 8-11:30am. Free. Topics include post-separation Insurance,

VA & Tricare Benefits, Financial Considerations, Relocation, Education and Career Information. The Hub, MCAS Miramar - The Hub, Building 5305, San Diego

Knit-A-Bit Knitting and Crochet Circle. Wed, Jan 25, 12:30-2pm. Free. Looking to meet up and work with other knitting and crocheting enthusiasts? Mission Valley Library, 2123 Fenton Pkwy, San Diego

Greater San Diego Career Fair. Wed, Jan 25, 11am-2pm. Free. Meet face to face with San Diego's best companies. Make sure to bring plenty of resumes and Dress for Success! Handlery Hotel San Diego, 950 Hotel Circle North, San Diego

Spouse Transition and Readiness Seminar Breakfast Brief. Wed, Jan 25, 9am-1pm. Free. Is your spouse separating or retiring? Prepare for Life Beyond the Military! Camp Pendleton, Vandergrift / 14th & "C" St, Marine & Family Programs Bldg. #13150, Oceanside

MilSpouse Employer Connection. Thurs, Jan 26, 12:30-2:30pm. Free. Meet 1:1 with employers that understand the value of hiring military spouses. Camp Pendleton, Vandergrift / 14th & "C" St, Marine & Family Programs Bldg. #13150, Oceanside

Carlsbad Art Walk. Thurs, Jan 26, 5-8pm. Free. A self-guided walking tour of unique and wonderful artwork in Carlsbad Village. Glass and Mirror Shoppe, 3095 State St Ste G, Carlsbad

Health and Wellness Resource and Career Fair. Fri, Jan 27, 10am-2pm. Free. Our event caters to our local community, families and individuals, military veterans and more. Joe and VI Jacobs Center, 404 Euclid Ave, San Diego

Antiques Road Show. Fri, Jan 27, 1-2pm. Free. Trash or treasure? Antique expert and professional appraiser will be present. Mount Miguel Covenant Village, 325 Kempton St, San Diego

January Family Fun Friday. Fri, Jan 27, 2-6pm. Free. Stop by for an afternoon of shopping and fun for kids of all ages. TitleMax, 1275 Broadway, El Cajon

Chinese New Year Performance. Fri, Jan 27, 3:30-4:30pm. Free. Learn the story of how the Chinese zodiac came to be through interactive storytelling. La Jolla Library, 7555 Draper Ave, San Diego

Sunroad Boat Show. Fri-Sun, Jan 27-29 (Fri 12-6pm; Sat-Sun 10am-6pm). Free-\$13. Floating docks, boats, also marine vendors and electronics, boating seminars, boat rides, and food and beverages. Sunroad Resort Marina, 955 Harbor Island Dr, San Diego

Tet Festival. Fri-Sun, Jan 27-29 (Fri 5-10pm; Sat 11am-10pm; Sun 11am-9pm). Free. Entertainment, lion dancing, music, rides. Mira Mesa Community Park, 8575 New Salem St, San Diego

Home Improvement Show. Fri-Sun, Jan 27-29 (Fri 10am-5pm; Sat 10am-6pm; Sun 10am-5pm). \$13. This show features home improvement products and services offered by local businesses. The Del Mar Fairgrounds is located at 2260 Jimmy Durante Blvd

Disney on Ice: Worlds of Enchantment. Thurs-Sun, Jan 27-29, \$15-\$73. See Lightning McQueen, Mater, Ariel, Buzz, Woody, and Anna, Elsa, Olaf, and Kristoff. Valley View Casino Center, 3500 Sports Arena Blvd, San Diego

Oceanside Craft Beer & Food Festival. Sat, Jan 28, 2-6pm. \$10-\$150. A unique event celebrating craft beer, Gourmet Food and live music. Junior Seau Pier Amphitheatre, 1 Pier Plaza Amphitheatre, the Strand N, Oceanside

Mission Dam Magic. Sat, Jan 28, 8:30-10am. Free. Meet by the flagpoles. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, San Diego

Teen New Year's Glow Party. Sat, Jan 28, 4:30-8:30pm. Free. You'll glow year with your friends on the dance floor, spoil your taste buds with neon treats, black light challenges, and so much more! Community Park, 13094 Civic Center Dr, Poway

Active Lifestyle Expo. Sat, Jan 28, 9am-1pm. Free. Inflatable obstacle courses, firefighter challenges, kids' fit fun zone, active game area, fitness class demos, BMX trick show, and more. Santee Trolley Square Town Center, 9884 Mission Gorge Rd, Santee

Live Hawaiian Concert. Sat, Jan 28, 5-8pm. \$25. Pacific Islander Beer Company, 8665 Argent St, Santee

Food & Water Bowl XXIV. Sat-Sun, Jan 28-29 (Sat 10am-5pm; Sun 9am-5pm). \$7-\$9. The nation's finest cats will vie for top honors. Vendors, Rescue Cat Adoptions, Education Ring, Cat Competition. The Del Mar Fairgrounds is located at 2260 Jimmy Durante Blvd

Hip Hop Run. Sun, Jan 29, 7am-12pm. \$65. Enjoy DJs throughout the course, playing all of the songs you know and love. Balboa Stadium, 1405 Park Blvd, San Diego

Quinceañera Expo. Sun, Jan 29, 12-5pm. \$7. Meet face to face with several vendors of the area, compare prices, and don't forget about our Fashion shows. Handlery Hotel San Diego, 950 Hotel Circle North, San Diego.

Story Time & Craft. Ongoing until Thurs, Feb 23, 10:30-11:30am. Free. Preschoolers are invited to a story time, then a fun craft right afterwards. Mission Valley Library, 2123 Fenton Pkwy, San Diego

Preschool Storytime. Ongoing until Thurs, March 2, 10:30am. Free. Stories, crafts, finger plays, and songs. University Community Library, 4155 Governor Dr, San Diego



Nocturnal Animals (2016)

R | 1h 56min | Drama, Thriller |

A wealthy art gallery owner is haunted by her ex-husband's novel, a violent thriller she interprets as a symbolic revenge tale.

Director: Tom Ford

Writers: Tom Ford (screenplay), Austin Wright (novel)

Stars: Amy Adams, Jake Gyllenhaal, Michael Shannon



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

Thursday, January 19

6:00 PM Moana (PG)

8:00 PM Rogue One: A Star Wars Story (PG-13)

Friday, January 20

6:00 PM Assassin's Creed (PG-13)

8:20 PM Passengers (PG-13)

Saturday, January 21

1:00 PM Sing (PG)

3:10 PM Rogue One: A Star Wars Story (PG-13)

5:50 PM Assassin's Creed (PG-13)

8:30 PM Passengers (PG-13)

Sunday, January 22

1:00 PM Sing (PG)

3:10 PM Rogue One: A Star Wars Story (PG-13)

5:50 PM Assassin's Creed (PG-13)

8:30 PM Passengers (PG-13)

Monday, January 23

5:50 PM Assassin's Creed (PG-13)

8:30 PM Passengers (PG-13)

Tuesday, January 24

6:00 PM Sing (PG)

8:10 PM Allied (R)

Wednesday, January 25

6:00 PM Sing (PG)

8:20 PM Rogue One: A Star Wars Story (PG-13)

Thursday, January 26

6:00 PM Passengers (PG-13)

8:20 PM Manchester By The Sea (R)

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

Thursday, January 19

5:40 PM Nocturnal Animals (R)

8:00 PM Rogue One: A Star Wars Story (PG-13)

Friday, January 20

5:50 PM Passengers (PG-13)

8:10 PM Assassin's Creed (PG-13)

Saturday, January 21

12:50 PM Sing (PG)

3:00 PM Passengers (PG-13)

5:50 PM Sing (PG)

8:10 PM Rogue One: A Star Wars Story (PG-13)

Sunday, January 22

12:40 PM Sing (PG)

2:50 PM Rogue One: A Star Wars Story (PG-13)

5:50 PM Passengers (PG-13)

8:10 PM Assassin's Creed (PG-13)

Monday, January 23

6:00 PM Passengers (PG-13)

Tuesday, January 24

6:00 PM Sing (PG)

Wednesday, January 25

6:00 PM Assassin's Creed (PG-13)

Thursday, January 26

6:00 PM Rogue One: A Star Wars Story - 3D (PG-13)

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

Thursday, January 19

11:00 AM Zootopia (PG)

6:00 PM Miss Peregrine's Home For Peculiar Children (PG-13)

Friday, January 20

6:00 PM The Accountant (R)

Saturday, January 21

2:00 PM Inferno (PG-13)

5:00 PM The Birth of a Nation (R)

Tuesday, January 24

11:00 AM Trolls (PG)

6:00 PM When The Bough Breaks (PG-13)

Wednesday, January 25

6:00 PM Middle School: The Worst Years of My Life (PG)

Thursday, January 26

11:00 AM Lilo and Stitch (PG)

6:00 PM Blair Witch (R)

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

Thursday, January 19

5:00 PM Jungle Book (1967) (G)

Friday, January 20

5:00 PM The Birth of a Nation (R)

Saturday, January 21

5:00 PM Snowden (R)

Sunday, January 22

5:00 PM Middle School: The Worst Years of My Life (PG)

Thursday, January 26

5:00 PM Zootopia (PG)

Concerts

January

Talib Kweli. Thurs, Jan 19, 7pm. Neo Soul/Hip-Hop. Belasco Theater Los Angeles, 1050 Hill St, Los Angeles. (213) 746-5670

Prince Royce. Sat, Jan 21, 8pm. STAPLES Center, 1111 S. Figueroa St, Los Angeles. www.staplescenter.com

Jodeci, Blackstreet, Ginuwine. Jon B, Shai. Sat, Jan 21, 8pm. R&B. Microsoft Theater, 777 Chick Hearn Ct, Los Angeles

Cold War Kids. Sat, Jan 21, 8pm. Blues/Rock. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836

Chevelle. Sat, Jan 21, 6pm. Metal/Rock. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Switchfoot with Relient K. Wed, Jan 25, 7:30pm. Rock/Alternative. The Grove of Anaheim, 2200 E. Katella Ave., Anaheim, Orange County. (714) 712-2750. www.citynationalgroveofanaheim.com

Sage the Gemini. Thurs, Jan 26, 7pm. Hip-Hop. House of Blues, 1055 Fifth Ave., San Diego.

(619) 299-2583.

LeAnn Rimes. Fri, Jan 27, 8:30pm. Country. El Rey Theatre Los Angeles, 5515 Wilshire Blvd, Los Angeles

Kings of Leon. Sat, Jan 28, 7:30pm. Rock/Alternative. The Forum, 3900 W. Manchester Blvd, Inglewood. (310) 330-7300

February

Common Kings with Mayday! Sat, Feb 2, 7pm. Reggae/Pop. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Golden Boys, Bobby Rydell, Frankie Avalon. Sat, Feb 4. Rock and Roll. Spotlight 29 Casino, 46-200 Harrison Pl, Coachella, CA. (760) 775-5566

Mayhem. Tues, Feb 7, 8pm. Rock. The Observatory, 3503 South Harbor Blvd, Santa Ana (714) 957-0600

Juicy J, Belly, and Project Pat. Wed, Feb 8, 7pm. Rap. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

Sting. Wed, Feb 8, 7pm. Rock. Hollywood Palladium, 6215 Sunset Blvd, Los Angeles (323) 962-7600

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

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

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

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

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

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

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

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

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

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

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

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

March

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

Red Hot Chili Peppers. Sun, March 5. Alternative. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd.,

San Diego. (619) 224-4171.

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

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

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

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

Blake Shelton. Sat, March 11, 7:30pm. Country. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

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

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

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

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

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

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

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

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

Alan Jackson. Fri, March 24, 9pm. Country. The Show - Agua Caliente Casino, 32-250 Bob Hope Dr, Rancho Mirage (760) 321-2000



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