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AT EASE

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THURSDAY, JANUARY 26, 2017

Mattis takes oath as 26th defense secretary

by Jim Garamone

WASHINGTON - By a 98-1 vote, the Senate confirmed Marine Corps Gen. (Ret.) James Mattis to be secretary of defense Jan. 20, and Vice President Michael Pence administered his oath of office shortly afterward.

Mattis is the first retired general officer to hold the position since General of the Army George C. Marshall in the early 1950s. Congress passed a waiver for the retired four-star general to serve in the position, because law requires former service members to have been out of uniform for at least seven years to serve as defense secretary. Mattis retired from the Marine Corps in 2013.

Defense Secretary James Mattis greets Marine Corps Gen. Joe Dunford, left, chairman of the Joint Chiefs of Staff, during his first day at the Pentagon as secretary Jan. 21. DoD photo by D. Myles Cullen

Mattis is a veteran of the Gulf War and the wars in Iraq and Afghanistan. His military career culminated with service as commander of U.S. Central Command.

The secretary was born in Richland, Wash., graduating from high school there in 1968 and enlisting in the Marine Corps the following year. He was commissioned in the Marine Corps in 1972 after graduating from Central Washington University.

Mattis said his priority as defense secretary will be to strengthen military readiness, strengthen U.S. alliances and bring business reforms to the Defense Department.

He served as a rifle and weapons platoon commander, and as a lieutenant colonel, he commanded the 1st Battalion, 7th Marines in Operation Desert Storm. In Afghanistan, he commanded some of the first troops to go into the country. In the Iraq war, he commanded the 1st Marine Division in the drive to Baghdad in 2003.

He was instrumental in publishing the Army and Marine Corps counterinsurgency manual when he served at Marine Corps Developmental Command in Quantico, Virginia. He then commanded the 1st Marine Expeditionary Force before being chosen for four-star rank as the commander of U.S. Joint Forces Command and NATO's Allied Command Transformation in 2007. He was named Centcom commander 2010.

Mattis is a student of the study of war. Former Defense Secretary William S. Cohen called Mattis "a man of thought as well as action," when he introduced him at the Senate Armed Services Committee confirmation hearing last week.

James Mattis took office as the 26th secretary of defense shortly after his Senate confirmation. Dept. of Defense photo

The world is awash in change, Mattis told the committee. "Our country is still at war in Afghanistan, and our troops are fighting against [the Islamic State of Iraq and the Levant] and other terrorist groups in the Middle East and elsewhere," he said. "Russia is raising grave concerns on several fronts, and China is shredding trust along its periphery."

The "islands of stability" in the world are under attack by nonstate actors and rogue nations, Mattis said. "Our armed forces in this world must remain the best-led, the best-equipped and the most lethal in the world," he added.

He told the committee that he will be "the strongest possible advocate for military and civilian personnel and their families" and that he will "foster an atmosphere of harmony and trust at the department with our interagency partners and the congressional committees."

The secretary told the committee that alliances and collaborations with other countries are a necessity in this changing world. "History is clear," he said. "Nations with strong allies thrive, and those without them wither."

Mattis said his priority as defense secretary will be to strengthen military readiness, strengthen U.S. alliances and bring business reforms to the Defense Department.

"Our military is the envy of the world, representing America's awesome determination to defend herself," he said. "Working with you, I will endeavor to keep our unique all volunteer force second to none."

CIP: Taking a sabbatical from your Navy career

WASHINGTON - For those Sailors looking for an opportunity to take a sabbatical from the Navy, the Career Intermission Program might be for you.

Established in 2009, CIP provides Sailors a one-time opportunity to transition from active-duty to the Individual Ready Reserve (IRR) for up to three years to pursue personal or professional interests like starting a family or going to school.

For individuals like Lt. Cmdr. Ken Hockycko, an F/A-18 pilot and current defense liaison on Capitol Hill, CIP offered him the opportunity to earn his MBA at Dartmouth College.

"I wanted to broaden my perspective on issues so I could be a more effective leader in the future and gain some experiences outside the cockpit that weren't in the normal defined career path," said Hockycko, who returned to active duty from CIP in 2012. "I hope that I'm more valuable to the Navy for having done it."

Hockycko said that he thinks the experience he gained through will ultimately serve the primary purpose of fighting and winning the Nation's wars.

"Warfighting and tactical proficiency must remain the number one priority for the Navy, but that doesn't have to be at the expense of other priorities," he said. "This isn't a zero sum game."

After completion of the program, Sailors come back on active duty and resume their service with a two-for-one service obligation for time spent as part of the program.

To date, CIP has had a total of 127 total participants.

"CIP is an important initiative that helps us retain talented individuals who are considering leaving naval service," said Chief of Naval Personnel, Vice Adm. Robert Burke. "We have been working hard to develop modern personnel policies like CIP that offer flexibility and choice within an effort called Sailor 2025. We must continue to find better ways to retain and repurpose the talent in which we have already invested, and avoid incentivizing Sailors to walk out the door. That's what Sailor 2025 and CIP are all about."

Today, Sailor 2025 is an evolving set of approximately 45 initiatives, like CIP, built on a framework of three pillars: a modern personnel system, a career learning continuum and career readiness designed to help improve the Navy's ability to more effectively recruit, train and manage the force of tomorrow while improving the Navy's warfighting readiness.

To apply, submit an electronic application package to the Program Manager for consideration, at at *CIP_MANAGER@navy.mil.*

Weekly contest ...
Win a family 4-pack of vouchers to see the Harlem Globetrotters Feb. 10 or 17.
See page 4

AutoMatters & More ...
Optima Ultimate Street Car Invitational
See page 17

Best bets this weekend ...
Home Improvement Show, Oceanside Craft Beer & Food Festival, Hip Hop Run
See page 22

Iraq announces liberation of Eastern Mosul

SOUTHWEST ASIA - After more than 100 days of hard urban combat, Iraqi officials announced the liberation of eastern Mosul Jan. 24.

While clearance operations are ongoing, the Iraqi security forces control all areas inside the city east of the Tigris River, the east bank of the river around all five bridges crossing the Tigris River, Mosul University and the Ninevah Ruins.

During their offensive to liberate the city of more than one million residents, which was held by the Islamic State of Iraq and the Levant for more than two years, the Iraqi and peshmerga security forces fought through an elaborate defense formed over the past two years to not only keep the Iraqi security forces out, but the residents of Mosul captive. Through it all, the Iraqi security forces displayed their professionalism by placing the lives of citizens before their own and taking precautions to protect the citizens of Mosul while battling a brutal and fanatic enemy, Combined Joint Task Force Operation Inherent Resolve officials said.

Meanwhile, they added, ISIL resorted to using children and other civilians as shields against coalition and Iraqi air and artillery strikes and used protected facilities such as hospitals, mosques and schools as weapons storage facilities and bases for its terrorist operations.

Since Oct. 17, the coalition has conducted 558 air strikes in assistance of the Iraqi forces, using 10,115 munitions against ISIL targets. These munitions have destroyed at least 151 vehicle bombs, 361 buildings/facilities, 140 tunnels, 408 vehicles, 392 bunkers, 24 anti-air artillery systems, and 315 artillery/mortar systems.

During the offensive, the Iraqis fended off an average of five vehicle bombs a day, and endured daily mortar and sniper attacks, as well as surveillance and frequent attacks by ISIL unmanned aerial systems dropping grenades on friendly forces.

"This is a monumental achievement for not only the Iraqi security forces and sovereign government of Iraq, but all Iraqi people," said Army Lt. Gen. Stephen J. Townsend, the commanding general of Combined Joint Task Force Operation Inherent Resolve, the multinational counter-ISIL coalition tasked with the military defeat of ISIL in Iraq and Syria.

"This would have been a difficult task for any army in the world," Townsend said. "And to see how far the Iraqis have come since 2014, not only militarily, but in their ability to put their differences aside and focus on a common enemy, gives real hope to the people of Iraq that after years of fighting and instability, peace and security are attainable."

"There is still a long way to go before ISIL is completely eliminated from Iraq, and the fight for western Mosul is likely to be even tougher than the eastern side," he said. "But the [Iraqis] have proven they are both a professional and formidable fighting force and I have every confidence that ISIL's days are numbered in Iraq."

"The warriors of the coalition join me in congratulating our comrades in the Iraqi security forces on this achievement and wish them good luck and Allah's blessings for the fight on the west side that lies ahead," the general said.

The coalition trains, equips and enables the Iraqi and peshmerga security forces with advise and assist teams, intelligence, artillery and air strikes. Since the start of operations in October 2014, the coalition has trained more than 50,000 Iraqi fighters and launched more than 17,000 strikes on ISIL targets in support of its partners on the ground.

Over the past two years, with coalition training and equipment, the Iraqis rebuilt their military and liberated more than two million people and major population centers such as Ramadi, Fallujah, Tikrit, Kirkuk, Qayyarah and Sharqat. Now they are well on their way to the complete liberation of Iraq's second largest city, Mosul, officials said.

Iraqi forces soldiers wait to begin training at Camp Taji, Iraq Jan. 22. The soldiers were learning from coalition personnel how to search personnel and vehicles for improvised explosive devices. Army photo by Spc. Christopher Brecht

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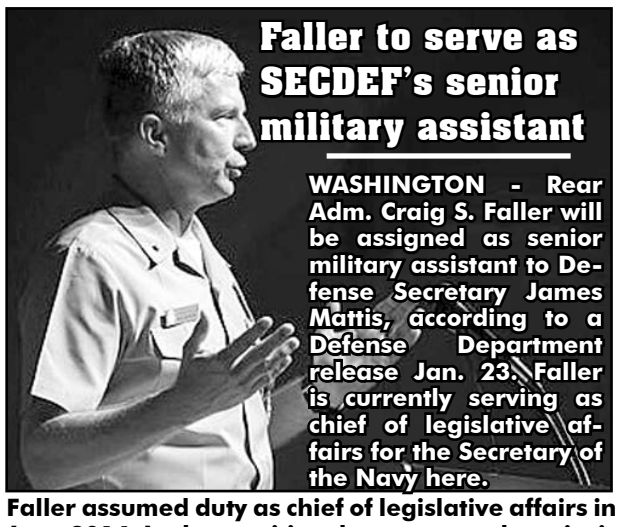

Faller to serve as SECDEF's senior military assistant

WASHINGTON - Rear Adm. Craig S. Faller will be assigned as senior military assistant to Defense Secretary James Mattis, according to a Defense Department release Jan. 23. Faller is currently serving as chief of legislative affairs for the Secretary of the Navy here.

Faller assumed duty as chief of legislative affairs in June 2014. In that position, he serves as the principal liaison between members of Congress and the Department of the Navy leadership. He previously served as U.S. Central Command's director of operations. A 1983 graduate of the Naval Academy and a native of Fryburg, Penn., Faller earned his Bachelor of Science degree in systems engineering. He earned his master's in National Security Affairs (Strategic Planning) from the Naval Postgraduate School in 1990. *Navy photo by Petty Officer 1st Class Christopher D. Blachly*

Trump vows to put American interests first in all decisions

by Jim Garamone

WASHINGTON - America's military has a new commander in chief as Donald J. Trump took the oath of office Jan. 20 as the 45th president of the United States.

"We, the citizens of America, are now joined in a great national effort to rebuild our country and to restore its promise for all of our people," the president said after taking the oath from Chief Justice John Roberts. "Together, we will determine the course of America and the world for years to come."

Trump added, "We will face challenges. We will confront hardships. But we will get the job done."

Thousands of U.S. military members from all service branches are participating in inaugural events. Military participants include bands, the salute gun platoon and escorts for all the dignitaries on the dais on the west front of the U.S. Capitol.

Trump said that every decision that he makes as president will be made with America's interests having the highest priority. "Every decision on trade, on taxes, on immigration, on foreign affairs, will be made to benefit American workers and American families," he said.

Trump said the United States "will seek friendship and goodwill with the nations of the world - but we do so with the understanding that it is the right of all nations to put their own interests first. We do not seek to impose our way of life on anyone, but rather to let it shine as an example for everyone to follow."

U.S. AlliancesTrump vowed to reinforce old alliances and form new ones. He also said he would strive to "unite the civilized world against radical Islamic terrorism, which we will eradicate completely from the face of the Earth."

The new White House website does address some of the president's military priorities. It says the United States cannot allow any nation to surpass its military might, and vowed to provide the required resources for future military capabilities and to bring readiness to where it needs to be.

The website also says Trump "will end the defense sequester and submit a new budget to Congress outlining a plan to rebuild our military. We will provide our military leaders with the means to plan for our future defense needs."

The preeminence of the United States is "at the bedrock" of the Trump administration, the president said in his address.

"Through our loyalty to our country, we will rediscover our loyalty to each other," he said. "When you open your heart to patriotism, there is no room for prejudice."

Inauguration day about resilience of American institutions, Dunford says

by Jim Garamone

WASHINGTON - The chairman of the Joint Chiefs of Staff used the situation in The Gambia, where a serving president refused to give up power to his freely elected successor, as an example of why the peaceful transfer of power in the United States shouldn't be taken for granted.

Marine Corps Gen. Joe Dunford told the members of the Congressional Medal of Honor Society Jan. 23 that the events in West Africa show how rare America's democracy really is.

"If you look at the state challenges that we identify - Russia, China, Iran, North Korea - not one of those countries enjoys the experience that we will have tomorrow," Dunford said.

The will of the people is not part of their DNA, and the leaders of these countries stay in office sometimes for decades. "I really believe, despite all the political rhetoric that's out there, that tomorrow is an extraordinary experience for a couple of reasons," he said. "First the outgoing president will be there with the incoming president, and there will be a peaceful turnover."

Mirroring that peaceful turnover was an exercise last week in which all of the outgoing and incoming Cabinet officials participated, the chairman told the audience. "We all sat in a room … for about three hours, and we talked about all the situations the new administration could confront in the first 90 to 120 days," He said.

Politics was not mentioned at the exercise, the chairman noted. "Not for one second did we talk about personal agendas. Not for one second did we talk about anything other than 'This is what's best for the country,'" he said. "The old team was committed to make sure the new team knew what they needed to know to make sure our country can get through a crisis in the first 90 to 120 days."

And that is as it should be, the general said.

The Congressional Medal of Honor Society is made up Medal of Honor recipients, and they are honored guests at every inauguration. They will sit on the dais on the steps of the Capitol tomorrow as President-elect Donald J. Trump takes the oath of office. That the men who received America's highest award for valor will be there pleases the chairman.

Army Command Sgt. Maj. John W. Troxell, senior enlisted advisor to the chairman of the Joint Chiefs of Staff, and Medal of Honor recipient Florent Groberg, pose for a photo during the Medal of Honor Foundation reception prior to the 2016 Military Bowl Dec. 27. DoD photo by Army Sgt. James K. McCann

"There are those in this country who have forgotten what tomorrow is all about," he said. "Tomorrow is about our country. Tomorrow is about the resilience of our institutions. What tomorrow is about is the American people and those looking out for them - whether in the legislative branch of our government or the executive - making decisions that are informed by what's best for the American people. Some people have lost sight of that."

Dunford said he hopes that as the camera shows the members of the society at the inauguration and that the American people realize the peaceful transition of power "didn't happen by accident."

"It's because Americans over the years have made the kind of sacrifices necessary" to maintain those rights and values, he added.

George H.W. Bush Carrier Strike Group departs for third deployment

NORFOLK - *George H.W. Bush* Carrier Strike Group (GHWBCSG) departed for its third deployment, Jan. 21.

The strike group, led by aircraft carrier USS *George H.W. Bush* (CVN 77), and its nearly 6,000 Sailors will conduct operations in the U.S. Navy's 5th and 6th Fleet areas of responsibility.

The deployment is part of an ongoing rotation of U.S. forces supporting maritime security operations in international waters around the world.

Working with allied and partner maritime forces, GHWBCSG units will focus heavily on maritime security operations and theater security cooperation efforts which help establish conditions for regional security.

"The flexibility of our maritime force is second to none," said Rear Adm. Kenneth R. Whitesell, commander, CSG 2. "We've trained and we're ready to operate and fight decisively, and we embody the core attributes of the Navy of integrity, accountability, initiative, and toughness. We are ready, and I am proud to lead this force."

GHWBCSG includes embarked squadrons Carrier Air Wing (CVW) 8 and Destroyer Squadron (DESRON) 22.

GHWB spent the last five months conducting intensive training and certification exercises to establish a safe, cohesive organization capable of performing a wide variety of missions across the globe, ranging from counter-piracy and ground support operations to humanitarian assistance and disaster relief.

This is the third deployment for the Navy's last Nimitz-class, nuclear-powered aircraft carrier, which recently became combat-ready after the successful completion of Composite Unit Training Exercise (COMPTUEX).

"We're absolutely ready to go," said Capt. Will Pennington, CVN 77's commanding officer. "In addition to the local Navy infrastructure, there's a tremendous amount of support that's required to get this done; a lot of DoD (Department of Defense) civilians and other entities, and we have gotten fabulous support from them."

Mattis issues message to nation's 'sentinels and guardians'

WASHINGTON - Almost immediately after taking office Jan. 20, Defense Secretary James Mattis issued a message to the men and women of the Defense Department.

Here is the text of the secretary's message:

It's good to be back and I'm grateful to serve alongside you as Secretary of Defense.

Together with the Intelligence Community we are the sentinels and guardians of our nation. We need only look to you, the uniformed and civilian members of the Department and your families, to see the fundamental unity of our country. You represent an America committed to the common good; an America that is never complacent about defending its freedoms; and an America that remains a steady beacon of hope for all mankind.

Every action we take will be designed to ensure our military is ready to fight today and in the future. Recognizing that no nation is secure without friends, we will work with the State Department to strengthen our alliances. Further, we are devoted to gaining full value from every taxpayer dollar spent on defense, thereby earning the trust of Congress and the American people.

I am confident you will do your part. I pledge to you I'll do my best as your Secretary.

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Leadership Development Framework released

WASHINGTON - The Office of CNO released the Leadership Development Framework Jan. 25.

Strengthening and broadening leadership development is a key objective of the gold line of effort in "A Design for Maintaining Maritime Superiority," and the 10 page framework outlines how the Navy will develop leaders to show both operational excellence and strong character.

"Leaders have always been essential to the Navy's success," Chief of Naval Operations, Adm. John Richardson said. "The strategic environment is such that our leaders must think more clearly and learn more rapidly than our adversaries. Developing leaders will remain the principal focus of our Navy."

The framework explains the most important characteristic of a leader is drive - the relentless pursuit of "best ever" performance. Navy leaders should their development down two lanes, warfighting competence and character.

The best way to develop these two is through formal schools, on-the-job training, and self-guided learning, "World-class leadership is our Navy's decisive advantage," Richardson writes. "Some Navy leaders are already world-class; many more can become world-class with the right focus. World-class leadership is our Navy's decisive advantage. Some Navy leaders are already world-class; many more can become world-class with the right focus."

The Leadership Development Framework can be found at *www.navy.mil/cno/docs/NLDF_Final.pdf.*

Navy's Intermediate Leadership Course officially underway

by MC2 Jess Lewis

NEWPORT, R.I. - Developed as a joint effort by U.S. Naval War College's (NWC) College of Operational and Strategic Leadership (COSL) Department and the Naval Leadership and Ethics Center (NLEC), the Intermediate Leadership Course (ILC) is designed to replace the Navy's former Department Head Leadership Course.

The course was developed to directly reflect CNO Adm. John Richardson's Lines of Effort (LOE) found in the CNO's "A Design for Maintaining Maritime Supremacy," as well as support NWC's mission of educating leaders. The course is designed to prepare intermediate-level naval officers heading to department head positions or community milestone positions of similar responsibility by promoting professional growth in ethics, self-awareness, leader development, and decision making.

The initial feedback from the first class of students was positive.

"Great ethics discussion," said Alexander Homme, an ILC participant and Judge Advocate General (JAG) student. "In college and law school, I never got enough straight ethics training and found the course useful and relevant to think about. We had a good debate after class about whether or not the JAG Corps is the conscience of the Navy; and the ethics discussion and reading from class got us all thinking about the topic."

After taking more than a year to develop the ILC course, NLEC and COSL took the time to not only develop the course, but to test it out on students to ensure it had the right changes to make the positive difference to support the CNO's priorities - especially the gold LOE which is focused on leader development and strengthening the Navy team.

The course was spawned from the CNO's Developed Leadership Development Continuum Council (membership represents all the various Navy committees) which saw a need for a more robust course to ensure there was a clearer leadership development continuum.

"The ILC is targeted for the mid-level ranks, or the 'critical middle,' which is so important to the culture of an organization," said Capt. Peter Mantz, commanding officer, NLEC. "More importantly, we challenge the students through reflection, facilitate rich discussion and case studies in order to stretch them. These command leaders cannot expect to grow their teams until they grow themselves.

"Our hope is that they walk away from this course with a renewed sense of purpose as key leaders within their organization, and a sense of ownership in their professional development."

Student-led discussions are largely used with ILC which allows for selected leaders to share their experiences and then discuss with each other the pros and cons.

"I enjoyed the conversations we had in the small group over things like the philosophies behind leadership and ethical dilemmas," said Kathryn Para, an ILC participant and JAG student.

The need for the course was confirmed as several students commented on the importance of learning about self-awareness and resolving ethical dilemmas intermediate leaders face in the fleet.

"Ethics, leadership, and the general conversations were the course's greatest strengths," said Nicole Staring, an ILC participant and JAG student. "I really enjoyed the conversations, and I feel like I learned a lot about my colleagues through the conversations. I was forced to consider many different opinions and leadership types, and I think that is the best way to learn your own leadership style."

Future Sioux City commissioned

WASHINGTON - Secretary of the Navy Ray Mabus announced Jan. 19 that the city of Annapolis, Md., will serve as the commissioning site for the future USS Sioux City (LCS 11).

Sioux City, a Freedom variant of the LCS class, was named to honor the patriotic, hard-working citizens of Sioux City and the state of Iowa for their support of, and contributions to, the military. Sioux City was termed an All-American City by the National Civic League because of the balance it struck between community and industry.

No date has been set for the ceremony, but the ship is expected to be commissioned later this year.

Coalition strikes destroy ISIL boats fleeing from East Mosul

SOUTHWEST ASIA - In three days of operations that began Jan. 18, coalition forces struck 90 watercraft and three barges on the Tigris River in Mosul, Iraq, U.S. Central Command officials reported Jan. 21.

Many of the watercraft were being used to ferry Islamic State of Iraq and the Levant fighters and equipment across the river from East Mosul to West Mosul in an attempt to escape the Iraqi security forces as they continued to clear the remaining portions of East Mosul, officials said.

Iraqi security forces secured the Eastern bank of all five bridges across the Tigris the past week of clearing operations, they said, making it difficult for ISIL fighters to flee.

"We believe this was a desperate attempt to retrograde ISIL fighters now that the Iraqi security forces own the eastern bank of every bridge in Mosul," said Col. John Dorrian, spokesman for Combined Joint Task Force Operation Inherent Resolve. "This is one more example of how the coalition is supporting the military defeat of ISIL by launching airstrikes while Iraqi military complete the clearance of eastern Mosul."

The operation to liberate Mosul began Oct. 17.

Special and General Courts-Martial for December 2016

WASHINGTON - The following reports the results of Special and General Courts-Martial tried and completed within the Navy in December 2016. The cases are listed by the Navy Region in which they were tried, excluding Navy Region Southwest, which can be viewed on page 12.

Navy Region Mid-Atlantic

General Court-Martial

* At a General Court-Martial in Norfolk, Senior Chief Petty Officer Carlos M. Villalobos pled guilty pursuant to a pretrial agreement to three specifications of sexual harassment and four specifications of assault consummated by a battery. On Dec. 1, 2016, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade E-1, and confinement for 36 months.

Special Court-Martial

* At a Special Court-Martial in Norfolk, Petty Officer 2nd Class Kevin J. Whitney pled guilty pursuant to a pretrial agreement to three specifications of false official statement and one specification each of abusive sexual contact and obstruction of justice. On Dec. 8, 2016, the military judge sentenced him to be discharged with a Bad Conduct Discharge, to forfeit $1,044 per month for 6 months, reduction in rank to paygrade seaman recruit and 6 months confinement.

* At a Special Court-Martial in Norfolk, Petty Officer 3rd Class Alexandro Chavez pled guilty pursuant to a pretrial agreement to one specification each of wrongful possession with intent to distribute, wrongful use, and wrongful distribution of drugs. On Dec. 8, 2016, the military judge sentenced him to be discharged with a Bad Conduct Discharge.

Navy Region Southeast

General Courts-Martial

* At a General Court-Martial in Mayport, Fla., Petty Officer 2nd Class Clifford L. Williams pled guilty pursuant to a pretrial agreement to two specifications of aggravated assault and one specification of communicating a threat. On Dec. 14, 2016, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade seaman recruit and confinement for 15 months.

Navy Region Northwest

General Court-Martial

* At a General Court-Martial in Bremerton, Wash., Petty Officer 3rd Class Christopher M. Strifler pled guilty pursuant to a pretrial agreement to one specification each of possession of child pornography and adultery. On Dec. 8, 2016, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade seaman recruit and confinement for 4 years.

Special Court-Martial

* At a Special Court-Martial in Bremerton, Wash., Seaman Apprentice Michael J. Baltierra Jr. pled guilty pursuant to a pretrial agreement to conspiracy to commit an offense, six specifications of failure to report offenses, one specification of dereliction of duty, three specifications of both wrongful use and distribution of a controlled substance, and one specification of obstruction of justice. On Dec. 01, 2016, the military judge sentenced him to reduction in rank to paygrade seaman recruit and confinement for 90 days.

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VA researcher working to improve HIV care for rural veterans

Telehealth option connects rural vets with HIV specialists

WASHINGTON – Dr. Michael Ohl of the Department of Veterans Affairs' Iowa City VA Health Care System is creating a model titled Telehealth Collaborative Care to improve the quality of care for veterans who live far from specialty clinics.

Telehealth Collaborative Care uses videoconferencing to connect rural Veterans with human immunodeficiency virus (HIV) with VA specialists.

HIV is a chronic condition that can result in serious outcomes for patients lacking access to quality treatment. The illness attacks the body's immune system and can cause acquired immune deficiency syndrome, or AIDS, a potentially life-threatening disease. Approximately 18 percent of the 26,000 vets under VA care for HIV live in rural areas. These veterans have limited access to high-quality, HIV specialty clinics.

"Veterans should have easy access to HIV testing and state-of-the-art HIV care regardless of where they live," said Ohl, an infectious disease specialist. "We know that compared to their urban counterparts, rural Veterans with HIV enter care with more advanced illness, are less likely to receive the latest advances in HIV treatment, and have lower survival rates. We want to change that."

Ohl's study explores rural Veterans' interest in using video telehealth at close-by, VA community-based outpatient clinics, (CBOCs) to maintain their ongoing care. CBOCs serve as satellite clinics for large VA medical centers. Veterans can telecommunicate, via video at CBOCs, with an HIV specialist at the larger facility.

HIV pharmacists, psychologists, and nurse-care managers may also be included in videoconferences. A nurse onsite with the veteran at the outpatient clinic can administer treatment if prescribed by the specialist.

Vets can also meet with their primary care physician onsite. The primary care clinic and specialty care clinic can then communicate to determine how best to co-manage the Veteran's care.

The coordinated process lifts a major travel burden off rural vets. In 2010, rural vets with HIV were an average of 86 minutes by car from the closest infectious disease clinic versus 23 minutes on average for urban veterans. Rural veterans were also less likely than their urban counterparts to use specialty care.

The Telehealth Collaborative Care study, which involves approximately 800 veterans, is focusing on rural areas near San Antonio, Houston, Dallas and Atlanta, each of which has a VA hospital with an HIV specialty clinic. Veterans with HIV who live closer to a primary care clinic or CBOC than to a specialty clinic and who have at least a 90-minute drive to one of these cities are being offered the telehealth option.

Through interviews with the veterans, Ohl and his team are finding that most of those offered telehealth are choosing to take advantage of the option. VA offers close to 50 telehealth specialties. During fiscal year 2016, more than 700,000 Veterans completed approximately 2 million telehealth appointments.

For more information about VA's work in HIV and AIDS, visit *http://www.hiv.va.gov/patient/index.asp.*

Information about Ohl's study may be found at *http://www.hsrd.research.va.gov/research/abstracts.cfm?Project_ID=2141702405.*

Fleet Reserve Association Education Foundation scholarship deadline

FLEET RESERVE ASSOCIATION - FRA believes that educating service members, veterans and their families is important for their futures, as well as the future of our country. The FRA Education Foundation was established to support the needs of individuals pursuing higher education.

It sponsors a generous scholarship program that helps deserving students reach their educational and professional goals by presenting awards of up to $5,000 to individuals pursuing college and graduate degrees. The Foundation presents more than $100,000 each year to recipients, based on financial need, academic standing, character, and leadership qualities.

Apply for these scholarships if you are affiliated with the Navy, Marine Corps or Coast Guard through your own service or that of your spouse, parent, grandparent or great-grandparent. FRA members in good standing, their spouses, children, grandchildren and great-grandchildren are eligible for a wider range of FRA Member Scholarships.

Keep in mind that recipients must be U.S. citizens, and be full-time students at an accredited college or university in the U.S.

For a thorough list and their eligibility criteria, as well as other scholarships offered by the Auxiliary of the FRA and other affiliated entities go to *https://www.fra.org/fra/Web/Web/Content/FRA_Scholarships.aspx.*

armed forces Dispatch

San Diego County Veterans Service Offices

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

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

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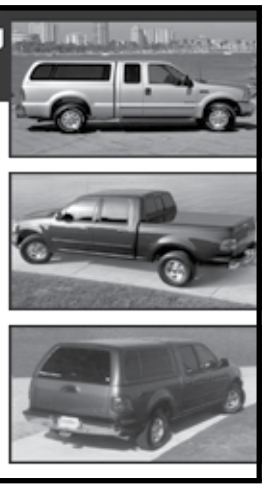

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Distance is no obstacle to gaining a Naval War College diploma

by Ezra J. Elliott

Since its pilot course in 1914, the College of Distance Education at U.S. Naval War College in Newport, Rhode Island, has celebrated more than a century of education, graduating more than 145,000 military and civilian students worldwide.

It is the goal of CDE to provide NWC's superlative education to students around the globe, helping develop leaders and encourage excellence the world over.

"Not everybody can physically come to the NWC and attend in residence," said Timothy Garrold, deputy director of CDE. "There are so many qualified students and a very finite number of seats in Newport. CDE greatly expands the opportunity for people to get this education, fulfill the Joint Professional Military Education Phase I (JPME-I) requirement, and share the NWC experience."

The three main CDE courses are Strategy and War, Theater Security Decision Making, and Joint Maritime Operations. In CDE programs, these courses are adaptations of the curriculum offered in residence; the main difference is the method in which the materials are presented.

Students may choose any of four methods to complete their coursework: The Fleet Seminar Program, composed of faculty-led seminars provided at 19 select locations across the U.S.; a web-enabled program; a CD ROM-based program; and the Naval War College-at-Naval Postgraduate School (NWC-at-NPS) program in Monterey, California, which is a partnership between NWC and the Naval Postgraduate School through which students may complete their JPME-I qualification while earning a NPS master's degree.

"The four programs we offer now really give prospective students an opportunity to assess both what they have time to do and how they want to learn," said Garrold.

NWC's CDE is open to U.S. officers of all military services and to eligible U.S. federal government civilian employees, in addition to a limited number of foreign officers. All prospective students can enroll by filling out and submitting an application for review. Applications for each CDE program can be found on the NWC website at http://usnwc.edu/Academics/College-of-Distance-Education.aspx/.

Capt. Todd Gaston, a Marine Corps officer stationed at the Naval Justice School in Newport, Rhode Island, opted for the Fleet Seminar Program. Despite being in the area, Gaston decided to enroll in CDE instead of going through NWC's resident program.

"The resident course is great, but CDE allows me to do my job as a lawyer and still better my education," Gaston said. "Especially in the legal field, you need to be on site, doing your job to get better at providing command advice. CDE is a very beneficial option for me."

Lt. Cmdr. Leslie Councilor, a recent CDE graduate, agreed. Councilor participated in the Fleet Seminar Program in both Bremerton, Washington, and Norfolk. She now works at U.S Fleet Forces Command in Norfolk as the Navy's only Fleet Medical Laboratory scientist.

Being a leader in Navy Medicine, Councilor had a desire to learn more about the Navy as a whole, knowing a better understanding would assist her in her medical work. Councilor studied from fall 2013 until spring 2016, constantly learning from the positions and experiences of her military and civilian peers.

"I now have a better understanding of how the Navy enterprise accomplishes its purposes of maritime protection and governess of U.S. interests worldwide," Councilor said. "Now, as a medical professional, I can assist that demographic with their proper health care needs. The knowledge I gained cannot be overstated; I am a better Sailor and naval officer from my NWC experience."

Though the Fleet Seminar Program most closely resembles the experience of resident NWC students, the faculty and staff in CDE have worked to make sure the web- and CD ROM-based programs are as engaging as possible.

"Originally, our distance education program was a box of books and a test that arrived on your doorstep," said Garrold. "Students in this day and age are not going to be satisfied with that. They're used to being challenged, multi-tasking and interacting."

Educational specialists, web designers, and programmers on the CDE staff do research to find out how technology can be used to better the learning experience. Both the web-enabled and CD ROM-based programs have evolved to include embedded videos and other multimedia presentations in addition to readings. Students are also encouraged to contact professors at the NWC directly if they have questions.

Regardless of the program, CDE students participate in graduate-level research, reading, essay writing, active learning opportunities, and exams that extensively prepare them for their future careers. Though the courses may be completed in any sequence and through any program, only students who complete coursework via the Fleet Seminar Program are eligible for the NWC Master of Arts Degree in Defense and Strategic Studies. Otherwise, students who complete the program requirements earn graduate credit, a NWC diploma, and JPME-I credit.

Interpersonal Edge:

Play the 'long' game at work

by Dr. Daneen Skube

Q. I watch some of my coworkers act like complete jerks at work and end up with some amazing goodies. I know there's the old line about good guys finish last, but do you really need to turn into a horrible human being to get ahead?

A. No, but you do need to contemplate your definition of "get ahead." If sleeping at night, enjoying your own company and getting long-term results are part of your definition, then being a horrible human being is not in your best interests.

Here's the deal with acting outrageously bad: People will be scared of you and in the short-term will often give in just to shut you up. However, people have long memories, and they will get even with you.

The other serious consequence for those who run others over to get what they want is that they have to live in a snow globe of rage and blame. They have to remain in a hellish state to justify constantly damaging other people. They don't have empathy because this chronic toxic state prevents any awareness of their impact on others.

Contemplate this: If you are willing to keep yourself in hell just to scare someone into giving you what you want, then why would you be any nicer to anyone else?

I am not advocating that "nice" means you act like a doormat. My column is all about negotiating hard for what you want by offering benefits to others. I also want you to set solid limits on work/life balance and make sure you get something when you give something. Trotting around your office being helpful with a smile and hoping someday someone might return the favor isn't nice - it's foolish.

SEE **Work, page 7**

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On Base & On Board

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Core & More 5K Healthy Fitness Challenge NEW DATE: Thursday, Jan. 26, 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.navylifesw.com or call 619-532-7495 for more info.

Flea Market NEW DATE: Saturday, Jan. 28, 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

Child & Youth Programs Hiring Fair Thursday, Jan. 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.navylifesw.com/CYPHiringFair for details.

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

San Francisco Weekend Trip open to enlisted active duty and a guest, 18+. Friday-Monday, Feb. 17-20, 8 am, $220Tour 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.

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

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

NBC's Got Talent Friday, Feb. 24, Auditions 3-10 pm and Saturday, Feb. 25, LIVE Show 6-9 pm, NASNI, Lowry Theater, Bldg. 650 Show off your talent within a variety of categories; sing, dance, magic, comedy. Be sure to register early for a space in the Friday auditions. Cash prizes: $500 for 1st, $200 for 2nd and $100 for 3rd place in Saturdays LIVE show! Registration required: nbccr@navylifesw.com

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

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

HAPPENINGS LISTED FROM PREVIOUS ISSUES….

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

Tee Time Golf Specials Pre-book tee times Monday-Thursday 9:30 am-1 pm for two golfers with cart and save $3 on each golfer. Book your tee time using Promo Code: WW2WC. Not valid with any other promotions. Book online at www.navylifesw.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

Southern Lowcountry Boil Festival Event open to enlisted active duty and a guest, 18+. VADM Martin Liberty Center, NASNI: 619-545-3331 Thursday, Jan. 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, Jan. 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.

San Diego Gulls Hockey Trip open to enlisted active duty and a guest, 18+. NBPL Liberty: 619-524-6587 or 619-553-9138 Saturday, Feb. 4 • 6 pm • $13 Watch our AHL team up close and personal. Cost includes transportation and ticket. Sign up by 2/2.

North Park Thursday Market. Trip open to enlisted active duty and a guest, 18+. Liberty Hall, NBPL: 619-524-6587 Thursday, Feb. 9 • 4:45 pm • FREE. Stroll the streets of North Park while listening to LIVE music and browsing through local food and craft vendors. Sign up by 2/8.

Movie Trip: John Wick Chapter Two. Trip open to enlisted active duty and a guest, 18+. VADM Martin Liberty Center, NASNI: 619-545-3331. Thursday, Feb. 9 • 5 pm. $13.50. Cost includes transportation, admission and popcorn.

Paintball Trip. Trip open to enlisted active duty and a guest, 18+. The RECYARD, NBSD: 619-556-5078. Saturday, Feb. 11 • 1 pm • $57. Join us as we head to our local field for a full day of fun, sun and paintball battles. Space is limited. Sign up now!

Who Dunnit? Seaport Village Murder Mystery. Trip open to enlisted active duty and a guest, 18+. Q-Zone, NAB: 619-437-3190. Saturday, Feb. 11 3 pm $25.Crack codes, decipher riddles and participate in crazy challenges (scavenger hunt style) to successfully complete your mission. We are counting on you to solve the case!

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NASNI, Bldg. 1507, 619-545-0237

Work

continued from page 6

When you are mature enough to set your ego aside and use the words and behaviors that are effective rather than opening your mouth and blurting out the "truth," you create long-term support. When you negotiate by offering what helps others get ahead, you create long-term allies. If you realize even Samurai warriors know the best fight is the one you resolve before you go to war, you live in peace.

The Dalai Lama states there are three rules to a successful life: kindness, kindness and kindness. Turns out his spiritual advice is pretty good guidance for a successful long-term work life as well. When you leave people better than you found them, they remember you. When they remember you, they will be willing to help you.

None of us can create an optimal work life by pretending we are an island. We also can't create an optimal relationship with ourselves when we are obsessed with sinking the boats of everyone around us. The best careers balance our external achievements with our inner harmony.

Obviously, none of us is immune from dropping into emotional storms triggered by outer challenges. Let these emotions take you all the way out like a riptide rather than fighting your feelings, and your emotions will become a plan of action. Walking around just chanting, "Om Shanti, I am at peace," isn't effective or realistic.

My advice and my own choice is never to get ahead in a career at the expense of the one relationship you never escape - the one with yourself. You can have everything you want if you play the long game, and you'll have a lot more fun in the process.

Those 'base housing people'

the meat and potatoes of life

by Lisa Smith Molinari

I was emerging from the base gym's steam room, sweating and feeling a bit woozy, when I heard her.

"We don't do base housing," a young female officer putting on her blueberry fatigues told a friend in the women's locker room. She mentioned that she received orders to her next duty at Naval Station Mayport, and that she and her husband were looking for a rental in St. Johns, Florida, where the houses are nicer.

"We're searching early, so we don't get stuck living on base," she explained. "We're not base housing people."

I was steamed. Pun intended.

Little did she know, I lived up the street from the base gym - although one would never suspect it based on how few appearances I'd made there - in a small cluster of old duplex houses on Naval Station Newport, Rhode Island.

Before that, we'd lived in the very Mayport base housing the young officer was trying to avoid. Before that, we'd lived in an apartment on Patch Barracks in Stuttgart, Germany. Those years, plus a two-year stint in old Army base housing on Fort Ord in Monterey, California in the 90s, meant that we'd spent almost half of our 23-year marriage living in base quarters.

Apparently, we're those "base housing people."

When I heard the young officer say she had orders to Naval Station Mayport, my instinct was to pipe up, "We were stationed there!" as many military folks do, and then I'd tell her all about the beach, the base gym, the good fried chicken at the mess hall, and the local shrimp place. But, sensing the negative connotation she attached to "base housing people" I stayed silent.

However, I couldn't help but pity her, because she didn't know what she was missing.

In Monterey, we'd walk Ardennes Circle, the huge curved road winding through our base housing community, pushing our first baby in a stroller and chatting with neighbors along the way. On many an evening, a stop at a neighbor's house to chat turned into an impromptu party, with babies sleeping in portable cribs and car seats while we laughed into the wee hours. We still have those friends today.

When we moved to JAC Molesworth in rural England, we wanted to "experience English culture." We lived in an old village house with creaky floorboards and a WWI bomb shelter in the basement. It was a terrific immersion into rural English village life, but we spent many weekends at our friends' base houses, seeking camaraderie.

Years later, we were deciding whether to live in a bland communist-era stairwell apartment on Patch Barracks in Stuttgart, or brave the risky but rewarding German rental market. In the end, we chose base housing, because we felt it would ease the transition for our three children.

Surely, if we'd lived off base we'd have spoken more German and learned more about the local culture, but we found that on base communities have a culture all their own. Safe and secure within the fences of Patch Barracks, kids ran everywhere and spouses chatted on shared patios. We went off base and traveled often, seeking the enrichment of European culture. But we were also enriched by the close-knit experience of on-base life, with it's unparalleled camaraderie and Mayberry-esque small-town feel. Again, we made friends for life.

At Mayport, we knew we wanted to live in the base housing community. Not only was the housing in sight of the beautiful sandy Atlantic coastline, it was the kind of tight-knit military community we'd learned to value. By the end of our two years there, we'd had countless nights around fire pits and afternoons at the beach with neighbors, and our kids always had someone to hang out with on the street. As always, we made friends for life.

As I walked back to my base house from the gym, my cheeks still flush and damp from the steam room, I hoped that the young officer would, someday, experience base housing culture. Because, overcoming the challenges of military life takes the sweat of one's brow, but finding life-long friendships on base is actually no sweat at all.

TAPS families honor nation's fallen troops at inaugural parade

by Shannon Collins

The Tragedy Assistance Program for Survivors sponsored 200 surviving military family members from across the country who marched in today's inaugural parade to honor their departed loved ones as well as all the nation's fallen service members.

The parade commenced after President-elect Donald J. Trump took the oath of office as the 45th president of the United States.

The TAPS contingent, which included service members' mothers and fathers, brothers and sisters, sons and daughters and wives and children, carried photos of their fallen heroes along the two-mile parade route to honor their memories.

The group also included a van with a dozen Gold Star parents driving from Iowa together. Gold Star parents had sons or daughters who were killed in action during U.S. military service.

Established in 1994, TAPS provides comfort and hope 24/7,through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones, according to the organization's website.

Since its founding, TAPS has assisted more than 60,000 surviving family members, casualty officers and caregivers, the website said. The organization provides peer-based emotional support, grief and trauma resources, grief seminars and retreats for adults, Good Grief Camps for children, casework assistance, connections to community-based care, online and in-person support groups and a 24/7 resource and information helpline for all who have been affected by a death in the armed forces.

Kelly Griffith, sister of Marine Corps Maj. Sam Griffith, came from Arlington, Virginia. She

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Marine's daughter honored by National PTA for poetry submission

Each year the National PTA Reflections Program offers young artists grades pre-K though 12th grade recognition for their creativity. This year, Elena Waters, a Carlsbad student who is the daughter of an active duty Marine was recognized with one of five grade-division Awards of Merit. Her entry was in the literature category with the theme "Who I Am" for her poem that highlights the ups and downs of military life for a child.

Who I Am

I am a 12 year old military child

I am a girl who has moved six times and has been to eight different schools

I am a human being who has feelings about what has been left behind and what's to come

I am a person who has to leave my friends, say goodbye to family who mean the world to me, leave behind my neighbors who come knocking at your door asking to play, and leaving a life I never thought would be some of the best years

After all the tears, I made new friends, explored the world, adapted to new environments, had new experiences, discovered new lifestyles, having family to come visit, and having other advantages in life

Although, getting older is harder to leave the life I had once had, I can start a new one with many other great opportunities

I am a 12 year old military child

Elena Walters

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Honor

continued from page 8

said her time with TAPS has been invaluable, and that she's humbled to be in the parade to honor the memory of her departed brother.

"It's humbling to be able to take part in the inaugural parade," she said. "Sam did a lot of living in his 36 years. This is an opportunity to really be a part of his living legacy. He wouldn't have loved being singled out, but he loved history. He would've loved the opportunity to live in the moment and to take part in such a historic day."

Griffith said TAPS changed her life.

"I was the only person home when the Marines came to the door Dec. 14, 2011," she said. "It wasn't until I came to TAPS that I learned I didn't have to travel this journey alone. I went on retreats with other siblings and found so much healing, just being able to talk about Sam."

Griffith added, "On the first retreat, another surviving sister sat down next to me, and asked me to tell her about Sam. It was the first time someone wasn't asking me about his death but about his life. It made a big difference in my grief."

Attending events like the inaugural parade is a chance to make new memories with her brother in her own way, she said.

TAPS has participated in inaugural activities since 1994, when the organization was founded by Bonnie Carroll, who is TAPS' current president.

"TAPS is the national organization providing comfort and care to the families of America's fallen heroes," Carroll said. "We are there to support the military casualty officers whenever a death occurs, providing comfort and care, resources and support, for all those who are grieving the death of a service member. Those who are grieving find strength and solace in the company of others who understand their loss."

Grieving families participating in today's inaugural parade "will connect with their TAPS family and find hope and healing as they honor their heroes," Carroll said.

She added, "We are so excited to participate in this historic event. Honoring those who have made the ultimate sacrifice for freedom has been a revered tradition in this nation since we have had a military."

Marine Corps Sgt. Berkeley Elizabeth Attig, a military policewoman with Security Battalion, Marine Corps Base, Quantico, Virginia, has volunteered with TAPS as a Good Grief Camp mentor and team leader for the past two years.

"Walking with TAPS in the parade is a tremendous honor for the families and the organization; I'm proud to be a part of it," she said. "Deciding to become a mentor has been one of the greatest honors in my life, and I urge more service members to consider becoming Good Grief Camp mentors. They can make a difference."

Attig added, "Working with the children at TAPS has been one of the greatest joys in my life. My first year, I worked with the youngest group. Four and five year olds were challenging, but by the end of the camp during the balloon release, my mentee opened up and sent a message to her hero, her dad. Her bravery and honesty floored me, and made me reflect upon my own actions. Instead of closing herself off to everyone, she embraced it."

What to do when your throat hurts

We've all had sore throats around this time of year. Your throat feels scratchy and may hurt when you swallow. What can you do to soothe a sore throat? And when is it a sign of a more serious infection?

Most sore throats are caused by viral infections such as the common cold or the flu. These throat problems are generally minor and go away on their own.

To soothe your irritated throat, keep it moist. "Ever notice that a sore throat seems worse in the morning? It's because your throat gets so dry overnight," says Dr. Valerie Riddle, an infectious disease expert at NIH. "Having lozenges or hard candies—or anything that stimulates saliva production—will keep your throat moist. It's also important to drink plenty of fluids."

For young children who might choke on hard candies or lozenges, try cold liquids and popsicles. Throat pain might also be soothed by throat sprays and over-the-counter pain relievers such as acetaminophen, ibuprofen or aspirin, but don't give aspirin to young children.

Contact a doctor if your sore throat is severe, doesn't feel better after a few days, or is accompanied by a high fever or swollen glands. These symptoms could be signs of a bacterial infection, such as strep throat. Taking antibiotics won't help at all if your sore throat is caused by viruses, but they're essential for fighting bacterial infections like strep.

Strep is the most common bacterial throat infection. Although it can occur in adults, strep throat is more common in children between ages 5 and 15. Riddle says strep can be harder to detect in younger children, because it can cause a runny nose and other symptoms that make it seem like a cold. "If your child has severe throat pain, a fever above 100.4 degrees, or swollen glands, you should get medical attention right away," advises Riddle. Children with strep also may experience nausea, vomiting and stomach pain.

To see whether you have strep throat, the doctor will take a throat swab. If test results confirm strep, your doctor will prescribe antibiotics. After 24 hours of taking them, you should no longer be contagious. You'll likely begin feeling better within a couple of days, but to fully recover it's important to finish all of the medicine.

Strep is highly contagious. Treat it quickly to prevent it from spreading to others. Riddle says, "Not only can the infection be transmitted, but there are potential complications from untreated strep throat." These include ear infections, rheumatic fever and kidney problems.

Another fairly common throat infection is tonsillitis, which occurs when you have sore, swollen tonsils. It's caused by many of the same viruses and bacteria that cause sore throats. If you have frequent bouts of tonsillitis or strep throat, you may need surgery (called a tonsillectomy) to have your tonsils removed.

The best way to protect yourself from the germs that cause these infections is to wash your hands often. Try to steer clear of people who have colds or other contagious infections. And avoid smoking and inhaling second-hand smoke, which can irritate your throat.

Sore Throat Relief

- Try hot tea with lemon or some hot soup.
- Keep your throat moist with lozenges or hard candies.
- Gargle with warm salt water or use ice chips.
- Cold liquids or popsicles can numb the pain. Throat sprays and over-the-counter pain relievers can help, too.
- Use a humidifier or vaporizer, especially when sleeping, to keep air from getting too dry.
- If the sore throat persists for several days, contact a health care professional.

USS *Makin Island* provides medical assistance to Pakistani Sailor

A Pakistani sailor prepares to depart USS *Makin Island* (LHD 8) in a Pakistani navy Aloutte Seagull helicopter after *Makin Island*'s medical team and embarked members of Fleet Surgical Team 5 performed an emergency appendectomy on him. *Makin Island* is deployed with the *Makin Island* Amphibious Ready Group in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of operations. Navy photo by MC3 Clark Lane

GULF OF ADEN - Sailors and Marines aboard amphibious assault ship USS *Makin Island* (LHD 8) rendered medical assistance to a Pakistani sailor while operating in the Gulf of Aden, Jan. 20.

Pakistani naval vessel PNS Tariq (1973) requested assistance from Naval Amphibious Forces, Task Force 51 and 5th Marine Expeditionary Brigade for a sailor experiencing abdominal pain. The sailor was transferred to Military Sealift Command dry cargo and ammunition ship USNS *Amelia Earhar*t (T-AKE 6) and flown to *Makin Island* in the evening by the embarked "Blackjacks" of Helicopter Sea Combat Squadron (HSC) 21. *Makin Island*'s medical team, along with embarked members of Fleet Surgical Team (FST) 5, began assessment and treatment after receiving the patient.

Makin Island has the largest afloat medical facility in the U.S. 5th Fleet area of operations, and houses medical and dental facilities to support surgery, military and civilian casualty receiving, stabilization for complex trauma injured patients, and general health care for members of the amphibious ready group and marine expeditionary unit.

"The capabilities our medical professionals bring to the theater greatly increase the chances of patient survivability by mitigating the risk of loss of limb, life, or eyesight of our Sailors, Marines, partners, and allies," said *Makin Island* Commanding Officer Capt. Mark Melson. "We are thankful to have been in the right place at the right time to help a fellow mariner."

The crew on Tariq expressed gratitude to the surgical team aboard *Makin Island* for the rapid medical response.

Makin Island, flagship of the *Makin Island* Amphibious Ready Group (ARG) with the embarked 11th Marine Expeditionary Unit , is operating in the Gulf of Aden in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of operations.

The *Makin Island* ARG is comprised of *Makin Island*, the command ship for Amphibious Squadron 5 and the 11th MEU, as well as amphibious transport dock USS *Somerset* (LPD 25), which is embarking on its maiden deployment, and amphibious dock landing ship USS *Comstock* (LSD 45). Embarked units, which extend the ARG's capabilities, include HSC-21, FST-5, Tactical Air Control Squadron 11 and Assault Craft Unit 5.

The 11th MEU is a sea-based Marine Air-Ground Task Force comprised of a ground combat element, Battalion Landing Team 1st Battalion, 4th Marines; an aviation combat element, Marine Medium Tiltrotor Squadron 163 (Reinforced); a combat logistics element, Combat Logistics Battalion 11; and a command element with a commanding officer who leads the entire MEU.

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FILE PHOTO (Feb. 10, 2016) - Federal Fire Department firefighters tend to a Sailor role playing as an injured bystander during an active shooter training as part of Exercise Solid Curtain-Citadel Shield 2016 on Naval Air Station North Island. This annual exercise helps enhance the training and readiness of Navy security personnel to respond to threats. Navy photo by MC3 Amanda Chavez

Navy installations, commands exercise force protection

WASHINGTON - Naval installations within the continental United States (CONUS) will conduct Exercise Solid Curtain-Citadel Shield 2017 (SC-CS17) Jan. 30-Feb. 10.

SC-CS17 is a two-part, anti-terrorism/force protection exercise conducted by Commander, U.S. Fleet Forces (USFF) and Commander, Navy Installations Command (CNIC) on all CONUS Navy installations.

This annual exercise is designed to enhance the readiness of Navy security forces and ensure seamless interoperability among the commands, other services, and agency partners. Exercise SC-CS17 is not in response to any specific threat, but is a regularly scheduled exercise.

"All commands under USFF tactical control for force protection will participate in the exercise," said William Clark, CNIC exercise director. "Local area residents in the vicinity of naval bases may see increased military activity and possible traffic and pedestrian congestion associated with the exercise."

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

Iwo Jima Mountain West project in early stages

A local organization is hoping to erect a local tribute in honor of events that happened in Japan nearly 72 years ago.

Iwo Jima Monument West is an organization that's spearheading a drive to bring a monument to Camp Pendleton, where many of the Marines involved in the Battle of Iwo Jima were based. The group hopes that the dramatic Iwo Jima Flag Raising sculpture, which could be housed in a glass enclosure and viewable from the I-5 Freeway, will become one of the most significant landmarks on the Pacific Coast.

On Feb. 19, 1945, the Marine Corps landed and captured the island of Iwo Jima from the Japanese Imperial Army during World War II. Nearly one third of the Marines killed in the war died during that invasion. The 5th Marine Division from Camp Pendleton saw its first combat action during this battle and sustained heavy losses - 2,482 killed in action, 19 missing in action, and 6,218 wounded in action.

One of the great symbols of WWII is the iconic image of six Marines from the 5th Marine Division raising the U.S. flag at the top of Mt. Suribachi. This image was replicated in various forms, but perhaps none as famous as the Marine Corps War Memorial monument in Arlington, Va.

"Locally, the Iwo Jima Monument West is working the final approvals to start the project and Laura Dietz, founder and trustee of Iwo Jima Mountain West, expects to be able to make a formal announcement during the 75th reunion of Iwo Jima veterans this month at Camp Pendleton," said Ken Hagihara, media relations representative with Iwo Jima Monument West.

The Iwo Jima Commemorative Committee and the Iwo Jima Association of America are hosting the three-day celebration at Camp Pendleton Feb. 15-19, commemorating the 72nd anniversary of the Battle of Iwo Jima.

According to information gathered from the Iwo Jima Association of America's website (*http://www.iwojimareunion.com/*), the annual reunion continues to be the largest gathering of Iwo Jima vets in the country.

"We hope you'll be able to join us for this special anniversary commemoration," said Hagihara.

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Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 2361	C20	14:00	SAVANNA, GA(6)
CNV 4664	C40	14:01	LEMOORE(13)

SATURDAY, JANUARY 28, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4944	C40	13:20	LEMOORE(72)

SUNDAY, JANUARY 29, 2017 NO SPACE "A" DEPARTURES
MONDAY, JANUARY 30, 2017 NO SPACE "A" DEPARTURES

SPACE A TRAVEL

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Karen Beardsley

"I loved it. This place is great to fly out of, staff is fast and efficient."
Elaine Novotny

Feedback

Seabees celebrate anniversary

Rear Adm. Bret Muilenburg, the commander of Naval Facilities Engineering Command and Chief of the Civil Engineer Corps, addresses the audience at the Seabees 75th Anniversary kickoff ceremony. Navy photo by MCC Lowell Whitman

PORT HUENEME, Calif. - Navy Seabees from around Naval Base Ventura County gathered at the Seabee Museum, Jan. 18, to kick off a series of celebrations throughout 2017 to commemorate the 75th anniversary of the creation of the Naval Construction Force, March 5, 1942.

The event also marked the start of celebrations recognizing the 150th anniversary of the Navy's Civil Engineer Corps, as well as the 175th Anniversary of Naval Facilities Engineering Command this year.

In attendance were Rear Adm. Bret Muilenburg, commander, NAVFAC and chief of civil engineers; retired Rear Adm. David Nash, chairman, Seabee Historical Foundation; and retired Rear Adm. Samuel Cox, director, Naval History and Heritage Command; to name a few.

Providing the opening remarks for the ceremony, Muilenburg spoke about the contributions Seabees have made throughout each American conflict since the Naval Construction Force's founding. Muilenburg also took time to recognize active and retired Seabee veterans in attendance, and he thanked individuals and organizations which have contributed to the Seabee legacy.

"For 75 years, Seabees have been protecting the nation and serving the Navy and Marine Corps with great pride and dedication," said Muilenburg. "As we kick off this yearlong celebration, let's not forget those who have fought bravely and given their all in support of us, our families, our way of life, and our great nation."

A painting titled "We Build, We Fight" by artist James Dietz was unveiled, and attendees enjoyed a dramatic solo performance of "The Complete History of the Seabees (abridged)" by Joseph Gallo.

Utilitiesman 1st Class Jennifer Neal, whose portrait was depicted along with other Seabees in the painting by Dietz, spoke about the honor of being included, as well as her own contributions to Seabee history.

"You don't really realize it until you look back and realize you can say, 'I was absolutely a part of that (Seabee history),'" said Neal. "'I was over there in Iraq, (and) I was over there in Kuwait.' To be in a painting that celebrates 75 years of Seabee history is huge to me."

Also during the event, retired Carpenter's Mate 1st Class Macy Coffin, a World War II Seabee veteran and the oldest Seabee in attendance, joined Construction Mechanic Constructionman Recruit Andrew Staple - the youngest Seabee - along with museum director Godbille and other event participants in the unveiling of a new gallery at the museum illustrating the historical contributions of the Seabees during World War II, as well as during the Cold War.

At the conclusion of the ceremony, guests were invited for a behind-the-scenes tour of the museum's collection.

The Seabees were created March 5th, 1942, after then Rear Adm. Ben Moreell, chief of the Navy's Bureau of Yards and Docks, recognized the need for a militarized construction force. Following the attack on Pearl Harbor, the Navy approved the formation of the first naval construction battalions.

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Engineers demonstrate value of cold spray repairs to Naval Aviation

SAN DIEGO- The Marine Corps Assistant Deputy Commandant for Aviation (Sustainment), William E. Taylor, visited Fleet Readiness Center Southwest (FRCSW) Jan. 23 to learn more about cold spray additive technology.

Engineers and artisans from FRCSW did a demonstration and briefing for Taylor and Marine Corps aviation representatives from Camp Pendleton, California. The cold spray technique is saving the Naval Aviation Enterprise time and money in repairing aircraft components and returning them to the fleet, improving readiness across the Navy and Marine Corps.

"This has a lot of promise," Taylor said.

Cold spray is an additive, solid-state thermal spray process which can restore components' critical dimensional features lost due to corrosion, wear, or mechanical damage. It works by taking powdered metal alloys customized for the need of the specific part to be repaired and spraying it onto the metal of the damaged component, creating a mechanical bond. The process creates a low-porous or non-porous surface without making any heat-induced changes to the substrate.

Explained more in layman's terms, the process bonds metal to metal in a relatively low-heat environment, filling in any corrosion or other damage in machine parts. Repairs often take less time and are safer, too. To use a traditional chrome coating, for example, takes 20 hours to cover a part with 20 mL of metal; cold spray can do it with a tungsten/carbide/cobalt alloy in about two minutes. The process also eliminates the health hazards posed and safety precautions required using traditional methods.

The repaired parts come out stronger and less prone to mistake. According to Luc Doan, a materials engineer at FRCSW, of the approximately 150 parts repaired using cold spray so far, none have been returned for another repair. Additionally, none have resulted in machine rejections. With traditional methods, approximately 20-40 percent are machine rejected.

Conrad Macy, a secondary power Fleet Support Team (FST) engineer for Naval Air Systems Command (NAVAIR), explained the parts can endure at least 10 times more stress and impact than traditional parts. It might be more, but at that point engineers stopped trying to test the damage limits.

Macy is the impetus behind bringing cold spray to naval aviation. In his job working with the fleet making repairs to aircraft, he became tired of throwing away expensive parts because of minor damage. He felt sure some process could fix the parts, so he began searching for it. About six years ago, through a Small Business Innovation Research (SBIR) project, he found what he needed with cold spray. The SBIR with Inovati sealed the deal, showcasing the applicability of cold spray to increase fleet readiness by refurbishing previously scrapped components. Often, these components are in demand across naval aviation, but have long lead times.

Cold spray is an additive, solid-state thermal spray process which can restore components' critical dimensional features lost due to corrosion, wear, or mechanical damage

Inovati's cold spray technique is called Kinetic Metallization. Cold spray can encompass a variety of techniques; this one uses low-pressure helium or nitrogen and a sonic nozzle to accelerate particles. The combination of low pressure and sonic gas speed significantly decreases gas consumption compared to conventional cold spray processes while still achieving high particle velocities, according to the company. It also wastes less material compared to other cold spray machines and techniques, according to the Navy.

This less expensive, faster method of repair has saved more than $1 million on one part alone. The F/A-18's Aircraft Mounted Accessory Drives (AMADs) cost approximately $168,000 each. Damage to one part of the AMAD would previously result in scrapping the entire drive, but with the repairs available through cold spray, 10 have been refurbished and sent back to the fleet for a savings of about $1.6 million.

To bring the process to naval aviation, Macy worked with engineers at FRCSW to explore different options. The team brought an Inovati machine to its laboratory environment three years, and its success led to installation of another machine in the production shop at FRCSW in December 2015.

FRCSW is the main depot for all variations of the F/A-18, so most of the parts it has repaired using cold spray have been for that platform. However, it has also been used for E-2, F-5, CH-53 and H-1 parts, as well as for the LM2500 ship engine.

Engineers now are pressing forward with future applications for the technology, including on V-22 window sills. Macy is exploring through another SBIR the use of a rotating nozzle in the cold spray machine. The current machine has a fixed nozzle, which works well for easily rotated parts, but not as well for bulkier ones. Though that change requires a hitherto unknown design, the engineers have no doubt they will determine the necessary techniques.

"We're going to be successful," Macy said.

NRSW: Special and General Courts-Martial for December 2016

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

General Court-Martial

* At a General Court-Martial in San Diego, Senior Chief Petty Officer Jose D. Domingo was tried for numerous offenses to include abusive sexual contact. On Dec. 15, 2016, the panel of members returned a verdict of guilty for two specifications of abusive sexual contact and sentenced him to be discharged with a Dishonorable Discharge, reduction in rank to paygrade seaman recruit, and confinement for 2 years.

Special Court-Martial

* At a Special Court-Martial in San Diego, Fireman Kondali A. Kangha pled guilty pursuant to a pretrial agreement to one specification of attempt to defraud, four specifications of larceny, and three specifications of drawing a check without sufficient funds. On Dec. 6, 2016, the military judge sentenced him to forfeit $1,044 per month for two months, reduction in rank to paygrade seaman recruit, 60 days restriction to Naval Base San Diego and 90 days hard labor without confinement. The pretrial agreement had no effect on his sentence.

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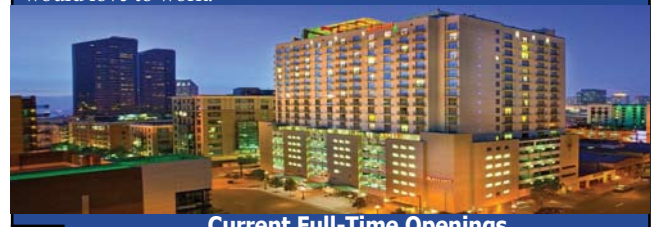

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MCRD San Diego (Jan. 13, 2016) - Drill instructors from Fox Company, 2nd Recruit Training Battalion, march in formation after receiving the guidons from the company honormen during the graduation ceremony here. These guidons have been carried by the platoon guides for the duration of training, and this portion of the ceremony marks the disbanding of the platoons. Annually, more than 17,000 males recruited from the Western Recruiting Region are trained at MCRD San Diego. Marine Corps photo

PACIFIC OCEAN (Jan. 16, 2017) - Sailors pull chains off of a Sea Hawk helicopter, assigned to Helicopter Sea Combat Squadron 4 "Black Knights," from the flight deck of USS *Lake Champlain* (CG 57). The ship is deployment with the *Carl Vinson* Carrier Strike Group. Navy photo by MC2 Nathan K. Serpico

PACIFIC OCEAN (Jan. 13, 2017) - Quartermaster 3rd Class Raheem Harington completes the weather report on the bridge of USS *Lake Champlain* (CG 57). Navy photo by MC2 Nathan K. Serpico

PACIFIC OCEAN (Jan. 17, 2017) - Electrician's Mate Fireman Sacy Bynoe, assigned to USS *Theodore Roosevelt* (CVN 71), climbs a ladder. Navy photo by MCSN Rachael Treon

Super Bowl radio shout out opportunity for all Sailors

For the upcoming Super Bowl, The Navy Office of Community Outreach (NAVCO) is offering the opportunity to share short, recorded shout-outs (15-20 seconds) with a Navy key message from Sailors to support their favorite team. Call 1-855-OUR-NAVY (1-855-687-6289). Wait for 3-5 second pause after voice directions and record message. Once you hang-up, the audio file will automatically be sent to NAVCO. Speak clearly.

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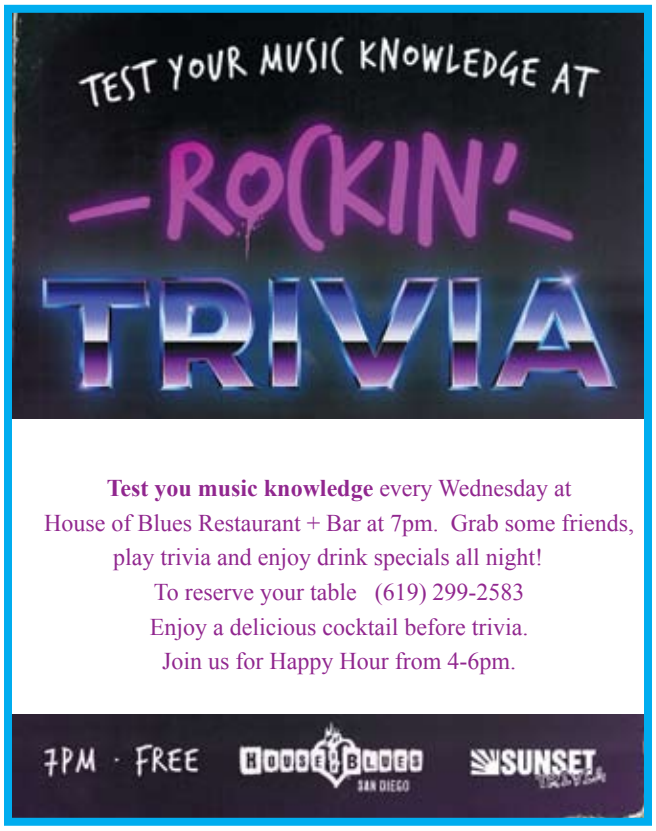
Circus Vargas is back

Circus Vargas is back in town to launch its brand new show at three San Diego locations beginning at the Del Mar Fairgrounds, from January 19 to 30. The 48-year old circus wows audiences with acrobatic, aerial and comic feats of human engineering. The animal-free show will perform more than 400 shows in 25 cities across California this year.

Three show venues include: Del Mar Fairgrounds – Jan. 19-30; Mission Bay – Feb. 2-13; National City – Feb. 16-27. Tickets are $20-$35 for gen. adm. seating and $50-$70 for res. ringside seats.
Purchase tickets online at www.circusvargas.com, call 877-GOTFUN-1 (877-468-3861) or visit the box office at each location. Circus Vargas is on Facebook and Twitter: @CircusVargas.



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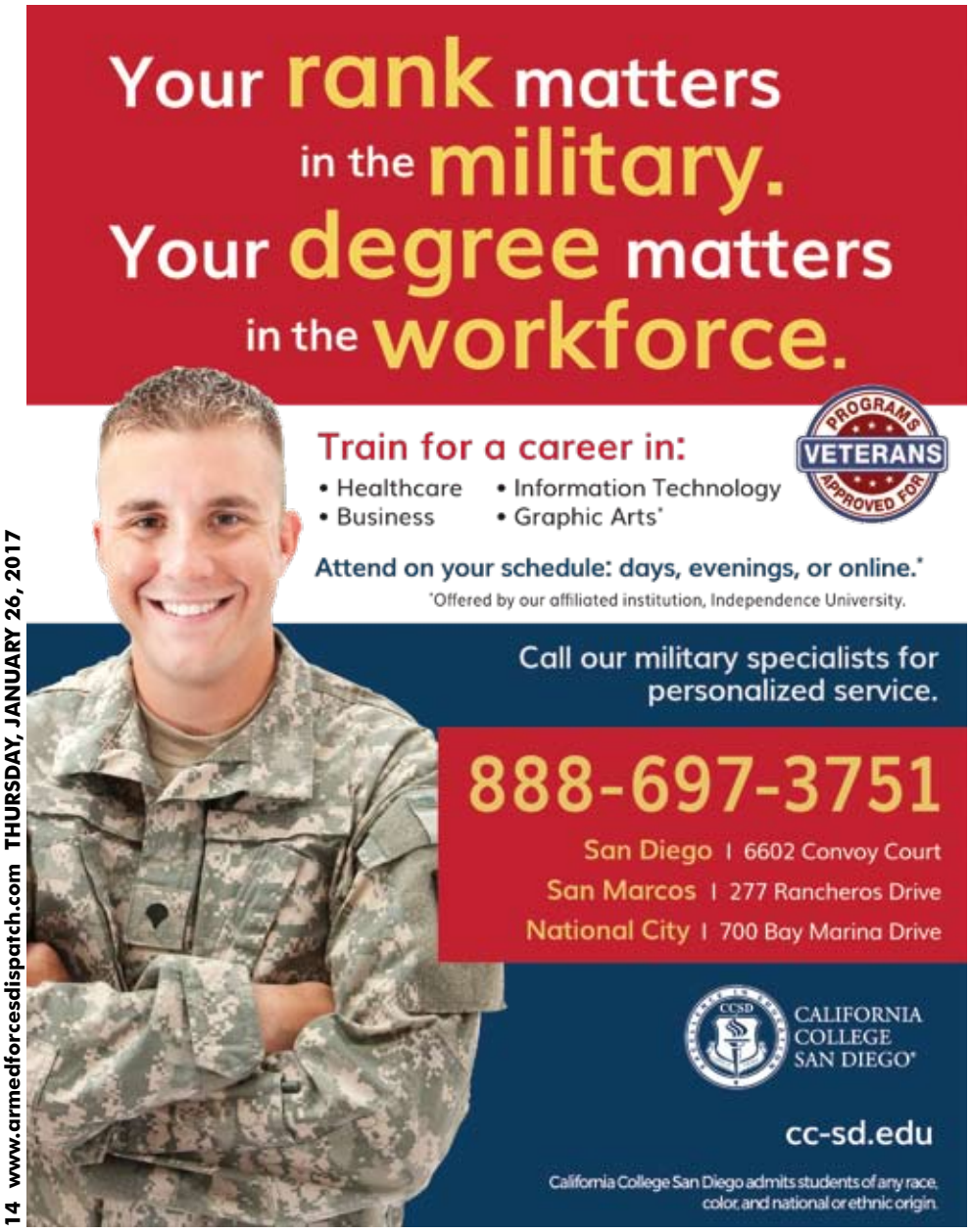
Check out page 22-23 for more great entertainment ideas in Southern Cal.

Check out Oceanside Museum of Art

Trinh Mai: Lifeline Now– March 5 Trinh Mai is an interdisciplinary artist based in Orange County with strong ties to San Diego. Driven by innovative narratives of storytelling, her work in charcoal, gouache, mixed media and stitching re-imagines personal memories, family roots and spiritual connections.

Dan McCleary, Etchings & Studies: Taller de Grabado Oaxaca 2000 – 2016 Now – April 9 Since 2000, Dan McCleary has been visiting the Taller de Grabado in Oaxaca, Mexico, to work with master printer Fernando Sandoval. Together, they produce elegant and extraordinarily crafted etchings with imagery that includes sugar skulls, portraits of men and women and flowers. This exhibition includes more than 25 of these collaborative prints made by pure line etching, aquatint, burnishing and spit bite. It also features hand-colored trial proofs, preliminary drawings and other images that became the basis for the Oaxaca prints.

Alexia Markarian: Desire Is Never Enough Now – April 30 For more than 30 years, Alexia Markarian has been making challenging and confrontational artwork in a wide range of media, including paintings, sculpture, jewelry and mixed media. A restless experimenter and creator, she is known for using common materials in unexpected ways throughout her sculptural and design work.
Oceanside Museum of Art is located at 704 Pier View Way, Oceanside. For more information call (760) 435-3721 or visit www.oma-online.org.



Variety: 'The Walking Dead' producers toned down violence after season premiere backlash

by Cynthia Littleton

MIAMI - "The Walking Dead" producers toned down some of the violence in the first half of season seven after the strong viewer backlash to a gruesome killing scene in the season opener.

"Walking Dead" exec producer Gale Anne Hurd acknowledged Wednesday that the negative response to the bludgeon slayings of two key characters in the premiere prompted producers to make adjustments in episodes that were still in production at the time of the Oct. 23 season premiere.

"We were able to look at the feedback on the level of violence," Hurd said during a panel session at the NATPE conference. "We did tone it down for episodes we were still filming for later on in the season."

Hurd spoke on a panel with AMC Networks president-CEO Josh Sapan and "Fear the Walking Dead" star Colman Domingo, moderated by Michael Schneider, executive editor of Indiewire and editor at large for Variety.

The season premiere closed with a lengthy scene that featured the villain Negan beating longtime fan favorites Glenn and Abraham to death with a baseball bat wrapped in barbed wire. Many critics said the combination of visuals and audio elements veered too far into gratuitous territory, even given the show's history of presenting shocking material.

Hurd made it clear that the response made an impact on the production team.

"This is not a show that is torture porn," she said. After the response to the finale, she said they gave strong consideration to making sure "we don't cross that line."

Sapan and Hurd also noted that the extreme reaction to the season premiere underscored how deeply fans care about the show.

"When something matters a lot and it has a universality, then you're bothered by it and you care about it," Sapan said.

Hurd remarked that she still marvels at "Walking Dead's" trajectory as a series in becoming the top-rated scripted series in all of primetime, broadcast or cable. Hurd had no such expectations when the first season was coming together. "We thought this will be a good solid double," she said.

Because a show about a zombie apocalypse was such a departure for AMC, Sapan admitted that he went around to eight or so comic book stores in New York City to ask people what they thought were the best renditions of zombies in comics.

Hurd admitted that when AMC's first suggested the notion of the "Talking Dead" after-show, she thought it would never work.

"All of us said, 'You're kidding. People are going to watch a show where people talk about what they've just seen? That's absurd,'" Hurd recalled. She called the move "absolutely brilliant - and not something we as creatives on the drama side could have ever anticipated."

Domingo, who is also an accomplished playwright, said the profile he now has as an actor from being on "Fear the Walking Dead" has been eye-opening. "I love that people are so passionate about the show. They tell you how they feel," he said. Domingo added that he enjoys using social media tools like Periscope to give fans a glimpse behind the scenes of "Fear." "I want the fans to have that sort of access to know what we're creating for them," he said.

ASYMCA San Diego hosts Father Daughter Dance

There is no denying the special bond between a father and his daughter. This special event helps foster that bond and offers a fun night of fabulous photography, muisc and dancing, delicious food and dessert.

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Enjoy dinner, dancing, a professional photo studio, photobooth, music, magic show and Candy Station! Military Price: Dads $35/Daughters $30. Civilian Price: Dads $45/Daughters $35. For more information contact Lorenzo Inzunza (858) 751-5755 ext. 105. or email him at lorenzo.i@MilitaryYMCA.org

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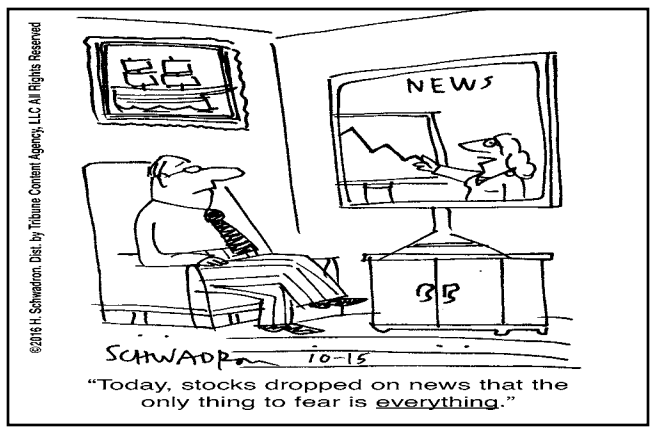
3) Sign in, Click "Enrollment" and sign up eligible members individually throu the enrollment process (E.G. Father Daughter Dance 2017



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Suits for Soldiers and Neighborhood Exchange at San Diego Armed Services YMCA

On Thursday, Jan. 26 from 9 a.m. to 2 p.m. the San Diego Armed Services YMCA, with the support of Farmers Insurance, will provide approximately 350 donated suits to transitioning service members at their community food distribution called the NEX, held at the San Diego Armed Services YMCA, 3293 Santo Road San Diego, CA 92124

The Armed Services YMCA distributes food to over 250 military families on the fourth Thursday of every month with the support of the San Diego Food Bank. Farmer's Insurance volunteers, to include their CEO, Jeff Dailey, will support both events at the San Diego Armed Services YMCA.

Approximately 350 transitioning service members and veterans will receive donated suits and approximately 250 military families to receive food.

More than one million military personnel will be making the transition from the military in the next couple of years, according to the Department of Defense office of Employer Support of the Guard and Reserve, and many of these veterans may not own appropriate business attire to go to networking events, interviews or even to work. Each piece of clothing donated brings Suits for Soldiers closer to its goal of collecting 50,000 suits that can help create an easier transition for veterans into the civilian workforce.

Named a top 150 military employer and one of the top 50 military spouse employers by MilitaryFriendly.com, Farmers® is collaborating with Team Rubicon, a national nonprofit organization dedicated to uniting teams of veterans and first responders, to aid in already robust catastrophe response efforts. In 2014, Farmers signed a statement of support with the Department of Defense office of Employer Support of the Guard and Reserve (ESGR), committing to seek ways to increase opportunities for guardsmen, reservists and veterans. Farmers also has an active veteran employee resource group, which helps provide important networking and career development opportunities for its employees.

"Suits for Soldiers is representative of our organization's commitment to veterans," said Jeff Dailey, CEO of Farmers Insurance. "We believe in the value veterans can bring to the workplace through their experience and training, as well as their values."

"Our military families sacrifice so much," said Tim Ney, Executive Director of the San Diego Armed Services YMCA. "The Suits for Soldiers and Neighborhood Food Exchange event is a wonderful way in which we come together to support those who protect our freedom."

About the San Diego Armed Services YMCA

The San Diego Armed Services YMCA (San Diego ASY) is the leading non-profit that makes military life easier for active duty service members and their families. The San Diego ASY gives military personnel and their loved ones the support and resources they need to be resilient, confident, connected, and secure. Founded in 1920 as a national affiliate of the YMCA, its mission is to enhance the lives of service members and their families in mind, body, and spirit. Through programs and services that are relevant to the unique challenges of military life, the ASY strengthens the military community. The San Diego ASY is, and always will be, dedicated to making military life easier. www.asysd.org

For more information, contact Tim Ney at 619-208-0000 or via email at tim.n@militaryymca.org

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Videoview

by Jay Bobbin

STARTING THIS WEEK: "BOO! A MADEA HALLOWEEN": As any mention of the name Madea should indicate, Tyler Perry strikes again in this comedy as his famously feisty female alter ego tries to ward off evil spirits while minding teenager Tiffany (Diamond White) and other youths during a seasonal trick-or-treat party. The humor - and it's considerable - lies in watching the sassy Madea go up against supernatural creatures, and even if you might bet on the ghosts and goblins winning in other circumstances, think twice about that in this case. "Madea"-series regular Cassi Davis and Bella Thorne ("Shake It Up!") also appear. *** (Also on Blu-ray and On Demand)

"JACK REACHER: NEVER GO BACK": Tom Cruise returns as novelist Lee Child's military veteran turned troubleshooter in this well-paced adventure, which finds Reacher trying to help one of his his Army successors (Cobie Smulders, "How I Met Your Mother"). She's on the run after being set up for a treason charge, and Reacher soon finds himself a fugitive along with her. Another consideration for him is his presumed daughter (Danika Yarosh). Directed by Edward Zwick, who previously worked with Cruise on `The Last Samurai," the film also features Aldis Hodge (''Underground"), Holt McCallany and Jessica Stroup (''The Following"). *** (PG-13: AS, P, V) (Also on Blu-ray and On Demand)

"QUEEN OF KATWE": Directed by Mira Nair ("Mississippi Masala") and continuing the Disney studio's tradition of stirring competition stories, this involving drama stars screen newcomer Madina Nalwanga as Phiona Mutesi, a Ugandan youngster who overcomes her impoverished background by learning - and excelling at - the game of chess. David Oyewolo ("Selma") plays her mentor, who ultimately becomes her adviser on much more than which piece to move on the board at what time. Oscar winner Lupita Nyong'o ("12 Years a Slave") is another star of the film, which also was produced by ESPN's movie division. *** (PG: AS) (Also on Blu-ray)

"MASTERPIECE: VICTORIA - THE COMPLETE FIRST SEASON": Jenna Coleman ("Doctor Who") portrays the young Queen Victoria in this drama, also being broadcast currently by PBS ... though immediate consumers of this set will get to see many episodes before they're televised. New to the British monarchy before she's out of her teen years, Victoria quickly proves she's not to be trifled with, though others are eager to sway her to their bidding. Her familiarity with Lord Melbourne (Rufus Sewell), the prime minister, sets off parliamentary problems. Tom Hughes plays Prince Albert in the series, written by best-selling novelist Daisy Goodwin and also featuring Alex Jennings, Paul Rhys and Peter Firth. *** (Not rated: AS) (Also on Blu-ray)

"MASTERMINDS": Zach Galifianakis gets taken for a ride in more ways than one in this fact-inspired heist comedy, playing an armored-truck driver whose yearning for more excitement in his life takes a bad turn. The work colleague he crushes on (Kristen Wiig) convinces him to steal $17 million, then she and her literal partner in crime (Owen Wilson) take the money and leave the driver to take the fall alone. He then tries to get the cash back while striving to stay ahead of the law and a hired killer (Jason Sudeikis). Even if the plot feels familiar, the cast - also including two more "Saturday Night Live" veterans, Kate McKinnon and Leslie Jones - keeps the result watchable. DVD extra: "making-of" documentary. *** (PG-13: AS, P, V) (Also on Blu-ray)

"DANNY SAYS": The Doors, Judy Collins, Lou Reed and the Ramones had something in common beyond being musical successes ... Danny Fields, a music-industry professional who played a role in all of their careers. This documentary traces his own 50-years-plus path in the business, which saw him drop out of Harvard Law School and eventually become a publicity director (at Elektra Records) and artist manager. Fields largely tells his own story here, through the bountiful use of material from his archives, but Alice Cooper and Iggy Pop also contribute. *** (Not rated: AS, P)

COMING SOON:

"GRAVES: SEASON 1" (Feb. 7): Nick Nolte stars in the Epix series as a former U.S. president who seeks renewed glory long after the end of his White House tenure. (Not rated: AS, P)

"GUESS WHO'S COMING TO DINNER: 50TH ANNIVERSARY EDITION" (Feb. 7): Katharine Hepburn won her second Oscar, opposite Spencer Tracy and Sidney Poitier, in the comedy-drama. (Not rated: AS, P)

"KING KONG: ULTIMATE EDITION" (Feb. 7): Director Peter Jackson's retelling of the saga gets an upgrade that includes a half-hour of deleted scenes; Adrien Brody and Naomi Watts star. (PG-13 and unrated versions: P, V)

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Omarr's weekly Astrological forecast

ARIES (Mar 21-Apr. 19): Make your own Declaration of Independence. Go your own way in pursuing goals and activities that matter to you and you alone. You'll fare a lot better by working off on your own rather than trying to be part of a group.

TAURUS (Apr. 20-May 20): Don't forget how to enjoy yourself. An unexpected surplus of free time may allow you to pursue hobbies and pastimes that may have been pushed to the back burner. Pay attention to conversations as someone may have sage advice to offer.

GEMINI (May 21-June 20): Don't overplay your hand. Allow others some time to mull over a proposal that you've presented to them as a soft sell policy will suit you better. You can absorb knowledge like a sponge so try to explore new areas of study.

CANCER (June 21-July 22): You get what you pay for. Spending a little extra now for quality items may save you from headaches further down the road. Don't be so wary of strangers that you avoid making a new acquaintance that could turn into a valuable friend.

LEO (July 23-Aug. 22): Adapt and overcome. You may need to rethink your approach to deal with a problem that may be outside of your area of expertise. It may be better to follow someone else's lead when trying to please a difficult crowd.

VIRGO (Aug. 23-Sept. 22): Be it ever so humble there's no place like home. Focus your attention on what's going on under your own roof as relationships and understanding can be improved. Taking measures that benefit the whole household will breed harmony.

LIBRA (Sept. 23-Oct. 22.): Signals could be misconstrued. Beware that what you may intend as mere politeness could be interpreted as a come on. Hold off on taking action before seeking the advice of a wise mentor or experienced friend.

SCORPIO (Oct. 23-Nov. 21): Full speed ahead. When you set your mind toward an objective or goal it may be impossible for anyone to slow you down. The power of sheer will should be sufficient to help you overcome any obstacles that lie in your path.

SAGITTARIUS (Nov. 22-Dec. 21): Rise to the occasion. If you back down from someone else's criticism it may only serve to strengthen their conviction. Stand your ground and keep your cool to keep this minor inconvenience from gaining more traction than it deserves.

CAPRICORN (Dec. 22-Jan. 19): Get away from it all. Some time spent off on your own could allow for some quiet contemplation and introspection that could help you get to the heart of some troubling matters. Avoid getting drawn into conflicts.

AQUARIUS (Jan. 20-Feb. 18): Stay within your boundaries. Being reckless or taking unnecessary chances could backfire in the worst way so try to play it safe. You could be as charming as can be but if someone isn't in the mood for it you're just wasting your time.

PISCES (Feb. 19-Mar. 20): Don't sweat the small stuff. Trivial problems may seek to derail you from getting anything done but if you just stay focused on what is actually important you'll be fine. Maintain an air of civility even when others are acting quite the opposite.

AutoMatters & More: 2016 Optima Ultimate Street Car Invitational

AutoMatters™ & More

by Jan Wagner

While most of us will never be able to race automobiles professionally, grassroots motorsports offer a wide variety of auto racing opportunities to everyday enthusiasts. This includes autocrossing, rallying, time trials and more – all designed to let drivers push themselves and their automobiles to their limits in organized, sanctioned events.

The Optima Ultimate Street Car Series combines several different types of auto competitions into one overall series of ten events. At the end of the season over 100 competitors – from pro builders to doctors – are invited to compete in a grand finale event: the Optima Ultimate Street Car Invitational. This year's finale was held at the sprawling Las Vegas Motor Speedway complex.

This competition is produced by the independent Ultimate Street Car Association (USCA – http://driveusca.com). It is intended to "provide a safe and fun experience for all enthusiasts" and "an outlet for owners of high performance street cars to congregate, socialize and participate in an event designed specifically for them to showcase the performance of their vehicle and create an infectious environment that promotes sponsors products," stressing "safety, fun, organization and friendly competition."

Street cars (and trucks) at the finale included: Chevrolet Corvette, Camaro, Chevelle, Nova and C-10; Ford Mustang, Fairlane, Focus and F100; Mitsubishi Lancer Evo; Subaru STI; Nissan GTR; Dodge Viper; Datsun 280-Z; Chrysler Conquest Tsi; BMW M3; Lotus Elise; Porsche; Buick GS; Honda S2000; American Motors AMX; Mazda MX-5; and Plymouth Valiant. They had been on display for the preceding days at the SEMA Show, where they were judged in the Lingenfelter Performance Design & Engineering segment "on their construction and modifications that enhance the look, performance, and/or functionality of a stock vehicle while maintaining or enhancing the Daily Drive comfort features and accessories."

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Getting way out of shape in the Powerstop Speed/Stop Challenge

On a sunny Saturday morning the driving competitions commenced with the Detroit Speed Autocross and Powerstop Speed/Stop Challenge. The competitors were divided into two groups, with one group heading over to the autocross and the other to the speed/stop.

The Detroit Speed Autocross was run on two large, mirror-image courses. It tested "the ability of the car and driver to negotiate tight turns, slow speed maneuvers, short straightaways and a stop within a designated spot" – a challenging test of cars, their preparation and the skill of their drivers. At the wave of the green flag, pairs of competitors took off side-by-side and then split off in different directions to run the remainder of their respective courses.

The Powerstop Speed/Stop Challenge is similar to a very compact autocross – which makes it ideal for the enjoyment of spectators. It "is a timed event that establishes the ability of the car and driver to accelerate, negotiate tight turns and stop in a designated spot. Traction and braking are the two key mechanical tests, while timing and car control are the two driver tests." This challenge combined hard acceleration on a sweeping, banked turn; a tight pair of turns into a small, confined area; and a precise stop at the finish line. Drivers who left their braking too late were penalized for spectacularly knocking over cones, banners and more.

After both groups ran both events, their day of competition continued with the Lucas Oil Road Rally – the only event that was run on streets that were also in use by the public. "The Road Rally is not a race and all traffic laws must be obeyed. Vehicles must meet rules to enable them to be compliant with safety and environmental laws/regulations."

The rally finished with a food truck dinner at Shelby American (http://www.shelby.com). Competitors were treated to an open house where Shelby automobiles are manufactured and notable Shelby automobiles are on display in a museum setting.

The second day featured a timed road course competition. The Falken Tire Hot Lap Challenge at Las Vegas Motor Speedway "establishes the ability of the car and driver to negotiate a variety of turns and straightaways in the shortest time."

Registration for the 2017 Optima Ultimate Street Car Series is now open at the Ultimate Street Car Association website: http://driveusca.com. The Invitational is scheduled for Nov. 4 – 5 in Las Vegas.

Optima Batteries has a 40-year history. Their slogan is "The Ultimate Power Source."

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Powerstop Speed/Stop Challenge

Optima Batteries sponsors thousands of events across America including Goodguys, The Sports Vintage Racing Association (SVRA) and the Optima Ultimate Street Car Series and Invitational.

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

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Dinner at the end of the Lucas Oil Road Rally

TV Listings

WEEKDAY MORNING/AFTERNOON

TVData©	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
XETV 6	CW6 News in the AM			San Diego Living	Varied Programs	The 700 Club		The Doctors		Judge Faith	Paternity Court	Judge Mathis		The Robert Irvine Show		Maury		CW6 News at 4pm	
KFMB 8	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM		Judge Judy	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy
KGTV 10	Good Morning America			LIVE with Kelly		The View		10News Midday		The Chew		General Hospital		T.D. Jakes		RightThis-Minute	RightThis-Minute	10News: The Now San Diego	
KPBS 15	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 39	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		Varied Programs	
ESPN2	SportsCenter	SportsCenter		The Dan Le Batard Show With Stugotz		First Take		Varied Programs								Around the Horn	Pardon the Interruption	College Basketball	
TLC	What Not to Wear	Varied Programs				Hoard-Buried	Varied Programs	Hoarding: Buried Alive		My 600-Lb. Life		Varied Programs		My 600-Lb. Life		Varied Programs		Say Yes: ATL	Say Yes: ATL
USA	Varied Programs							Law & Order: Special Victims Unit		Varied Programs									

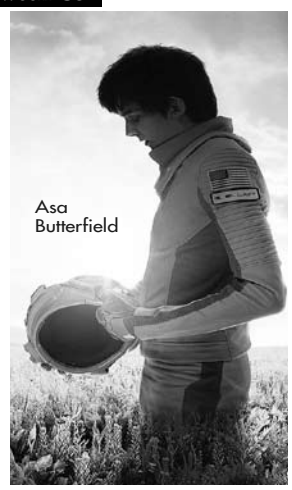
MOVIETIME

Playing at theatres near you!
Mark your calendars!

2/3 THE SPACE BETWEEN US

2/3 RINGS

The Space Between Us



Gardner Elliot, the first human born on Mars, begins an online friendship with Tulsa, a teen in Colorado. On his maiden voyage to Earth, the 16-year-old finally gets to experience all the joys and wonders of a world he could only read about. Problems arise when scientists discover that Gardner's organs can't withstand the atmosphere. United with Tulsa and on the run, the interplanetary visitor races against time to unravel the mysteries of how he came to be, and where he belongs in the universe.

Genre: Adventure, Drama
Cast: Gary Oldman, Asa Butterfield, Carla Gugino

Rings

A young woman becomes worried about her boyfriend when he explores a dark subculture surrounding a mysterious videotape said to kill the watcher seven days after he has viewed it. She sacrifices herself to save her boyfriend and in doing so makes a horrifying discovery: there is a movie within the movie that no one has ever seen before.

Genre: Horror, Thriller
Cast: Matilda Lutz, Alex Roe, Johnny Galecki

THURSDAY EVENING — JANUARY 26, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N) CC	The Middle (CC)	Mike & Molly CC	Mike & Molly CC	2 Broke Girls CC	2 Broke Girls CC	Supernatural "First Blood" (N) CC (CC)		Riverdale (Series Premiere) (N) CC (CC)		CW6 News at 10pm (N)		Seinfeld CC (CC)	Seinfeld CC (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 CC (CC)	Life in Pieces CC	Pure Genius "Lift Me Up" CC (CC)		News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy (N) CC (CC)		Scandal "Survival of the Fittest" CC (CC)		How to Get Away With Murder (N) CC		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) CC (CC)		Ken Kramer's	Reflect (N)	Savor San Diego (N)	Kings of the Craft	Endeavour on Masterpiece CC (CC) (DVS)			Mineral Explorers
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Superstore	Superstore	Chicago Med "Soul Care" (CC) (DVS)		The Blacklist "Mato" CC (CC)		NBC 7 News	Tonight Show
DISN	Liv and Maddie	L & M: Cali Style	Girl Meets World CC	Bizaard-vark CC	K.C. Undercover	Good-Charlie	Stuck/ Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd CC (CC)	Bunk'd CC (CC)	Jessie CC (CC)	Jessie CC (CC)
ESPN	College Basketball Virginia Tech at North Carolina. (N) (Live)				Winter X Games Aspen. Snowboarding, women's Big Air final, men's SuperPipe final. (N)				SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	College Basketball Xavier at Cincinnati.		College Basketball Indiana at Michigan. From Crisler Center in Ann Arbor, Mich. (N) (Live)				SportsCenter (N) (Live) (CC)		Basketball	Jalen & Jacoby	30 for 30 (CC)			Jalen & Jacoby
TLC	Project Dad The moms leave again. (N)		My 600-Lb. Life "Ashley's Story" CC (CC)		My 600-Lb. Life "Charity's Story" CC		My 600-Lb. Life: Supersized Becoming a mother again; insider facts. (N) CC				Extreme Weight Loss "Jayce" CC (CC)		My 600-Lb. Life: Supersized CC	
USA	Law & Order: Special Victims Unit "Wet"		Law & Order: Special Victims Unit CC		Law & Order: Special Victims Unit "Trophy"		Law & Order: Special Victims Unit CC		Law & Order: Special Victims Unit CC		Colony "Sublimation" (N) (CC) (DVS)		Law & Order: Special Victims Unit CC	

FRIDAY EVENING — JANUARY 27, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N) CC	The Middle (CC)	Mike & Molly CC	Mike & Molly CC	2 Broke Girls CC	2 Broke Girls CC	The Vampire Diaries "Nostalgia's a Bitch"		Crazy Ex-Girlfriend (N) CC (CC)		CW6 News at 10pm (N)		Seinfeld CC (CC)	Seinfeld CC (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	MacGyver "Chisel" CC (CC)		Hawaii Five-0 "Hoa 'inea" CC (CC)		Blue Bloods "The Greater Good" 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)	Last Man Standing	Dr. Ken (N) (CC)	Shark Tank (N) CC (CC) (DVS)		20/20 CC (CC)		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) CC (CC)		Washington Week	Roundtable	The Coroner "Gilt" (N) CC (CC)		The Tunnel CC (CC)		Live at the Belly Up	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Grimm "El Cuegle" (N) CC (CC) (DVS)		Emerald City "Everybody Lies" (N) (CC)		Dateline NBC (N) CC (CC)		NBC 7 News	Tonight Show
DISN	Liv and Maddie	L & M: Cali Style	Girl Meets World CC	Bizaard-vark CC	K.C. Undercover	Good-Charlie	Stuck/ Middle	★★ **Tooth Fairy** (2010, Comedy) Dwayne Johnson. Premiere. CC			Stuck/ Middle	Stuck/ Middle	Jessie CC (CC)	Jessie CC (CC)
ESPN	NBA Basketball Houston Rockets at Philadelphia 76ers. From Wells Fargo Center in Philadelphia. (N) (Live)				Winter X Games Aspen. Skiing, men's final; snowboarding, men's final. (N) (Live)				SportsCenter (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	Pro Bowl Skills Showdown (N) (CC)		College Basketball Dayton at VCU. From Stuart C. Siegel Center in Richmond, Va. (N)				SportsCenter (N) (Live) (CC)		SportsCenter (N)	Jalen & Jacoby	30 for 30 A look at the Chicago Bears on the 30th anniversary of their Super Bowl XX win.			
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Paranormal Lockdown CC (CC)		Paranormal Lockdown CC		Paranormal Lockdown "Statler City Hotel & Anderson Hotel Unlocked" (N) CC				Paranormal Lockdown CC	
USA	Law & Order: Special Victims Unit "Bang"		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 — JANUARY 28, 2017

TVData©	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
XETV 6	Dog Whisperer	CW6 News in the Morning Weekend (N)				Save Our Shelter (N)	Vacation Creation	Dinner Spinner (N)	Save to Win (N)	Paid Program	LifeLock Protection	Paid Program	Larry King Special	Nip&Tuck	Hair Growth Secrets!	Country Heat!	Paid Program	Championship Wrestling	
KFMB 8	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	Hidden Heroes (N)	The Open Road	College Basketball North Carolina at Miami. From Watsco Center in Coral Gables, Fla. (N) (CC)				PGA Tour Golf Farmers Insurance Open, Third Round. From Torrey Pines South Course in La Jolla, Calif. (N) (Live) (CC)						Best Pan Ever!	Inside Edition	Judge Judy CC (CC)	Chargers Spec.
KGTV 10	Good Morning	10News This Morning at 8am Saturday (N) (CC)		Jack Hanna	Ocean Treks	X Games Ski Slopestyle Men's Final/Snowboard Slopestyle Women's Final. Action from the ski and snowboard finals from Aspen, Colo. (N) (Live)										Miracle Makeup!	Fish Oil Benefits	Castle A storage unit connected to a murder.	
KPBS 15	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Ready Jet Go! CC (EI)	Eat Dirt With Dr. Josh Axe Specific types of leaky gut syndrome. (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)		Pati's Mexican Table	Savor San Diego	R. Steves' Europe	Crossing South
KNSD 39	NBC 7 News To	The Voyager	Wilderness Vet (N)	Journey-Dreyer	Heart of a Champion	Snowboarding U.S. Grand Prix: Team Snowboardcross. (Taped) CC (CC)		Figure Skating U.S. Championships: Skating Spectacular. From Kansas City, Mo. (Taped) CC (CC)				Horse Racing Pegasus World Cup Invitational. (N) CC (Live) (CC)				The Diet of 2017	Nightly News	Open House (N)	Give (N) CC (EI)
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	★★ **Tooth Fairy** (2010, Comedy) Dwayne Johnson, Ashley Judd. CC			L & M: Cali Style	Girl Meets World CC	Bizaardvark	K.C. Undercover CC	Stuck in the Middle	Stuck in the Middle	Bizaardvark CC (CC)
ESPN	SportsCenter (N)	College GameDay (N) (Live) (CC)		College Basketball Texas A&M at West Virginia. From WVU Coliseum in Morgantown, W.Va. (N)		College Basketball Florida at Oklahoma. From the Lloyd Noble Center in Norman, Okla. (N) (Live)				College Basketball Texas at Georgia. From Stegeman Coliseum in Athens, Ga. (N) (Live)						College Basketball Kansas at Kentucky. From Rupp Arena in Lexington, Ky. (N) (Live)			
ESPN2	Austral. Open	SportsCenter (N) (Live) (CC)		College Basketball Florida State at Syracuse. From the Carrier Dome in Syracuse, N.Y. (N) (Live)		College Basketball Kansas State at Tennessee. From Thompson-Boling Arena in Knoxville, Tenn.				College Basketball Iowa State at Vanderbilt. From the Memorial Gymnasium in Nashville, Tenn. (N)						College Basketball Baylor at Mississippi. From Pavilion at Ole Miss in Oxford, Miss. (N) (Live)			
TLC	Four Weddings CC	Four Weddings "... And a Stingray" CC (CC)		Four Weddings "... And a Bodyguard" CC (CC)	Four Weddings "... And a Giraffe" CC (CC)	Four Weddings "... And a Candle Bar" CC (CC)		Tattoo Girls "The Hairy Wolf Tattoo" CC		Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress		Say Yes to the Dress		Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress
USA	Paid Program	Country Heat!	Paid Program	★★ **3 Days to Kill** (2014, Action) Kevin Costner. A dying agent must accomplish one final mission.		★½ **The Condemned 2** (2015, Action) Randy Orton. Convicts fight to the death in a tournament.				★★ **National Treasure: Book of Secrets** (2007, Action) Nicolas Cage. Ben Gates sets out to establish an ancestor's innocence.						★½ **G.I. Joe: The Rise of Cobra** (2009) Channing Tatum, Dennis Quaid.			

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SATURDAY EVENING — JANUARY 28, 2017

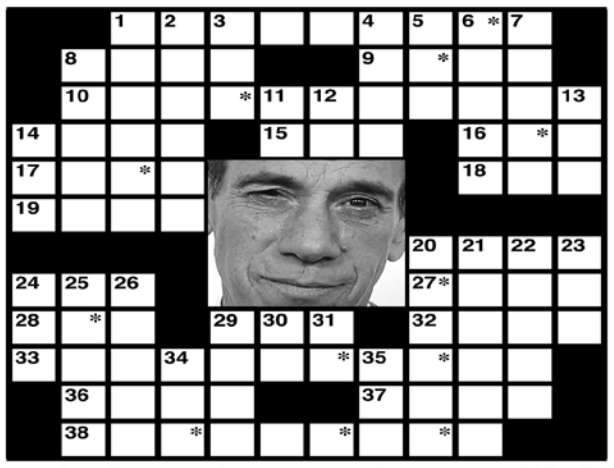
TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	American Ninja Warrior (CC)		American Ninja Warrior (CC)		The Insider (N) CC	The Middle (CC)	Mike & Molly CC	Mike & Molly CC	2 Broke Girls CC	2 Broke Girls CC	CW6 News at 10pm (N)		Tosh.0 CC (CC)	Tosh.0 CC (CC)
KFMB 8	CBS News 8 at 5pm (N) CC (CC)		Weekend News	News	Entertainment Tonight (N) CC (CC)		Ransom "Joe" (N) CC (CC)		NCIS: New Orleans "Blue Christmas" CC		48 Hours (N) CC (CC)		News	Blue Bloods
KGTV 10	NBA	NBA Basketball Los Angeles Clippers at Golden State Warriors. From Oracle Arena in Oakland, Calif. (N) (CC)					News	World News	RightThis-Minute (N)	The List (N) (CC)	To Be Announced		10News at 11pm	Sports XTRA
KPBS 15	NewsHour Wk	KPBS Spectrum	The Lawrence Welk Show (CC)		Fawlty Towers	Blandings CC (CC)	The Doctor Blake Mysteries (N) (CC)		The Highwaymen Live at Nassau Coliseum CC (CC)			R. Steves' Europe	Globe Trekker Trip through the Andes.	
KNSD 39	Heart of a Champion	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! CC (CC)	Dateline NBC (N) CC (CC)				Saturday Night Live CC (CC)		NBC 7 News	Saturday Night Live
DISN	Bizaard-vark CC	Bizaard-vark CC	Bizaard-vark CC	Bizaard-vark CC	Stuck/ Middle	Liv and Maddie	K.C. Undercover	Bizaard-vark CC	★★ **Beverly Hills Chihuahua** (2008, Comedy) Piper Perabo. CC			K.C. Undercover	Bizaard-vark CC	Bunk'd CC (CC)
ESPN	Winter X Games Aspen. Skiing, Big Air finals; snowboarding, SuperPipe final. (N) (Live)						SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	College Basketball Ohio State at Iowa. From Carver-Hawkeye Arena in Iowa City, Iowa. (N)				College Basketball Gonzaga at Pepperdine. From Firestone Fieldhouse in Malibu, Calif.				Basketball		30 for 30 The rise and fall of USC football under coach Pete Carroll.		E:60 (CC)	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress
USA	★½ **G.I. Joe: The Rise of Cobra** (2009)		★★ **G.I. Joe: Retaliation** (2013, Action) Dwayne Johnson, Bruce Willis, Channing Tatum.				★★★ **Captain America: The First Avenger** (2011, Action) Chris Evans, Hayley Atwell. Premiere.						Colony "Sublimation" (CC) (DVS)	

TV Listings

SUNDAY MORNING/AFTERNOON — JANUARY 29, 2017

TVData©	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
XETV 6	Paid Program	CW6 News in the Morning Weekend (N)				Paid Program	L King Report	Paid Program	Paid Program	700 Club Sharing a message of love.		700 Club	700 Club	700 Club	700 Club	700 Club	700 Club	700 Club	700 Club
KFMB 8	CBS News Sunday Morning (N) (CC)		Face the Nation (N)	PBR Bull Riding		College Basketball Michigan at Michigan State. From Breslin Center in East Lansing, Mich. (N)				PGA Tour Golf Farmers Insurance Open, Final Round. From Torrey Pines South Course in La Jolla, Calif. (N) (Live) (CC)							Paid Program	Laura McKenzie	Judge Judy (CC)
KGTV 10	Good Morning	10News This Morning at 8am Sunday (N) (CC)		This Week With George Stephanopoulos (N)		Sea Rescue (N)	The Wildlife Docs	Rock the Park (N)	Outback Adventures	NBA Countdown (N)	NBA Basketball Oklahoma City Thunder at Cleveland Cavaliers. From Quicken Loans Arena in Cleveland. (N) (Live) (CC)					Country Heat Dance	Paid Program	Castle A man collapses in Castle's pool. (CC)	
KPBS 15	Daniel Tiger	Splash and Bubbles	Curious George	Nature Cat (CC)	Ready Jet Go! (EI)	Washington Week	KPBS Roundtable	Charlie Rose	Inside CA Education	Start Up (N) (CC)	Travelscope	CONSTITUTION USA With Peter Sagal (CC)		CONSTITUTION USA With Peter Sagal (CC)		Nature Moose in the Canadian Rockies. (CC)		Ken Kramer's S.D.	S.D.'s Historic Places
KNSD 39	NBC 7 News To	Meet the Press (N) (CC)		Politically Speaking	Paid Program	Paid Program	Mecum Auto Auctions "Kissimmee" (N) (CC)		Detroit Auto Show From Detroit. (N) (CC)	2017 NHL All-Star Game The NHL's biggest stars meet in Los Angeles for the 2017 All-Star Game. (N) (Live) (CC)								Access Hollywood Top stories of the week. (N)	
DISN	The Lion Guard	Roadster-Racers	Roadster-Racers	Elena of Avalor	Zhu Zhu Pets	Gravity Falls (CC)	Star vs. Forces	Stuck in the Middle	K.C. Undercover	★★ **Beverly Hills Chihuahua** (2008) Piper Perabo, Jamie Lee Curtis.		L & M: Cali Style		Girl Meets World	Bizaardvark	K.C. Undercover	Liv and Maddie	Liv and Maddie	Liv and Maddie
ESPN	SportsCenter (N)	Postseason NFL Countdown (N) (Live) (CC)		Winter X Games Aspen. From Aspen, Colo. (N) (Live)										Pro Bowl Skills Challenge (CC)		Postseason NFL Countdown (N) (Live) (CC)			
ESPN2	2017 Australian Open Tennis Men's Final. From Melbourne, Australia. (Taped) (CC)							Women's College Basketball Iowa at Maryland. From XFINITY Center in College Park, Md. (N)				Soccer International Friendly -- United States vs Serbia. From Qualcomm Stadium in San Diego, Calif. (N) (Live) (CC)					Women's College Basketball Oklahoma at Baylor. (N) (Live)		
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	Sister Wives "Maddie Gets Married" Madison Brown is getting married. (CC)				Sister Wives "Another Catfishing" Meri revisits the catfishing situation. (CC)			
USA	David Jeremiah	In Touch	Joel Osteen (CC)	Chrisley Knows	Suits Harvey, Louis and Donna plan.		Colony Will, Devon and Charlie journey home.		★★★ **Captain America: The First Avenger** (2011, Action) Chris Evans. Captain America battles the evil HYDRA organization.					Law & Order: Special Victims Unit "Ballerina"		Law & Order: Special Victims Unit "Ace"		Law & Order: Special Victims Unit "Pursuit"	

CROSSWORD PUZZLE



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

ACROSS

1. Role on "Speechless" (2)
8. Actor Scott
9. "Matt __" (1975-76)
10. Role on "NCIS" (2)
14. "__ of the Century"; game show of old
15. eBay offer
16. Braggart's problem
17. ACL tear site
18. Role on "Everybody Loves Raymond"
19. __ to; increases
20. Pokes
24. Initials for Mary's portrayer on "Little House on the Prairie"
27. "The Man from __"; John Wayne movie
28. Perpendicular annex
29. "__ Tree Hill"
32. Advice to Nanette (2)
33. "__ __ America"
36. Actor John __
37. Olympic runner Sebastian and his kin
38. Actor on "Code Black" (2)

DOWN

1. Sent via USPS
2. McPherson and Teegarden
3. __ Kippur
4. "If __ __ a Hammer"
5. Role on "Alice"
6. Bugs Bunny's foe Fudd
7. "The __ Man"; 1971 Charlton Heston film
8. "__ __ the Bear" (1978-81)
11. Initials for the star of "The King and I"
12. "Life of __"; 2012 movie for Suraj Sharma
13. Rogers or Clark
14. Music from Jamaica
20. Dominic Chianese's role on "The Sopranos"
21. Made amends
22. Hair on the forehead
23. Premium cable channel
24. Ryan, for one
25. Walk through flooded streets
26. Island greeting
29. Sharif or Epps
30. Word in the title of Howie Mandel's game show
31. Series for Ming-Na Wen, once
34. German article
35. Sgt. or Cpl.

Solution
Miguel Ferrer

© Zap2it

SUNDAY EVENING — JANUARY 29, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	Horizon	Raw Travel	Just for Laughs	Just for Laughs	Just for Laughs	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	CW6 News at 10pm (N)		Seinfeld (CC)	Seinfeld (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)		Weekend News	News	60 Minutes (N) (CC)		NCIS: Los Angeles "Under Seige" (N)		Madam Secretary "The Beautiful Game"		Elementary "Over a Barrel" (N) (CC)		News	Blue Bloods
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 (Season Finale) (N) (CC)		10News at 11pm	Sports XTRA
KPBS 15	NewsHour Wk	SciTech Now (N)	Victoria on Masterpiece "Brocket Hall"		Home Fires on Masterpiece (CC)		Mercy Street "The House Guest" (N)		Victoria on Masterpiece (N) (CC)		Secrets of the Six Wives (N) (CC)		The Ascent of Woman "Power"	
KNSD 39	Talk Stoop	Nightly News	NBC 7 News at 6	Paid Program	The New Celebrity Apprentice Marketing campaign for motorcycles. (CC)				Dateline NBC (N) (CC)				NBC 7 News	Jerome Sports
DISN	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Bunk'd (CC)	Stuck/Middle	L & M: Cali Style	K.C. Undercover	Bizaardvark	**Zapped** (2014, Comedy) Zendaya, Spencer Boldman.		K.C. Undercover		Bizaardvark	Bunk'd (CC)
ESPN	2017 Pro Bowl AFC vs. NFC. The NFL's best compete in the 2017 Pro Bowl. From Camping World Stadium in Orlando, Fla. (N) (Live)						SportsCenter (N) (Live) (CC)		SportsCenter (CC)				SportsCenter (CC)	
ESPN2	Wm. Basketball	SportsCenter (N)	Kickboxing Glory 37. (Taped)				College Track and Field Razorback Invitational. (Taped) (CC)				ESPN FC (N)		E:60 Re-examine the year's sports stories.	
TLC	Sister Wives "A Shocking Revelation" Mariah makes a stunning announcement. (CC)			Sister Wives "Tell All, Part 1"			Sister Wives "Tell All, Part 2" The Browns discuss the season's moments.				Long Lost Family: What Happened Next		Married by Mom & Dad (N)	
USA	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		Modern Family	Modern Family

MONDAY EVENING — JANUARY 30, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N)	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	Supergirl "We Can Be Heroes" (N) (CC)		Jane the Virgin "Chapter Fifty-Three"		CW6 News at 10pm (N)		Seinfeld (CC)	Seinfeld (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Kevin Can Wait	The Odd Couple	The Odd Couple	Scorpion "Little Lost Boy" (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) (CC)				Quantico The recruits learn about betrayal.		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		Antiques Roadshow "Indianapolis" (N)		Antiques Roadshow "Santa Clara" (CC)		The World's Most Famous Train (CC)		POV Strathcarron Hospice in Scotland.	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	The New Celebrity Apprentice Teams promote the Los Angeles Clippers. (N) (CC)				Timeless "Karma Chameleon" (N)		NBC 7 News	Tonight Show
DISN	Liv and Maddie	L & M: Cali Style	Girl Meets World	Bizaardvark	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 Duke at Notre Dame.		College Basketball Oklahoma State at Oklahoma. (N) (Live)				SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	SportsCenter Special From Houston. (N) (Live) (CC)						SportsCenter	30 for 30			Basketball	Jalen & Jacoby	Nación ESPN	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Outdaughtered "A Quint in Crisis"		Counting On "Bachelor Pad Makeover" (N)		Kid Tycoons (N)		Counting On "Bachelor Pad Makeover"	
USA	Law & Order: Special Victims Unit		Modern Family	Modern Family	Modern Family	Modern Family	WWE Monday Night RAW (N Same-day Tape) (CC)						Friday Night Tykes "Home of the Gods"	

TUESDAY EVENING — JANUARY 31, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N)	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	The Flash "Dead or Alive" (N) (CC)		DC's Legends of Tomorrow (N) (CC)		CW6 News at 10pm (N)		Seinfeld (CC)	Seinfeld (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Super Bowl Greatest Commercials 2017 (N)		NCIS A Marine falls to her death.		Bull A man is accused of manslaughter.		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	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		Billy Connolly's Tracks		American Experience (N) (CC) (DVS)		Frontline The fighting in Mosul, Iraq. (N)		Life on the Line	Savor San Diego
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	The Wall "Darnell and Dion" (N) (CC)		This Is Us "The Trip" (CC)		Chicago Fire "I Held Her Hand"		NBC 7 News	Tonight Show
DISN	Liv and Maddie	L & M: Cali Style	Girl Meets World	Bizaardvark	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		College Basketball Georgia at Kentucky. From Rupp Arena in Lexington, Ky. (N) (Live)				SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	College Basketball		College Basketball West Virginia at Iowa State. From Hilton Coliseum in Ames, Iowa.				NFL Live (CC)		Basketball	30 for 30			Jalen & Jacoby	30 for 30 (CC)
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My Big Fat Fabulous Life (CC)		My Big Fat Fabulous Life: Extra Fabulous		My Big Fat Fabulous Life (N)		Tattoo Girls "Rosebutt" (N)		My Big Fat Fabulous Life	
USA	NCIS "Cadence" (CC) (DVS)		Modern Family	Modern Family	Modern Family	Modern Family	WWE SmackDown! (N Same-day Tape) (CC)				The Magicians "Knight of Crowns"		Law & Order: Special Victims Unit	

WEDNESDAY EVENING — FEBRUARY 1, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N)	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	Arrow Oliver gets help to take down Kovar.		The 100 The fate of the world revealed.		CW6 News at 10pm (N)		Seinfeld (CC)	Seinfeld (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Hunted "Operation Cupid's Revenge" (N)		Criminal Minds "Surface Tension" (N)		Code Black "The Devil's Workshop" (N)		News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs	Speechless	Modern Family (N)	blackish "God"	Match Game (CC)		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		Spy in the Wild: A Nature Miniseries (N)		NOVA How batteries work. (N)		Aurora -- Fire in the Sky (N) (CC)		How to Stay Young (N) (CC)	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Chicago P.D. (CC) (DVS)		NBC 7 News	Tonight Show
DISN	Liv and Maddie	Liv and Maddie	Austin & Ally (CC)	Austin & Ally (CC)	Movie (CC)				Movie (CC)		Girl Meets World (CC)		Girl Meets World	Dog With a Blog
ESPN	NBA Basketball Minnesota Timberwolves at Cleveland Cavaliers.		NBA Basketball Chicago Bulls at Oklahoma City Thunder. From Chesapeake Energy Arena in Oklahoma City.						SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	College Basketball		College Basketball Baylor at Kansas. From Allen Fieldhouse in Lawrence, Kan. (N) (Live)				SportsCenter (N) (Live) (CC)		NFL Live (N) (CC)		E:60 Profile		NBA Basketball: Timberwolves at Cavaliers	
TLC	My 600-Lb. Life (CC)		My 600-Lb. Life: Extended "Kirsten's Story" Overcoming a tough past; bonus footage. (N)				My 600-Lb. Life "Doug's Story" Sneaking food is Doug's last vice. (N)				Too Close to Home "A Surprising Visit"		My 600-Lb. Life "Doug's Story"	
USA	NCIS Military country-club bombing.		NCIS "16 Years" (CC) (DVS)		NCIS Insurgents in Sudan attack doctors.		NCIS A petty officer says he is innocent.		NCIS Abby's brother falls under suspicion.		Suits Harvey tries to repair a relationship.		Modern Family	Modern Family

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

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2/16

Love is a four legged word

How to introduce a new dog to established pet cats

Q: I have two cats and I am about to bring a new puppy into our home. The larger cat does not seem frightened of dogs but my little female's hair 'stands up' just at the sight of them. What is the best way to socialize everyone and minimize the stress on my younger cat? - Jennifer Kessler, Hartford, CT

A: It is a lot easier to socialize a full grown cat to a puppy than it is a full grown dog to a kitten. However, it's really not that hard when you think of it as every farm in almost every culture. Dogs and cats have been living together harmoniously and there is obviously many different ways to have them get acquainted.

The only universal rule here is to remember that animals never accept our word that a situation they feel unsure about is harmless to them. Only the animal itself can come to that conclusion and it can only happen if the animal is exposed to the situation for themselves.

First of all the cat needs a safe zone that it can choose to be in that the puppy cannot enter. This is pretty simple as most puppies are contained in their new homes via gated doorways or training crates. The cat needs to be in the proximity of puppy so it can see and smell the dog, yet the dog cannot be in the cat's flight zone. Every animal has a flight zone - a distance they feel is needed to be safe from a perceived threat - when the flight zone has been breached then the drama occurs.

It's best to keep the puppy on a leash when it is in the same room with the cat. That way everyone can feel safe about the situation. The puppy also gets to learn about the cat and when the cat no longer feels defensive, then you can allow them to interact.

However, do not do this until the cat is calm while being in the same room as the puppy. When you do allow them to interact, then I would suggest you trim the cat's claws just as a precaution

Q: We just got a Labrador puppy and we want to teach her to ring a bell tied to the wall by our front door so we know when she has to go out. Our previous dog would scratch at the door and he ruined the wood work. We have guided our puppy's head toward the bells by leading her to it with her collar and then when the bells ring we praise her and let her out, but she does not seem to be able to put them together. We wondered if the dog was at fault as a student or if we were poor teachers? - Frank Charles, Chicago, IL

A: There does seem to be a lack of communication between student and teacher.

First the bells should be hanging on the door rather than the wall next to the door. They should also be at nose height to the dog. Then when the puppy is standing in front of the door you should not touch her or lead her to the bells, just wait until she touches the bell on her own. She will be inclined to touch them because all lab puppies want to play.

As soon as she touches a bell then praise her and open the door and let her out. Since she touched the bell on her own and the door opened, then she will figure the whole thing out on her own.

Once the dog gets the idea that touching the sash of bells gets us to open the door, then you can gradually move the sash away from the door and hang it on the wall so there is no jingling as you open and close the door. Since the dog learned what the bells mean on her own, she will seek them out when she needs to go outside.

Grab your leashes

5K Paw Walk in the Garden in Encinitas

There's an old saying about having done something four times and needing "One for the Thumb." Here it is! The Fifth annual "5K Paw Walk in the Garden" will take place on Saturday, February 18, 2017 from 8 AM until noon. Your Rancho Coastal Humane Society (RCHS) and the San Diego Botanic Garden (SDBG) are joining paws to raise funds that support people, plants, and pets.

"Saturday seems to be the day when more people in San Diego County walk their dogs than any other day," according to Nick Winfrey, RCHS Vice President of Planning and Development. "The 5K Paw Walk in the Garden gives them an opportunity to do something they're already planning to do. But this is the only day of the year when they can walk with their pets through the historic San Diego Botanic Garden."

Sam Beukema is Education and Events Manager for the Garden. Sam says, "We started joking about it, but it's become true. The 5K Paw Walk in the Garden is the walk that every dog is begging to go on. One walker told us that her dog gets excited every time they drive by the entrance to the Botanic Garden. Dogs love it here!"

Walkers can cover the full 5 kilometer / 3.1 mile course, but that's optional. It's not competitive. You don't need a dog or other animal to participate.

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

There will be pet products, food (for people), treats (for dogs), information and displays for animal lovers, a pet first aid station, and (of course) dogs! Registered walkers will have full access to San Diego Botanic Garden until 2:00.

There are only a few rules.
Here are the main ones:

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

Register for the Fifth Annual
5K Paw Walk in the Garden online
at www.sdpets.org or www.sdbgarden.org.
Day of event registration starts at 7:30 am and
the first paw crosses the starting line at 9.

More information about the 5K Paw Walk in the Garden is available at RCHS at 389 Requeza Street or SDBG at 230 Quail Gardens Drive in Encinitas.

PET of the week

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.

Jazzy is a five year old spayed Pit Bull mix who weighs 53lbs. She is mellow and calm, and this loving gal is wonderful with people of all kinds, including kids. Jazzy loves to give kisses and will rest with her paws in your lap. She prefers to be the only dog in the house and much prefers the company of her humans to other dogs. Meet this well behaved gal by asking for ID#A1504250. Jazzy can be adopted for $35.

Wade is a two year old neutered black/white shorthair cat who weighs 8.8lbs. His previous owner could no longer care for him so he's waiting for the right pet parents to provide a forever home. Wade's handsome goatee has all the ladies swooning for his attention and you'll surely fall in love as soon as you meet him. Say hello to Wade by asking for ID#A1753776 Tag#C049. He can be adopted for $58.

Around Town

Events subject to change. Please confirm details before attending!

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

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. Lightning McQueen, Mater, Ariel, Buzz, Woody, and Anna, Elsa, Olaf, and Kristoff. Valley View Casino Center, 3500 Sports Arena Blvd.

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 Junípero Serra Trail, San Diego

Teen New Year's Glow Party. Sat, Jan 28, 4:30-8:30pm. Free. You'll glow crazy 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, don't forget about our Fashion shows. Handlery Hotel San Diego, 950 Hotel Circle N., San Diego.

Broadway San Diego presents Matilda. Wed-Sun, Feb 1-5. Civic Theatre, 1100 Third Ave, San Diego.

Museum Month. Ongoing from Wed, Feb 1-28.Enjoy 1/2 entry fees at 40+ museums throughout the county. Passes may be picked up at any Macy's. Use the pass all month long.

Groundhog Day. Thurs, Feb 2

Oceanside Valentine's Week. Thurs-Tues, Feb 2-14. Celebrate all things LOVE in Oceanside. Romantic dining specials, sunset cruises, movie night, fun run and bike event…http://visitoceanside.org/oceanside-valentine-week/

San Diego Sockers vs. Tacoma Stars. Fri, Feb 3, 7:35pm. Valley View Casino Center, 3500 Sports Arena Blvd, San Diego

Lunar New Year Festival. Fri-Sun, Feb 3-5 (Fri 5-10pm; Sat-Sun 10am-10pm). $4-$6. A three-day event with food, vendor booths, carnival rides, live entertainment and a cultural village. Qualcomm Stadium, 9449 Friars Rd, San Diego

Super Run 10K & 5K. Sat, Feb 4, 7:30am. Fast and flat course, meals to all finishers. South Shores Park, 2900 S Shore Dr, San Diego.

San Diego Gulls vs. Ontario Reign. Sat, Feb 4, 7pm. Valley View Casino Center, 3500 Sports Arena Blvd, San Diego

Superbowl 51. Sun, Feb 5, 3:30pm. NRG Stadium in Houston, Texas.

Cardiff Kook Run 5K, 10K & Costume Contest. Sun, Feb 5, 7am. Starts under the world famous "Encinitas" sign in beautiful Encinitas, California. www.cardiffkookrun.com

Family Fun Day: Migration at San Elijo Lagoon Nature Center. Sun, Feb 5, 11:30am-1:30pm. Kids can uncover cool mysteries while exploring their natural world. San Elijo Lagoon Nature Center, 2710 Manchester Ave, Cardiff-by-the-Sea

Valentine's Day Make & Take Class. Tues, Feb 7, 6:30-8:30pm. $15. Create your own Valentine's Day massage blend for personal use or to give away as gifts. 8080 La Mesa Blvd, La Mesa

Military Transition: The Spouse Edition. Wed, Feb 8, 5:30-7:30pm. Free. Have questions about your service member's transition? Then this course is for you! Jewish Family Services - Joan & Irwin Jacobs Campus, Community Services Bldg, 8788 Balboa Ave, San Diego

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

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

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

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

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

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

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

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

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

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

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

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

MOVIES at the Bases

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

Thursday, January 26
6:00 PM Rogue One: A Star Wars Story - 3D (PG-13)

Friday, January 27
5:50 PM Why Him? (R)
8:10 PM La La Land (PG-13)

Saturday, January 28
12:50 PM Sing (PG)
3:00 PM Rogue One: A Star Wars Story (PG-13)
6:10 PM Why Him? (R)
8:20 PM Fences (PG-13)

Sunday, January 29
12:50 PM Sing (PG)
3:00 PM Rogue One: A Star Wars Story - 3D (PG-13)
6:00 PM La La Land (PG-13)
8:30 PM Why Him? (R)

Monday, January 30
6:00 PM Fences (PG-13)

Tuesday, January 31
6PM Assassin's Creed - 3D (PG-13)

Wednesday, February 1
6:00 PM La La Land (PG-13)

Thursday, February 2
6:00 PM Why Him? (R)

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

Thursday, January 26
6:00 PM Passengers (PG-13)
8:20 PM Manchester By The Sea (R)

Friday, January 27
5:50 PM La La Land (PG-13)
8:20 PM Why Him? (R)

Saturday, January 28
1:00 PM Sing (PG)
3:20 PM Rogue One: A Star Wars Story (PG-13)
6:00 PM Assassin's Creed (PG-13)
8:20 PM Fences (PG-13)

Sunday, January 29
1PM Rogue One: A Star Wars Story (PG-13)
3:40 PM Sing (PG)
5:50 PM La La Land (PG-13)
8:20 PM Rogue One: A Star Wars Story (PG-13)

Monday, January 30
5:50 PM Fences (PG-13)
8:30 PM Why Him? (R)

Tuesday, January 31
6:00 PM Passengers (PG-13)
8:20 PM Nocturnal Animals (R)

Wednesday, February 1
6:00 PM Sing (PG)
8:20 PM La La Land (PG-13)

Thursday, February 2
6:00 PM Why Him? (R)
8:20 PM Office Christmas Party (R)

A spacecraft traveling to a distant colony planet and transporting thousands of people has a malfunction in its sleep chambers. As a result, two passengers are awakened 90 years early. "PG-13"

PASSENGERS

Adventure, Drama, Romance

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

Thursday, January 26
5:00 PM Zootopia (PG)
Friday, January 27
5 PM Jack Reacher: Never Go Back (PG-13)
Saturday, January 28
5:00 PM The Girl on The Train (R)
Sunday, January 29
5:00 PM Sully (PG-13)
Thursday, February 2
5:00 PM The Secret Life of Pets (PG)

Bob Hope Theater 858-577-4143

26-Jan Thurs 6:30 PM *Manchester by the Sea- R
27-Jan Fri 6:30 PM La La Land-PG-13
9:00 PM PM Why Him?-R
28-Jan Sat 3:00 PM Sing (2D) PG
6:30 PM Rogue One: A Star Wars Story (2D) PG-13
9:00 PM Fences PG-13
29-Jan Sun 1:00 PM Assassin's Creed (3D) PG-13
6:30 PM Nocturnal Animals-R
1-Feb Wed 6:30 PM *Nocturnal Animals-R
2-Feb Thurs 6:30 PM *Office Christmas Party-R
3-Feb Fri 6:30 PM Underworld: Blood Wars (2D)-R
9:00 PM Live By Night-R
*Indicates last showing

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

Thursday, January 26
11:00 AM Lilo and Stitch (PG)
6:00 PM Blair Witch (R)

Friday, January 27
6 PM The Girl on The Train (R)

Saturday, January 28
11:00 AM Finding Dory (PG)
2:00 PM Doctor Strange (PG-13)
5 PM Bridget Jones's Baby (R)

Tuesday, January 31
11:00 AM Inside Out (PG)
6:00 PM Hacksaw Ridge (R)

Wednesday, February 1
6:00 PM Beerfest (R)

Thursday, February 2
11AM Jungle Book (1967) (G)
6:00 PM Jack Reacher: Never Go Back (PG-13)

Sing [2D / 3D] *Genre: Animation, Comedy, Drama*

Synopsis: In a city of humanoid animals, a hustling theater impresario's attempt to save his theater with a singing competition becomes grander than he anticipates even as its finalists' find that their lives will never be the same. **Cast:** Voices of Matthew McConaughey, Reese Witherspoon, Seth MacFarlane, Tori Kelly and Jennifer Hudson **Rated:** "PG" for some rude humor and mild peril **Length:** 108 minutes

Concerts

January

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

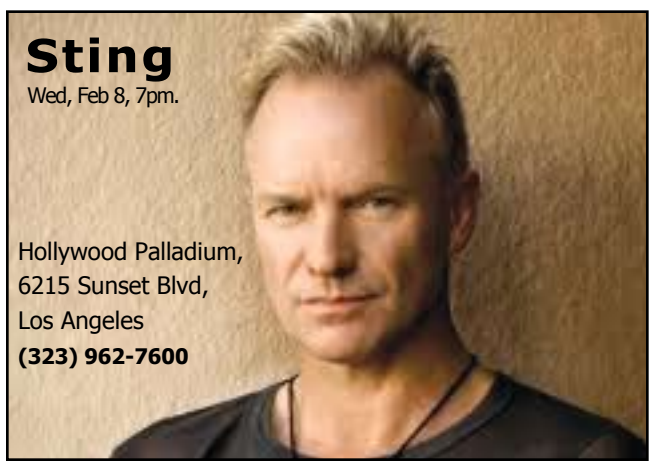
Juicy J, Belly, and Project Pat. Wed, Feb 8, 7pm. Rap. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

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

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

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

Future

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

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

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

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

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

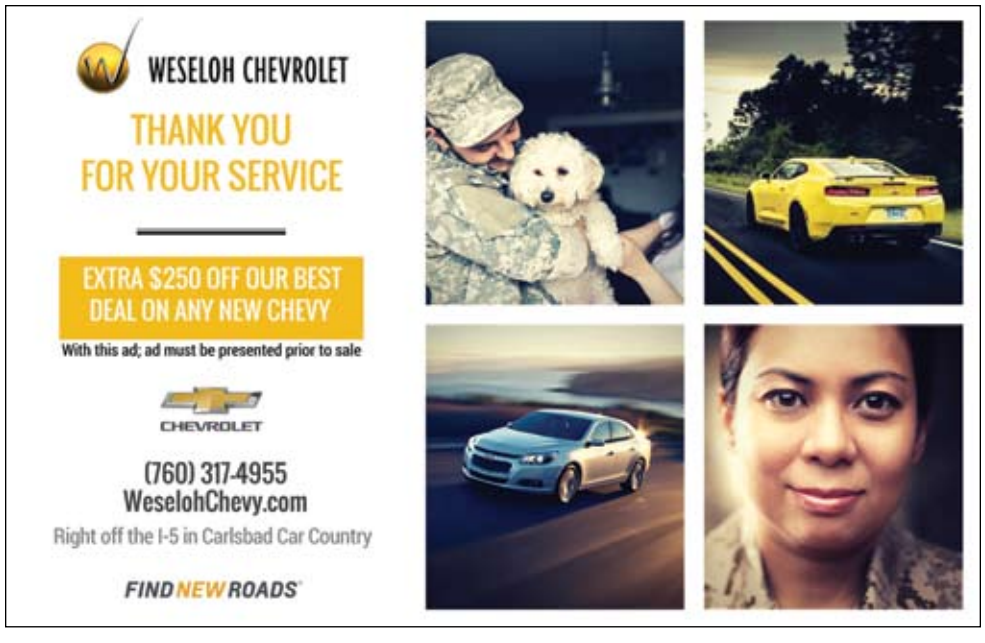
New Kids On The Block, Boys II Men & Paula Adbul. Thurs, June 1, 7:30pm. Pop/R&B. Viejas Arena at Aztec Bowl San Diego State University. 5500 Canyon Crest Dr, San Diego

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

Faith Hill & Tim McGraw. Sun, July 23, 7:30pm. Country. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Neil Diamond. Tues, Aug 8, 8pm. Rock/Country. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

Coldplay. Sun, Oct 8, 7pm. Rock/Pop. Qualcomm Stadium, 9449 Friars Rd., San Diego. (619) 283-0460.



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40 YEARS
FORD F-SERIES
AMERICA'S BEST SELLING TRUCKS
BUILT FORD TOUGH

WE HIRE VETERANS

2017 Ford Fiesta 4 Door Sedan S

MSRP.....$14,535
Fuller Discount.....-$3,306
Sale Price.....$11,229
Retail Customer Cash.....-$750
2017 Ford Military Appreciation Bonus Cash.....-$500

NET SALES COST
$9,979

*Must finance thru Ford Motor Credit Company LLC. Prices plus any finance charges, any dealer documentation preparation charges and any emission testing charges. **On approval of credit. Subject to prior sale. Prices do not include dealer installed alarms. Prices & Terms expire 1/30/17. On approved Tier one & two credit. 2 at this price #109935, #109936. Prices off MSRP include customer incentives.

2017 Ford Fusion S

MSRP.....$22,995
Fuller Discount.....-$4,016
Sale Price.....$18,979
Ford Credit Retail Bonus Customer Cash.....-$1,500
2017 Ford Military Appreciation Bonus Cash.....-$500

NET SALES COST
$16,979

*Must finance thru Ford Motor Credit Company LLC. Prices plus any finance charges, any dealer documentation preparation charges and any emission testing charges. **On approval of credit. Subject to prior sale. Prices do not include dealer installed alarms. Prices & Terms expire 1/30/17. On approved Tier one & two credit. 2 at this price #275842, #284469. Prices off MSRP include customer incentives.

2017 F-150 Regular Cab

MSRP.....$30,110
Fuller Discount.....-$4,081
Sale Price.....$26,029
Retail Customer Cash.....-$1,750
EcoBoost Bonus Customer Cash.....$300
Bonus Customer Cash...$1,500
2017 Ford Military Appreciation Bonus Customer Cash.....-$500

NET SALES COST
$21,979

*Must finance thru Ford Motor Credit Company LLC. Prices plus any finance charges, any dealer documentation preparation charges and any emission testing charges. **On approval of credit. Subject to prior sale. Prices do not include dealer installed alarms. Prices & Terms expire 1/30/17. On approved Tier one & two credit. 2 at this price #C25307, #C25308. Prices off MSRP include customer incentives.

***Must finance thru Ford Motor Credit Company LLC. Prices plus any finance charges, any dealer documentation preparation charges and any emission testing charges. **On approval of credit. Subject to prior sale. Prices do not include dealer installed alarms. Prices & Terms expire 1/30/17.**

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2017 Accords including Hybrids, 2016 Odysseys, 2016 CR-V's 2016 HR-V's

2017 Honda CIVIC LX 4 Dr.
AUTOMATIC

LEASE FOR
$169
PLUS TAX PER MONTH

$1995 Due from customer at lease signing. Excludes tax, title, license & dealer fees. 36 remaining payments at $169. $0 security deposit. Residual Now $12,632.50. 12,000 miles per year. 15¢ per mile in excess. Tier one credit. 5 at this price.

2016 Honda CR-V LX 2WD
AUTOMATIC

LEASE FOR
$199
PLUS TAX PER MONTH

$1995 Due from customer at lease signing. Excludes tax, title, license & dealer fees. 36 monthly payments of $199. $0 security deposit. Residual $14,352.10 . 12,000 miles per year. 15¢ per mile in excess. Tier one credit. 5 at this price.

2017 Honda ACCORD Sport 4 Dr.
AUTOMATIC

LEASE FOR
$199
PLUS TAX PER MONTH

$1995 Due from customer at lease signing. Excludes tax, title, license & dealer fees. 36 remaining payments at $199. $0 security deposit. Residual Now $14,588. 12,000 miles per year. 15¢ per mile in excess. Tier one credit. 5 at this price.

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*Excludes taxes, titles and fees. Not all buyers may qualify. Subject to limited availability. See dealer for complete details. All prices plus government fees and taxes, any finance charges, any dealer document preparation charge and any emission testing charge. Residency restrictions apply. Prices do not include dealer installed alarms. Dealer installed options are extra. Alarms can be purchased at additional cost or removed at customers option. Vehicles to retail customers only. No wholesale transactions allowed. See dealer for complete details. Prices & Terms expires 1/30/17.

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2017 KIA SORENTO LX

LEASE FOR
$145
MONTH PLUS TAX

$3,995 due from customer at lease signing. Excludes tax, title, license & dealer fees. 39 remaining payments at $145. $0 security deposit. Residual Now $15,523. 10,000 miles per year and 20¢ per mile in excess. Tier one credit. 2 at this price. #872750, #869540.

2016 KIA OPTIMA LX

LEASE FOR
$89
MONTH PLUS TAX

$3,995 due from customer at lease signing. Excludes tax, title, license & dealer fees. 39 remaining payments at $89. $0 security deposit. Residual Now $13,048. 10,000 miles per year and 20¢ per mile in excess. Tier one credit. 2 at this price. #879950, #879972

2017 KIA FORTE LX

LEASE FOR
$65
MONTH PLUS TAX

$3,995 due from customer at lease signing. Excludes tax, title, license & dealer fees. 39 remaining payments at $65. $0 security deposit. Residual Now $9,358. 10,000 miles per year and 20¢ per mile in excess. Tier one credit. 2 at this price. #886690, #882540

10 YEAR 100,000 MILE WARRANTY*

*Warranty is a limited power train warranty. For details see retailer or go to kia.com

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CHULA VISTA
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*Prices plus government fees and taxes, any finance charges, any dealer documentation preparation charges, and any emission testing charges. "On approval of credit". Subject to prior sale. Prices do not include dealer installed alarms. Pictures are for illustration only, models may vary. Prices & Terms expire 1/30/17.