Career Advice
Interpersonal Edge dispenses information and advice to help successfully navigate the workplace. **See page 5**

AutoMatters & More
5K Minion Run & Black Eye universal smart phone lenses. **See page 8**

What's Going On This Weekend
Farmers Insurance Open at Torrey Pines, Monster Jam at Petco Park, San Diego Cat Show. **See page 11**

Navy Marine Corps Coast Guard Army Air Force

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San Diego Navy/Marine Corps Dispatch www.armedforcesdispatch.com 619.280.2985

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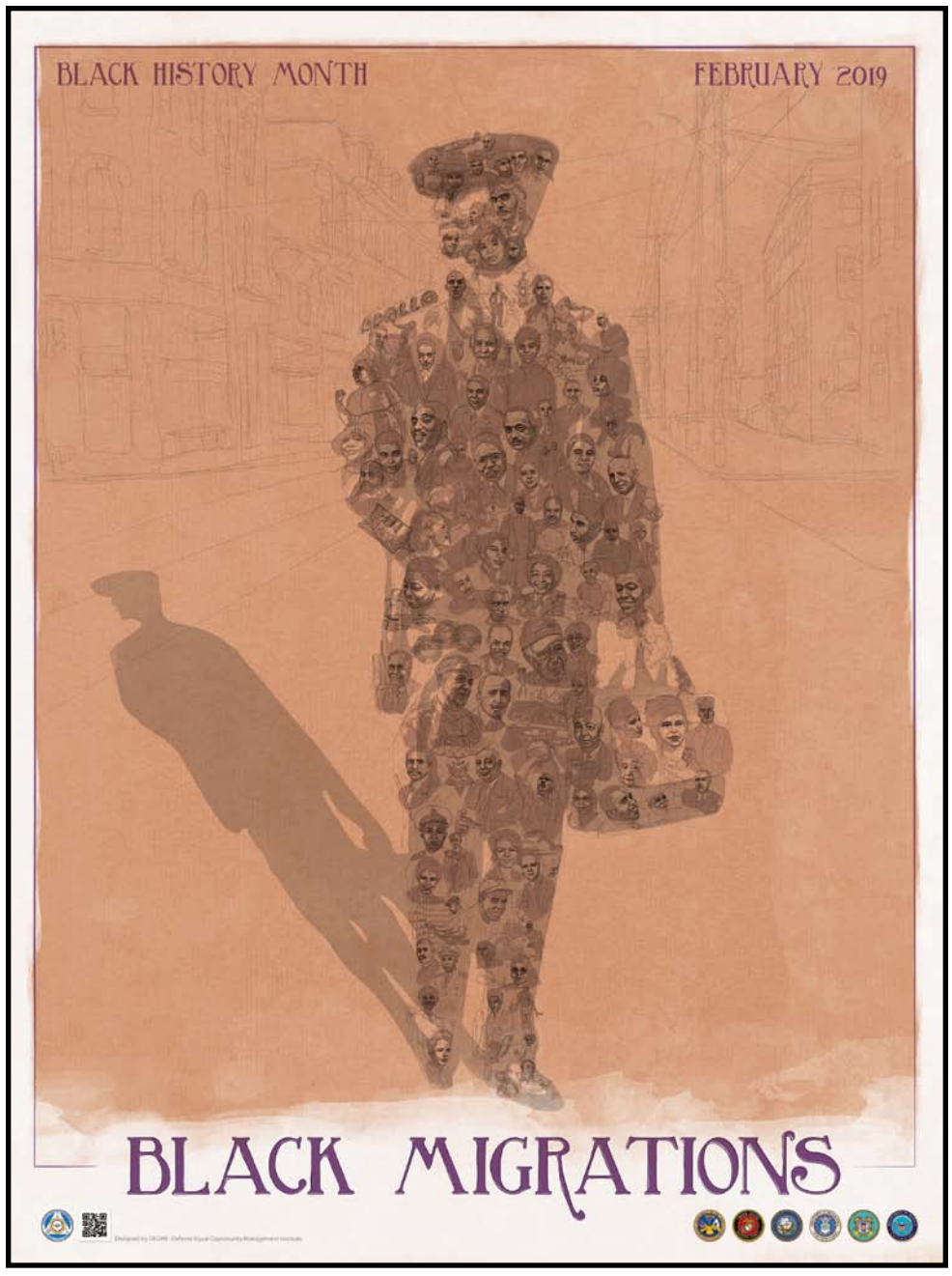
FIFTY EIGHTH YEAR NO. 35
THURSDAY, JANUARY 31, 2019

FEBRUARY MONTHLY OBSERVANCES

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



"If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated. The Hebrew keenly appreciated the value of tradition, as is attested by the Bible itself. In spite of worldwide persecution, therefore, he is a great factor in our civilization."

Historian Carter G. Woodson (1875–1950)

The crew of Zumwalt-class guided-missile destroyer USS *Michael Monsoor* (DDG 1001) brings the ship to life during its commissioning ceremony. Navy photo by MC1 Peter Burghart

Navy ship commissioning honors legacy of Navy SEAL

by MC1 Woody Paschall

SAN DIEGO - The Navy's newest Zumwalt-class destroyer, USS *Michael Monsoor* (DDG 1001), was commissioned Jan. 26 at Naval Air Station North Island.

Twenty Gold Star families and four Medal of Honor recipients witnessed the second Zumwalt-class destroyer enter the fleet.

The ship honors Petty Officer 2nd Class Michael Monsoor, a Navy SEAL who was posthumously awarded the Medal of Honor for his heroic actions in Ramadi, Iraq, Sept. 29, 2006. At the ship's 2008 naming ceremony, former Secretary of the Navy Donald C. Winter recognized Monsoor as "a consummate professional who faced terrorist enemies with aplomb and stoicism."

"When you man the rails today and you man your first watch stations at [general quarters], you bring this ship to life in the spirit and legacy of Michael Monsoor with toughness, courage and love, and you will be the defenders," said Vice Adm. Timothy Szymanski, deputy commander of U.S. Special Operations Command. "You will defend. Stay in the Fight."

see **Monsoor,** next page

USS *Chung-Hoon* conducts second drug bust in a month

GULF OF ADEN - While conducting maritime security operations in the international waters of the Gulf of Aden, destroyer USS *Chung-Hoon* (DDG 93) interdicted a shipment of illicit narcotics aboard a stateless vessel, Jan. 24.

Chung-Hoon's visit, board, search and seizure (VBSS) team seized 4,700 kilograms of hashish while conducting a flag verification boarding.

This is the second such interdiction within a month. The *Chung-Hoon crew* seized over 5,000 kilograms of hashish while patrolling the Gulf of Aden on Dec. 27.

"What I'm most proud of is the synergy between our information, operations and boarding teams that allowed us to complete the mission," said Cmdr. Brent Jackson, commanding officer of *Chung-Hoon*. "Teamwork is the key enabler, and this crew was on station, ready to roll at sunrise to complete the task of interdicting contraband.

The vessel was determined to be stateless following a flag verification boarding conducted in accordance with customary international law. The vessel and its crew were allowed to depart once the narcotics were seized.

New graphic novellas to educate Soldiers, families on future cyber threats

by Devon L. Suit

FORT MEADE, Md. -- Since World War II, the Army has been using comic books to train Soldiers on specific duties and reduce casualties through improved situational awareness.

The trend continued through the Vietnam War. At that time, the Army discovered a training deficiency and produced a comic book to educate Soldiers about proper weapon maintenance.

Fast forward to today, the Army is facing a new challenge. Advancements in cyber and smart technologies have the potential to alter the landscape of future military operations, according to Lt. Col. Robert Ross, threatcasting project lead at the Army Cyber Institute in West Point, N.Y.

The U.S. military, allied partners, and their adversaries are finding new ways to leverage networked devices on the battlefield, Ross said.

"The use of networked technology is ubiquitous throughout society and the leveraging of these devices on future battlefields will become more prevalent; there's just no escape from this trend. Technology is integrated at every level of our Army," he said.

Keeping with the Army's legacy of producing visual literature to improve readiness, the ACI has partnered with Arizona State University Threatcasting Lab to produce a series of graphic novellas, Ross said.

Advancements in cyber and smart technologies have the potential to alter the landscape of future military operations. To help educate Soldiers about this future threat, the Army Cyber Institute has partnered with Arizona State University Threatcasting Lab to produce a series of graphic novellas. The graphic seen here is from the novella titled Hero. Courtesy photo

The lab brings together military, government, industry, and academia experts to envision possible future threats. Through their research, the workshop develops potential cyber threat scenarios, and then explores options to disrupt, mitigate, and recover from these future threats.

Each graphic novella considers what cyber threats are plausible in the next 10 years - based on a combination of scientific fact and the imagination of those involved, he said.

"This project is designed to deliver that understanding through visual narrative," he said. "Technical reports and research papers do not translate as well to the audiences we are looking to influence. Graphic novellas are more influential of a medium for conveying future threats to not only Army organizations at large, but down to the Soldier level."

The novella titled "1000 Cuts" depicts the psychological impact that a cyber-attack could have on Soldiers and their families. In the story, these attacks were enough to disrupt a deployed unit, leaving them open to an organized attack, Ross said.

"Given the exponential growth in Soldiers' use of [networked] devices … 1000 Cuts presents an extremely plausible threat. It demonstrates how non-state actors can leverage technical vulnerabilities within the cyber domain to their advantage in the land domain," Ross said.

Monsoor

continued from front page

"*Monsoor* is an incredible honor that the Navy has bestowed upon him and his family," said Chief Warrant Officer Benjamin Oleson, one of Monsoor's teammates in Ramadi. "I went out to the christening event, and I was completely blown away [by] the sheer size of what this ship represents. I think if Mikey saw the ship, he'd be like, 'That's too much. That's not for me. I'm just laid back.' But I think it's truly an honor that the Navy did this, especially the type of destroyer that it is. ... [with] its cutting-edge, advanced technology. I think, with Mikey in the platoon, always at the front, leading the way, the way the ship is designed, it's going to be leading the way in the future."

James and Joseph Monsoor, brothers to Michael Monsoor, pass the long glass to the first watch during the commissioning ceremony Photo by MC2 Alex Millar

California Congressman Scott Peters delivered the principal address for the ship named for the southern California native.

"'You never quit.' Those are the words Michael Monsoor wrote with permanent marker inside the camouflage hat he wore throughout his [Basic Undersea Demolition School] training at the Naval Special Warfare Training Center here at Coronado," said Peters. "If you visit the quarterdeck of the magnificent new ship we commission this morning, you will see his hat there with those words inscribed within it.

Sally Monsoor, Michael Monsoor's mother, served as the ship's sponsor and delivered the time-honored first order to "man our ship and bring her to life!"

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Official explains federal tax changes for military, spouses

by Jim Garamone,

WASHINGTON - Most service members and their families will see a reduction in their tax bills this year, but there are a number of changes in U.S. federal tax laws that they need to be aware of, said Army Lt. Col. Dave Dulaney, executive director of the Pentagon's Armed Forces Tax Council.

"The last tax year has been quite exciting with all the changes that were made," Dulaney said. He said that the IRS will start accepting tax returns Jan. 28 for tax year 2018.

A number of pieces of legislation affect military taxpayers, he said: The Tax Cuts and Jobs Act, the Veterans Benefits and Transition Act and the Combat-Injured Veterans Tax Fairness Act are just a few.

The Tax Cuts and Jobs Act will mean that most service members will see a reduction in federal taxes for 2018, he said. There is an overall reduction of three percent for most military families under this act, Dulaney said, in addition, the standard deduction doubled, as did the Child Tax Credit. "Because of these three things, most of our military families are going to see a substantial reduction in overall tax liability," he said.

There are also some special provisions that apply to military personnel. Service members who served in the Sinai Peninsula since June 9, 2015, are now eligible for the combat zone tax exclusion, the colonel said.

"This was retroactively applied and what that means is that since taxpayers have up to three years to file an amended tax return to make a claim for refund, those service members who served in the Sinai back in 2015 would be eligible to file an amended tax return, and they need to do it quickly," he said.

Service members with questions should go to their local tax assistance centers, Dulaney said, noting that this change should affect about 2,000 service members.

Members of the armed forces are still able to deduct their unreimbursed moving expenses incurred during permanent change of station moves, he said.

There are changes to deductions for travel to drill for reservists. "Reservists can't take deductions for drill duty expenses that are under 100 miles," he said. Those driving more than 100 miles can still take deductions.

For military spouses there's a significant change as part of the Veterans Benefits and Transition Act of 2018. "Military spouses can use their service member's state of legal residence for state and local taxes," he said.

In the past a spouse may have had to file a different state tax return because they had split legal residences. For example, if a service member with a legal residence of New York moved to Virginia and married a person with a legal residence from that state.

"Now, our military spouses can now elect to use the legal residence of the military member for purposes of filing their state and local taxes," Dulaney said. "Now military couples will no longer have to file different state tax returns. Additionally' it will reduce the overall tax burden for military families."

Finally, the Combat-Injured Veterans Tax Fairness Act was implemented for vets who received disability severance pay and had tax withholding applied to the pay. "Now under the tax code, disability severance pay isn't taxable under certain situations," he said. More than 133,000 vets who have received this pay are eligible for relief under the act. The vets have until July to file for a refund.

There are a number of aids for military personnel and their families as they prepare their taxes. Each base has a Volunteer Income Tax Assistance Program office that will help. To find your local office, visit Military OneSource (*https://www.militaryonesource.mil/vita-location-lookup*).

The IRS offers information about free tax preparation, at *https://irs.treasury.gov/freetaxprep/*.

DOD officials testify on military support to southwest border

by Jim Garamone

WASHINGTON - John C. Rood, the undersecretary of defense for policy and Navy Vice Adm. Michael Gilday, the Joint Staff director of operations, told the House Armed Services Committee Jan. 29 that the support DOD personnel provided allowed Customs and Border Patrol agents to deploy where they were most needed.

Defense officials emphasized that service members deployed late last year to the Southwest border area, only to support civilian law enforcement agencies.

Rood told the House committee that DOD has provided support to civilian agencies on the border going back to the early 1990s. DOD personnel have enabled law enforcement agents to concentrate on "border security activities, counterdrug activities and activities to counter transnational organized crime and other transnational threats," Rood said.

Active-duty and Reserve component personnel have provided this support in the past as they are doing today. The military has supported the agents with aerial reconnaissance, ground surveillance, search and rescue support and medical support.

DOD has loaned civilian agencies such capabilities as aerostats, ground surveillance radars and ground sensors.

The basis for the current mission on the border is found in President Donald. Trump's April 2018 memo on "Securing the Southern Border of the United States." The president directed DOD to support the Department of Homeland Security in "securing the Southern Border and taking other necessary actions to stop the flow of deadly drugs and other contraband, gang members, and other criminals and illegal aliens into this country."

DOD moves closer to implementing changes to transgender policy

by Jim Garamone

WASHINGTON - Following a ruling from the Supreme Court, the Defense Department is moving closer to implementing changes to its transgender policy.

"The department is pleased with the orders issued by the Supreme Court today {Jan. 22}," said Pentagon spokeswoman Lt. Col. Carla Gleason. "We will continue to work with the Department of Justice regarding next steps in the pending lawsuits."

The Supreme Court and D.C. Circuit Court of Appeals vacated three of the four injunctions currently barring DOD from implementing a new policy on military service by transgender persons. There is still a stay on the rules pending a decision from a circuit court in Maryland.

"As always, we treat all transgender persons with respect and dignity," Gleason said. "DOD's proposed policy is not a ban on service by transgender persons. It is critical that DOD be permitted to implement personnel policies that it determines are necessary to ensure the most lethal and combat-effective fighting force in the world. DOD's proposed policy is based on professional military judgment and will ensure that the U.S. armed forces remain the most lethal and combat-effective fighting force in the world."

When then-Defense Secretary James N. Mattis announced the changes last year, they were immediately challenged in the courts and a stay was placed upon the changes. The court decisions agree with DOD that the policy changes are not a ban on transgender service members.

Under the changes, transgender persons with a history or diagnosis of gender dysphoria are disqualified from military service, unless "they have been stable for 36 consecutive months in their biological sex prior to accession," Mattis wrote in a memo to President Donald J. Trump in February.

Service members diagnosed with gender dysphoria after entering the military may be retained if they do not require a change of gender and remain deployable, the memo states.

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Court rules VA must pay disability benefits to 'blue water' Vietnam veterans

by Leo Shane III

FLEET RESERVE ASSOCIATION - A federal court ruled Jan. 29 that the Department of Veterans Affairs can't deny disability benefits to thousands of Vietnam veterans who claim exposure to cancer-causing chemical defoliants simply because those vets served in the waters off the country's coastline, and not inland.

The ruling marks a major victory for so-called "blue water" Navy vets who have fought the department for years over the denials. VA officials have said the existing scientific evidence doesn't justify the presumption of toxic exposure for the group and have strongly opposed legislative efforts to overturn their decision.

But the 9-2 decision by the U.S. Court of Appeals for the Federal Circuit overturns past court opinions backing up VA, saying that Congress never intended to exclude servicemembers in the seas around Vietnam when they awarded presumptive benefits for certain illnesses related to Agent Orange exposure.

Under current department rules, the blue water vets can receive medical care for their illnesses through VA. But to receive disability benefits - worth up to several thousand dollars a month - they must prove that their ailments are directly connected to toxic exposure while on duty.

That's not the case for other Vietnam veterans, who are presumed to have been exposed to Agent Orange and other defoliants known to cause serious and rare cancers.

So while a veteran who served on the shoreline could receive disability payouts after contracting Parkinson's Disease or prostate cancer, another vet who served on a ship a few miles away would have to provide evidence of direct contact with hazardous chemicals.

Advocates have said that, given the time that has passed since the war, obtaining such proof is impossible and unfair. In their ruling, the federal judges agreed.

"These statutes cast no doubt on our conclusion that, by using the formal term 'Republic of Vietnam,' Congress unambiguously referred, consistent with uniform international law, to both its landmass and its 12-nautical-mile territorial sea," the ruling states.

If VA officials opt not to appeal the decision to the Supreme Court in the next 90 days - or if the court decides not to hear the case - the result means that up to 90,000 blue water vets could see disability payouts as early as this year.

In a statement, VA spokesman Curt Cashour said the department is reviewing this decision and "will determine an appropriate response."

Advocates hailed the news as a major step ahead in their effort to win benefits for the aging veterans."This is a big win," said John Wells, retired Navy commander and the executive director of Military-Veterans Advocacy, which helped file the lawsuit. "We want to work with VA on how to implement this as painlessly as possible, but making sure these veterans get all they deserve."

Bart Stichman, executive director of the National Veterans Legal Services Program, said the decision "unequivocally rights a wrong that is a terrible injustice to all vets who were exposed to Agent Orange in the waters of Vietnam."

Legislation that would have awarded presumptive status to the blue water veterans was blocked by a small group of senators at the end of last year, disappointing advocates who saw the legislative momentum as their best chance for a victory in years.

Now, instead of granting the benefits to veterans, lawmakers may be forced to scramble new bills to cover the cost of the court-ordered awards.

Congressional Budget Office officials had estimated that awarding the benefits to the blue water veterans could total about $1.1 billion over 10 years, but VA officials have insisted the total is closer to $5.5 billion. Disagreements over whether to use new home loan fees to pay for the costs stalled the previous legislation.

If the court order stands, VA will be forced to cover the costs regardless of whether an offset is agreed upon, a potential drain on the department's annual budget. Several new bills on the issue are already pending before Congress, and the chairmen of both the House and Senate Veterans' Affairs Committees have promised to deal with the topic quickly this year. In a statement, Senate chairman Johnny Isakson, R-Ga., said that he was pleased with the court decision and would work closely with VA on the next steps.

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Social Security Matters

by Russell Gloor

Ask Rusty - File & suspend? Restricted application? Or just wait?

Dear Rusty: My wife and I were both born in 1953. My wife will reach her full retirement age in March 2019 and I will reach mine in June of 2019. My wife's benefit will be roughly $2,200/month and mine will be about $2,700/month if we were to file for payments. An option I've considered is spousal benefits only. In June of 2019 can my wife or I file and suspend our benefits and the other file for spousal benefits and receive half of the others benefits while both our benefits continue to earn credit (8 percent per year) until we both hit 70? Signed: Looking to Maximize

Dear Looking: Well, you can't do things quite the way you suggest, but you do have a different option known as the "restricted application for spousal benefits only" which either of you can exercise because you were both born before the cutoff date in the 2015 law which changed the file and suspend option.

You can't both "file and suspend" benefits as you asked but using the Restricted Application allows one of you to file for benefits and the other to file the RA to collect half of the other spouse's benefit while allowing their own benefit to grow. To use the restricted application, I usually suggest that the lower-earning spouse apply for their retirement benefits first, allowing the higher-earning spouse to file the RA and collect ½ of the lower-earning spouse's benefit while their own retirement benefit grows at a rate of 8 percent per year of delay (actually 2/3rds of 1 percent per month of delay). You can delay up until age 70 when you'll get 32 percent more than you will get at age 66.

If your wife applies in March 2019 and collects her full benefit, you could file the RA when you reach age 66 in June 2019 and get half of your wife's benefit (about $1,100/month) for 4 years until you reach 70, at which point you can switch to your own retirement benefit which would be about $3,564 per month (using the numbers you provided). Since your wife's retirement benefit would always be more than her spousal benefit (half of your FRA benefit), she would continue receiving her own full retirement benefit, unless you should predecease her, in which case she'd get 100 percent of the increased benefit you're receiving instead of her normal retirement benefit.

But there's another alternative: You could both wait until you're 70 to apply and both get the 32 percent benefit increase, which for your wife would mean about $700 more per month. Which is the better alternative? Only you can decide, while comparing expected longevity against your wife collecting an additional $700 per month starting at age 70. In a little over 6 years, your wife's additional monthly benefit would offset what you would have received in spousal benefits from the Restricted Application, and she'd get the higher benefit for the rest of her life. In the end, it always comes down to how badly you need the money now, your health and your expected longevity.

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DoD announces Post-9/11 GI Bill education benefits transfer exception

WASHINGTON (NNS) -- The Department of Defense (DoD) has granted a temporary exception to policy to allow select service members to transfer their Post-9/11 GI Bill education benefits to dependents until July 12, 2019.

NAVADMIN 020/19, released Jan. 24, announces that for a limited time, Sailors with at least 10 years of service who are unable to serve four additional years, due to statute or standard policy, may transfer their education benefits to dependents if they agree to serve the maximum time authorized. For example, enlisted Sailors within four years of high year tenure or officers within four years of their statutory limit of service are eligible.

The policy exception is retroactive to July 12, 2018 and ends July 11, 2019, after which Sailors will need to commit to the full four years of service to transfer their benefits.

Sailors with at least 10 years of service whose transfer of education benefits applications were rejected due to the policy changes announced in NAVADMIN 170/18, and who are still serving on active duty or in the selected reserve (SELRES), must reapply for transfer of education benefits by following guidance in NAVADMIN 236/18, including completion of the new statement of understanding at *https://myeducation.netc.navy.mil/webta/home.html#nbb*.

For complete information on this temporary exception to policy, read NAVADMIN 020/19 at *www.npc.navy.mil*. Get more information about the Navy from US Navy facebook or twitter.

Perceived criticism may be request for help

by Dr. Daneen Skube

Q: Every day I go to work I find someone just has to imply something negative or critical about my performance. Why are people so negative and how can I maintain my motivation when I am swimming through a sea of criticisms about me and my work?

A: You can swim through your workplace much happier and more effectively if you question whether what you are assuming is truth or what you fear others think. Human beings are meaning-making machines when interacting. Unfortunately an awful lot of what we make up has more to do with our history and what we fear others think than the truth.

Many of my new clients are upset when they tell me a story about how a co-worker insulted them. As I ask questions about the co-worker's statement and what my client assumed, my client typically says, "I don't make any assumptions; this was the truth!" The more questions I ask, the more my clients see they are indeed making assumptions.

Obviously making assumptions isn't a problem as long as it occurs to us that our assumptions are what is upsetting us. If we are conscious that we may be making assumptions, we are in a position to be curious before we attack.

Usually what we perceive as criticisms are backward requests for help. Because most people find vulnerability uncomfortable they would rather insult you than admit they need assistance. If you slow down and ask questions about what looks like criticism you will perceive the request for help and the criticism will go away.

For instance a co-worker may declare, "You are lazy." You could express curiosity rather than assuming your co-worker knows anything about your work ethic. You could say, "Sounds like you would like something from me; what would that be?" Then your co-worker may admit the help he or she seeks, "You never double check our budget before sending it to our boss."

INTERPERSONAL EDGE

We all walk around with specific fears about what others may think about us. Each of us has different fears. Common worries include being stupid, inadequate, bad, or mean. When we assume another person is accusing us of our specific fear we generally lose all interpersonal effectiveness. We become too busy defending our self-esteem than considering other explanations.

So many conflicts at work happen for the simple reason that people are so scared of someone else accusing them of what they themselves already fear is true.

If you can see others through the lens of their fragility you will be able to afford to be curious about your assumptions. When you ask questions about what others are saying you'll always find solutions that fix workplace problems. You'll be working with others rather than against everyone's emotional fears about their self-esteem.

The last word(s)

Q: Everything going on in workplace makes me think layoffs are imminent, but our management says everything is just fine. Am I just being paranoid?

A: No, not necessarily. Just because you're paranoid doesn't mean they aren't after you applies to good gut instincts. Start looking for job options.

Fleet and Family Support Center workshop

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Genetic test may be appropriate for woman with family history of breast cancer

DEAR MAYO CLINIC: I recently was diagnosed with breast cancer at 65. I have a strong family history of the disease. However, my doctor hasn't mentioned genetic counseling or testing. Is this something I should bring up?

ANSWER: Only about 5 to 10 percent of breast cancer cases are thought to be hereditary, meaning that they result directly from gene defects (mutations) passed on from a parent. For that reason, genetic testing isn't routinely recommended. Women with strong family histories of breast and other related cancers are one of the exceptions to this rule. There are several good reasons to talk with your health care provider about testing.

A genetic test involves taking a blood or saliva sample, and analyzing your DNA for gene mutations that can increase your risk of developing cancer. Ideally, your health care provider will first refer you to a genetic counselor, who will collect the family history, and discuss the risks and benefits of genetic testing. The genetic counselor also will review other important issues associated with testing, such as cost, insurance coverage and your rights under genetic discrimination laws.

Testing may be appropriate when a woman has a personal or family history suggesting an increased risk of breast cancer. Risks include having cancer in both breasts, having a certain subtype of breast cancer, or being younger than 50 when diagnosed. Other red flags include multiple cases of breast, ovarian or pancreatic cancer on the same side of the family; male breast cancer; or Ashkenazi Jewish heritage.

Knowing you have a hereditary mutation can guide your treatment decisions. For example, if you carry a high-risk mutation, you may feel more comfortable undergoing a mastectomy, rather than a lumpectomy. You also may want to consider preventive surgeries, such as removal of your ovaries (oophorectomy). Ovaries produce estrogen, which, in premenopausal women, can feed estrogen-sensitive breast cancer.

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Recycling and disposing HAZMAT for readiness

by Cpl. Emmanuel Necoechea

CAMP PENDLETON - Imagine that a lithium ion battery is thrown away in the trash and taken to a landfill. It just happens to be summer time, and it is record hitting heat. The lithium ion battery that was improperly disposed of overheats and activates a chemical reaction within the battery that ignites it. This can be a very typical scenario, but with the right resources and education, easily avoidable.

The Hazardous Material Waste Section, Environmental Security Department, Marine Corps Installations - West, Camp Pendleton, coordinates with units that train on Camp Pendleton to properly dispose of hazardous waste so scenarios like the one above do not happen. The waste section ensures everyone on base deals with hazardous materials properly and in accordance with federal and state regulations. In doing so, people, property and training do not suffer the consequences of improperly handling hazardous materials.

"As new technologies come up we have to adapt and learn how to manage the waste produced from them properly," said Bryan Osborn, head of the HAZMAT section. "If we don't take care of this base and damage our training areas, then we would have to close down that training area. This would also require Camp Pendleton to pay federal and state fees, which would come out of the training budget."

The HAZMAT section handles waste which includes: fuel, oil and antifreeze as well as lead acid, alkaline and lithium ion batteries. In 2018, the HAZMAT section was able to recycle over 2,500 gallons of antifreeze, saving over $40,000 in antifreeze consumable costs.

To further demonstrate the effectiveness of the HAZMAT section's recycling effort, its proper handling of lead-acid batteries generated a revenue of $50,000 which might have also cost over $54,000 in potential fees if improperly disposed.

Robert Twineham, operations manager with Industrial Waste Utilization, labels hazardous waste drums at the Marine Wing Support Squadron-372. Photo by Cpl. Emmanuel Necoechea

"We look for opportunities to reduce, reuse and recycle materials which saves units and the Marine Corps money," said Osborn.

Osborn said a misconception about properly disposing hazardous material is that it is an extra burden or chore, but in reality, ensuring proper management of these things saves money and the environment.

"Environmental security is here to help," said Santino Smith, environmental protection specialist also with the HAZMAT Waste Section. "When you have the military units take a hit, the base takes that hit. That is why we are here to help prevent that from happening and more importantly, sustaining the environment on the base for future training and development of Marines and their operational capabilities."

Sailor honored for life-saving efforts

by Lt. Julia K. Ryan

SAN DIEGO - A student assigned to Fleet Anti-Submarine Warfare Training Center was recognized for heroic achievement by Training Support Center (TSC) San Diego, Jan. 24.

Sonar Technician (Surface) 3rd Class Henry Rodriguez, a native of San Antonio and a 2014 graduate of Highlands High School, saved the life of an elderly man who fell out of his boat at the Point Loma Annex Marina, Dec. 2.

Rodriguez was walking near the docks when he heard cries for help coming from the water. He immediately rushed toward the sounds of distress.

The event was witnessed first-hand by Lt. Cmdr. Erik Reed, force cyber security lead, Navy Expeditionary Combat Command, who was sitting near the water.

"He (Rodriguez) was walking by and, without any hesitation, responded to cries for help from a civilian in distress," said Reed. "The gate to the marina was locked – so he scaled a 12-foot fence, ran down to the dock, and proceeded to help the man out of the water. Without this quick, no-hesitation response, the distressed man may have lost his life."

Sonar Technician (Surface) 3rd Class Henry Rodriguez, right, is presented a Navy and Marine Corps Achievement Medal for heroic achievementP. Photo by Operations Specialist 1st Class Antwone Adams

Rodriguez mentioned that he just happened to be at the right place at the right time.

"It was the right thing to do," said Rodriguez. "I am just happy that I was able to help a person in need."

Capt. Michael S. Feyedelem, commanding officer, TSC San Diego, presented Rodriguez with the Navy and Marine Corps Achievement Medal for superior performance in immediately taking control of a distress scene and bringing order to a rescue effort that saved an individual's life.

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Dental Exam

INDIAN OCEAN (Jan. 21, 2019) - Navy Petty Officer 2nd Class Victoria Robinson performs a dental examination on Seaman Tyler D'Angelo aboard amphibious assault ship USS *Essex*. Photo by Petty Officer 2nd Class Chandler Harrell

CAMP PENDLETON (Jan. 23, 2019) - Marines participate in a 6-mile hike. Photo by Marine Corps Cpl. Juan Bustos

PACIFIC OCEAN (Jan. 21, 2019) - Aviation Boatswain's Mate (Handling) 2nd Class Gustavo Aceves-Martinez prepares to move an AV-8B Harrier in the hangar bay of amphibious assault ship USS *Boxer* (LHD 4). Navy photo by MC3 Keypher Strombeck

INDIAN OCEAN (Jan. 24, 2019) - Guided-missile cruiser USS *Mobile Bay* conducts a replenishment-at-sea with fleet replenishment oiler USNS *Guadalupe* (T-AO 200. Navy photo by MC3 Nick Bauer

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5K Minion Run & Black Eye universal smart phone lenses

by Jan Wagner

5K Minion Run

Illumination's Minions - those lovable little yellow creatures - are wildly popular in the movies and at Universal Studios, featured in the "Despicable Me Minion Mayhem" ride. At 6 a.m., Saturday, May 11, participants aged five and over will be able to join Stuart, Tim and Tom as they wind their way around Universal Studios Hollywood in their very own 5K Minion Run, the first in the "Running Universal" series.

The run will begin at the Universal Studios Hollywood's iconic front gates, pass through the theme park and the historic back lot (made famous in more than 8,000 movies and TV shows), and finish at CityWalk's outdoor concert stage. Along the 3.1-mile course, participants will be entertained by some of their favorite Universal Studios Hollywood characters, including the Minions.

For participant and fan registration information, visit *www.RunningUniversal.com.*

Review of Black Eye universal smart phone lenses

Always on the lookout for useful photo gear, I was intrigued by Black Eye's universal smart phone lenses. In the past I have always used cellphone accessory lenses that were designed to attach to only one specific model of phone. While these worked great, manufacturers continually change their new phones, so each time I replaced my older iPhone with a new model, my old accessory lenses would not fit. That is why I was, and you might be, interested in checking out the universal smart phone lenses from Black Eye.

Their concept is simple and straightforward. Instead of a cellphone model-specific lens that becomes obsolete each time the phone is replaced with a new model, Black Eye combines a high-quality (nano-grinded glass elements, anti-reflection and protective hard coating), universal lens with a strong spring clip. Simply squeeze the spring clip open, carefully position the Black Eye lens over the phone's lens, and release the pressure on the spring clip.

Black Eye sent me two of their newest and most advanced universal smart phone lenses to review: their PRO PORTRAIT TELE G4 and PRO FISHEYE G4. Last weekend I went to Disney California Adventure and Disneyland, where I gave both of these lenses a try.

Each of these lenses comes complete with a snug-fitting, aluminum, protective lens cap. First, I tried the PRO PORTRAIT TELE G4 lens (60mm focal length equivalent), to compare its magnification factor to my phone's two built-in lenses alone (1x and 2x).

The verdict? In absolute terms, this lens works as advertised. It enables you to get 2.5x closer. However, I quickly learned that there are caveats. First, if you have a thick protective case on your phone (as I do), then the Black Eye lens will be moved significantly further away from the phone's lenses than if no case was on the phone. Consequently, no matter how carefully I centered the Black Eye lens over a lens on my iPhone X, there tended to be pretty heavy vignetting (black corners) in my images - especially in conjunction with the 1x lens.

Furthermore, the phone's thick case seemed to cause the Black Eye lens to not quite fit parallel to my iPhone's lenses, resulting in an optically compromised situation. I reluctantly removed my iPhone's protective case, to enable the Black Eye lens to fit better.

Without my case on the phone, the PRO PORTRAIT TELE G4 lens did give the desired result - a tighter shot of my subjects without vignetting, but extra time is required to carefully position the Black Eye lens over one of the two iPhone's lenses. Avoid bumping the spring clip, which would move the lens out of position. That pretty much rules out using this lens to shoot a bumpy ride at an amusement park.

The second Black Eye universal smart phone lens - the PRO FISHEYE G4 (175-degree point of view, 12mm focal length equivalent, nano-grinded glass optics, triple-sided anti-reflection coating on all glass elements) - seems easier to position, and was thus easier and quicker for me to use. Also, the resultant fisheye images were a welcome alternative to the standard and telephoto compositions that could be created using only the iPhone X's built-in lenses. I could get extremely close to wide subjects and still fit them in the frame.

For more information on Black Eye universal smart phone lenses, visit *https://blackeyelens.com.*

For more photos, visit *www.drivetribe.com;* enter "AutoMatters & More #575" in the search bar. Send comments to *AutoMatters@gmail.com*. Copyright © 2019 by Jan Wagner – AutoMatters & More #575

the meat and potatoes of life

Super Bowl preparedness

by Lisa Smith Molinari

It's February. As always, panic has set in.

Soon, folks everywhere will be mobbing the grocery stores for necessary supplies and stockpiling items in their cabinets, pantries and refrigerators. Is another Herculean Arctic superstorm headed our way? Is a typhoon spinning its way eastward across the Pacific? Is a deadly combination of high and low-pressure systems colliding in an apocalyptic whirlwind over our nation? Well, no.

But since Super Bowl Sunday is the second largest day for US food consumption after Thanksgiving, there is a perfectly good reason why people are shoving old ladies out of the way to grab the last jar of queso dip. After all, a Bowl Day without the traditional football-watching foods would be downright catastrophic.

So, as the mother of an Eagle Scout, I feel obligated to warn everyone to "Be prepared." You only have a day or two to ready yourself for the mandatory feast that will take place on Feb. 3, 2019, in homes across the U.S. Consider yourself warned. Before you take on the pre-Bowl crowds at the grocery stores, be sure to ready the home front. Clear the refrigerator of useless items such as milk, eggs, fruits and vegetables. Other than a few sticks of celery to accompany the wings, toss any unprocessed foodstuffs that are taking up precious space needed for Bowl Day essentials.

Once the kitchen has been purged of all healthy, vitamin-fortified, unprocessed, fiber-rich foods,

it's time to mentally prepare for what you might encounter at the grocery stores.

Like a Roman Gladiator ascending the catacombs of the Coliseum, like Muhammed Ali entering the ring to take on Joe Frazier, like the Greek soldiers climbing out of the wooden horse inside the gates of Troy, like the Duke of Wellington about to face Napoleon's army at Waterloo, like The Real Housewives of New Jersey sitting down to dinner - you must be ready to wage a battle of epic proportions.

As you jot down the arsenal of foods needed for Super Bowl sustenance, breathe deeply and meditate on the past. Gone are the archaic Bowl days of yesteryear, when football fans survived on outdated canned meat party sandwiches, pimento cheese spreads, and gelatin salads. Thanks to modern advances in processed cheese technology, the invention of Buffalo wings (the origins of which are "hotly" debated), and the mass-production of tortilla chips in 1994, we are fortunate to have a proliferation of delicious modern Bowl Day snack foods at our disposal.

Presuming you can find an available shopping cart without committing aggravated assault, enter the grocery store with a strategy. Don't just join the stream shoppers like some kind of amusement park pony, strike out on your own and hunt down your targets.

Unlike every other grocery store trip, it is actually a good idea to bring the kids. As your secret weapons, they will enable you to divide and conquer. Send each child on a mission, e.g., "Lilly, you're going in for three jars of salsa. Anna, you're in charge of peanuts. Hayden, you're a young man now, so I'm trusting you to find those little smoked sausages for pigs in a blanket. Can you do it?!"

"Yes, ma'am!"

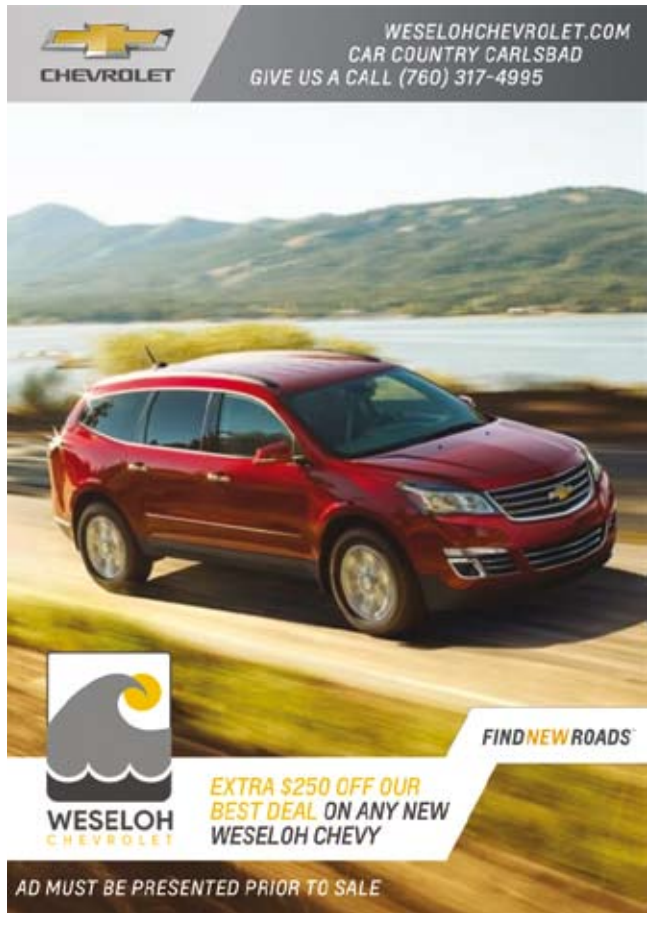
"Now, GO, GO, GO!!"

With your grocery cart filled to the brim with every snack food known to modern man, head to the check-out lanes, but do not waste precious time standing in line. Simply feign some kind of cardiac episode - a la Fred Sanford's "It's the big one, Elizabeth!"- and fellow shoppers will surely let you cut in line so you can get to the glycerin pills you "left in the car."

Initially, your display might appear to be far-fetched, but when the other shoppers see all the pork products and processed cheeses in your shopping cart, they'll be convinced that your arteries are harder than a coffin nail and guide you straight to the head of the line.

Finally, at home with your football snack foods stockpiled and beverages chilling, you can finally breathe easy, knowing that you can stuff your face come Super Bowl Sunday.

Disaster averted.



Fun with MWR

The following Liberty trips are open to junior Sailors, E1-E6, and active duty geo-bachelors, plus a guest 18+.

Super Bowl 53 Viewing Party. Sun., Feb. 3 • 2-8 p.m. Watch the game with pre-game festivities at Liberty Hall, Bldg. 51, starting at 2 p.m., VIP room, and free BBQ. NBPL Liberty: (619) 524-0961 or (619) 553-9138.

Super Bowl. Sun., Feb. 3 • 3 p.m. • With comfy seating and 17 big screen TVs throughout the RECYARD, watching Super Bowl LIII is pleasant no matter where you are, inside or out. Plus, pulled pork nachos with cheese and jalapenos, and our famous chili, will be served. The RECYARD, NBSD: (619) 556-5085.

Chinese New Year Celebration. Tues., Feb. 5 • 5-7 p.m. Celebrate traditional Chinese New Year. Live performances, games, food provided. VADM Martin Liberty Center, NASNI: (619) 545-3331.

Disneyland Trip. Fri.-Sun., Feb. 8-10 • 8 a.m. • Call for cost. Spend three whole days in the Happiest Place on Earth. Cost includes transportation, parking, admission to the park, and lodging (double occupancy). Balboa Liberty Center, NMCSD: (619) 532-8909.

New MWR offerings...

NTC Walking Tour. Sat., Feb. 2, 9 a.m. Learn about NTC San Diego's 70 years as a state-of-the-art naval base, which transformed into the bustling shopping, food-filled, and artistic destination that is Liberty Station. Meet at 2820 Roosevelt Rd, Ste 201. Register: *www.navylifesw.com/sdcr*, Info: (619) 553-9138.

Super Bowl Party & Baked Potato Bar. Sun., Feb. 3, 3pm. End football season by watching all the action on big screens, and enjoying a pasta and baked potato bar. Adult beverages available for purchase for those 21 yrs.+. Active duty E1-E5/$5 all other MWR patrons. NAB Community Recreation Center, Bldg. 337. Register: *www.navylifesw.com/sdcr*, Info: (619) 437-3190.

Wedding Fair. Thur., Feb. 7, 5-8 p.m., $18.95 per person. Plan for your special occasions. Sample select food and beverage from the catering menu, meet with our catering sales staff, talk with photographers, bakers, decorators and entertainers, plus enjoy a no-host bar. Adm. Kidd Catering Conference Center, Naval Base Point Loma, Harbor Dr. Annex. Call (619) 524-6287 for your reservation by Feb 1.

TV Log

THURSDAY EVENING — JANUARY 31, 2019

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	Dr. Phil (N)		Judge Judy (N)	Judge Judy (N)	News 8 at 5pm (N)		CBS Evening News	News 8 at 6:30pm (N)	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Young Sheldon (N)	Mom (N)	Fam (N)	S.W.A.T. The team races to find a militant group.		News 8 at 11pm (N)	Late Show-Colbert
KFMB2 8.2	Paternity	Paternity	Court	Court	The Dr. Oz Show (N)		Judge Judy	Judge Judy	News 8 at 7	Seinfeld	Supernatural (N)		Legacies (N)		News 8 at 10 (N)		Seinfeld	Broke Girl
KGTV 10	Hot Bench (N)	Hot Bench	10News: The Now San Diego (N)		10News at 5pm (N)		10News at 6pm (N)	ABC World News	10News at 7pm (N)	The List (N)	Grey's Anatomy "The Winner Takes It All" (N)		A Million Little Things "twelve seconds" (N)		How to Get Away With Murder "Be the Martyr"		10News at 11pm (N)	Jimmy Kimmel Live (N)
KPBS 15	Nature Cat (EI)	Wild Kratts (EI)	Wild Kratts (EI)	Odd Squad (EI)	KPBS Evening Edition	Nightly Business	BBC World News (N)	KPBS Evening Edition	PBS NewsHour (N)		Ken Kramer's S.D.	A Growing Passion	Historic Places	Crossing South	Midsomer Murders "Shot at Dawn" (Part 1 of 2)		Midsomer Murders	Portraits in Architecture
KNSD 39	The Ellen DeGeneres Show (N)		NBC 7 News at 4 (N)		NBC 7 News at 5	NBC Nightly News - Holt	NBC 7 News at 6 (N)		Wheel of Fortune (N)	Jeopardy! (N)	The Titan Games (N)		Brooklyn Nine-Nine	Will & Grace (N)	Law & Order: Special Victims Unit (N)		NBC 7 News at 11	Tonight Show
DISN	Coop	Coop	Stuck	Stuck	Raven	Raven	Raven	Sydney	Bunk'd	Coop	Raven	Raven	Bunk'd	Bizaardvark	Bunk'd	Bunk'd	Raven	Raven
ESPN	SportsCenter (N) (Live)		Women's College Basketball: Huskies at Cardinals				30 for 30 (N)		SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter W/Van Pelt		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	Around	Interruption	College Basketball Temple at Houston. (N) (Live)				College Basketball Arizona at Arizona State. (N)				College Basketball Gonzaga at BYU. (N) (Live)				Gymratts	UFC Event	Now/Nev.	30 for 30
TLC	My 600-Lb. Life		Say Yes	Say Yes	Say Yes	Say Yes	Say Yes to the Dress		Family by the Ton		Dr. Pimple Popper		Dr. Pimple Popper (N)		Untold Stories of the ER		Untold Stories of the ER	
USA	NCIS "Identity Crisis"		NCIS "Internal Affairs"		NCIS "In the Zone"		NCIS "Recoil"		NCIS "About Face"		★★★ **Iron Man 3** (2013, Action) Robert Downey Jr., Gwyneth Paltrow.						★★★ **Iron Man 3** (2013)	

FRIDAY EVENING — FEBRUARY 1, 2019

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	Dr. Phil (N)		Judge Judy (N)	Judge Judy (N)	News 8 at 5pm (N)		CBS Evening News	News 8 at 6:30pm (N)	Ent. Tonight	Inside Edition (N)	MacGyver A crime boss offers to surrender. (N)		Hawaii Five-0 Grover has an emotional reaction. (N)		Blue Bloods "Ripple Effect" (N)		News 8 at 11pm (N)	Late Show-Colbert
KFMB2 8.2	Paternity	Paternity	Court	Court	The Dr. Oz Show (N)		Judge Judy	Judge Judy	News 8 at 7	Seinfeld	Dynasty "Filthy Games"		Crazy Ex-Girlfriend (N)		News 8 at 10 (N)		Seinfeld	Broke Girl
KGTV 10	Hot Bench (N)	Hot Bench	10News: The Now San Diego (N)		10News at 5pm (N)		10News at 6pm (N)	ABC World News	10News at 7pm (N)	The List (N)	Fresh Off the Boat (N)	Speechless (N)	20/20 Daughter of serial killer Dennis Rader. (N)				10News at 11pm (N)	Jimmy Kimmel Live
KPBS 15	Nature Cat (EI)	Wild Kratts (EI)	Wild Kratts (EI)	Odd Squad (EI)	KPBS Evening Edition	Nightly Business	BBC World News (N)	KPBS Evening Edition	PBS NewsHour (N)		Washington Week (N)	KPBS Roundtable	Doc Martin "Faith" A surprise visit from Kenya. (N)		Agatha Raisin "The Wellspring of Death" (N)		Live at the Belly Up "KT Tunstall" (N)	
KNSD 39	The Ellen DeGeneres Show "Brie Larson" (N)		NBC 7 News at 4 (N)		NBC 7 News at 5	NBC Nightly News - Holt	NBC 7 News at 6 (N)		Wheel of Fortune (N)	Jeopardy! (N)	Blindspot "Careless Whisper" (N)		The Blacklist "Alter Ego" (N)		Dateline NBC (N)		NBC 7 News at 11	Tonight Show
DISN	Raven	Raven	Raven	Stuck	Stuck	Stuck	Bunk'd	Bunk'd	Bunk'd	Andi Mack	Andi Mack	Sydney	Coop	Bizaardvark	Sydney	Andi Mack	Andi Mack	Sydney
ESPN	SportsCenter (N) (Live)		NBA	NBA Basketball Boston Celtics at New York Knicks. (N) (Live)					NBA Basketball Houston Rockets at Denver Nuggets. (N) (Live)					SportsCenter (N) (Live)			SportsCenter (N) (Live)	
ESPN2	Around	Interruption	College Basketball Davidson at St. Bonaventure. (N)				College Football All-Star Challenge. (Taped)				SportsCenter (N) (Live)		SportsCenter (N) (Live)		30 for 30		Now/Nev.	UFC
TLC	My 600-Lb. Life		Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Untold Stories of the ER		Untold Stories of the ER		Untold Stories of the ER		Untold Stories of the ER		Untold Stories of the ER	
USA	**Harry Potter and the Sorcerer's Stone**		★★★ **Harry Potter and the Chamber of Secrets** (2002) Daniel Radcliffe, Rupert Grint.								★★★ **Fantastic Beasts and Where to Find Them** (2016)					**Harry Potter and the Sorcerer's Stone**		

SATURDAY EVENING — FEBRUARY 2, 2019

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	James Brown	Inside Edition	Judge Judy	Judge Judy	CBS News 8 at 5pm (N)		CBS Weekend News	CBS News 8 at 6:30pm	Entertainment Tonight (N)		Big Brother: Celebrity Edition (N)		NFL Honors (N Same-day Tape)				CBS News 8 at 11PM	NCIS: New Orleans
KFMB2 8.2	Live PD	Laughs	Laughs	Laughs	Street	Rules	King	Mike	Broke Girl	Broke Girl	American Ninja Warrior		American Ninja Warrior		Seinfeld	Chargers	Friends	Friends
KGTV 10	Winter X Games Aspen Anthology, Part 1.		Castle A surprise threatens the wedding.		NBA Countdown (N)		NBA Basketball Los Angeles Lakers at Golden State Warriors. From Oracle Arena in Oakland, Calif. (N) (Live)				10 News Spec	ABC World News	RightThis-Minute (N)	The List (N)	20/20		10News at 11pm (N)	Sports XTRA
KPBS 15	Pati's Mexican Table	Crossing South	Rick Steves Europe	KPBS Arts	NewsHour Wk	KPBS Roundtable	The Lawrence Welk Show "Salute to Sinatra"		Antiques Roadshow	Antiques Roadshow	Doc Martin "Faith" A surprise visit from Kenya.		★★★ **The Beatles: Eight Days a Week -- The Touring Years** (2016) Paul McCartney, Ringo Starr.				The Woman in White Walter is sent away.	
KNSD 39	Talk Stoop	Naturally, Danny Seo	Earth Odyssey	The Champion Within	NHL Hockey Chicago Blackhawks at Minnesota Wild. From the Xcel Energy Center in St. Paul, Minn. (N) (Live)						NBC 7 News Special Edition (N)		Wheel of Fortune	Jeopardy!	Dateline NBC		NBC 7 News at 11	Saturday Night Live
DISN	Bunk'd	Bunk'd	Bizaardvark	Coop	Raven	Raven	★★½ **High School Musical** (2006) Zac Efron.				★★ **High School Musical 2** (2007) Zac Efron.				Sydney	Coop	Bizaardvark	Andi Mack
ESPN	College Basketball Indiana at Michigan State. (N)				College Basketball Tennessee at Texas A&M. (N)				Boxing Oscar Valdez vs. Carmine Tommasone. (N)				SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	College Basketball Syracuse at Pittsburgh. (N) (Live)				College Basketball Alabama at Auburn. (N) (Live)				College Basketball Loyola-Chicago at Illinois State.				College Basketball Live		Madden-Cham.		NFL's Greatest Games	
TLC	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes to the Dress		Say Yes to the Dress		Say Yes to the Dress		Say Yes to the Dress "Don't Show the Goodies" (N)				Say Yes to the Dress		Say Yes to the Dress	
USA	★★★ **Harry Potter and the Goblet of Fire** (2005)				★★★ **Harry Potter and the Order of the Phoenix** (2007) Daniel Radcliffe.						★★★ **Fantastic Beasts and Where to Find Them** (2016) Eddie Redmayne.						Temptation Island	

SUNDAY EVENING — FEBRUARY 3, 2019

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	Supr Bowl Kick		Super Bowl LIII New England Patriots vs Los Angeles Rams. The New England Patriots battle the Los Angeles Rams in the 2019 Super Bowl in Atlanta. (N) (Live)						The World's Best (Series Premiere) (N)		News 8 Special	The Late Show With Stephen Colbert (N)		Sharp Healthcare	Healing	Postgame Show	CBS News 8 at 11PM	NCIS: New Orleans
KFMB2 8.2	Big Deal	Homeowner	Raw Travel	Raw Travel	Street	Rules	King	Mike	Broke Girl	Broke Girl	Supergirl "Call to Action"		Charmed		News 8	Seinfeld	American Ninja Warrior	
KGTV 10	House Flipping 101	House Flipping 101	Castle "Driven" Castle's car is engulfed in flames.		10News at 5pm	ABC World News	10News at 6pm	RightThis-Minute (N)	America's Funniest Home Videos		America's Funniest Home Videos		Shark Tank A pimple-popping simulator.		Shark Tank A cold brew coffee kit.		10News at 11pm (N)	Sports XTRA
KPBS 15	Nature Naledi the baby elephant.		Ken Kramer's S.D.	Historic Places	NewsHour Wk	Firing-Hoover	Agatha Raisin "The Wellspring of Death"		The Doctor Blake Mysteries		Victoria on Masterpiece Albert enjoys time away.		Victoria on Masterpiece "Foreign Bodies" (N)		The Queen Mother (N)		Shakespeare Uncovered	
KNSD 39	Paid Program	Graham Bensinger	Access Top entertainment stories of the week.		Talk Stoop	NBC Nightly News - Holt	NBC 7 News at 6	Paid Program	America's Got Talent "The Champions Three" Champions from around the world compete.		America's Got Talent "The Champions Four" Champions from around the world compete.						NBC 7 News at 11	NBC 7 Sportswrap
DISN	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd	**Zombies** (2018) Milo Manheim, Meg Donnelly.				Sydney	Sydney	Bizaardvark	Coop	Star Wars	Bunk'd	Bizaardvark	Coop
ESPN	UFC Event	UFC Event	UFC Unleashed (N)		Boxing Oscar Valdez vs. Carmine Tommasone.				SportCtr	NFL PrimeTime (N) (Live)	SportsCenter W/Van Pelt		SportsCenter (N) (Live)				NFL PrimeTime	
ESPN2	World/Poker		World/Poker		World/Poker		Street League Skateboarding (N)		SportsCenter (N) (Live)		30 for 30		UFC		E:60		SportsCenter	
TLC	Say Yes to the Dress		Say Yes to the Dress		Dr. Pimple Popper: The Poppy Bowl With insider facts and bonus scenes.						Dr. Pimple Popper: The Poppy Bowl With insider facts and bonus scenes. (N)						I Am Jazz "It's a Girl!"	
USA	**Harry Potter and the Deathly Hallows: Part 1** (2010)		★★★½ **Harry Potter and the Deathly Hallows: Part 2** (2011) Daniel Radcliffe.								★★★ **Fantastic Beasts and Where to Find Them** (2016) Eddie Redmayne.						Mod Fam	Mod Fam

MONDAY EVENING — FEBRUARY 4, 2019

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	Dr. Phil		Judge Judy	Judge Judy	News 8 at 5pm (N)		CBS Evening News	News 8 at 6:30pm (N)	Ent. Tonight	Inside Edition (N)	The Neighborhood (N)	Man With a Plan	Big Brother: Celebrity Edition (N)		Bull Bull has renewed feelings for his ex. (N)		News 8 at 11pm (N)	Late Show-Colbert
KFMB2 8.2	Paternity	Paternity	Court	Court	The Dr. Oz Show		Judge Judy	Judge Judy	News 8 at 7	Seinfeld	Arrow "Emerald Archer"		Black Lightning (N)		News 8 at 10 (N)		Seinfeld	Broke Girl
KGTV 10	Hot Bench	Hot Bench	10News: The Now San Diego (N)		10News at 5pm (N)		10News at 6pm (N)	ABC World News	10News at 7pm (N)	The List (N)	The Bachelor (N)				The Good Doctor "Faces" (N)		10News at 11pm (N)	Jimmy Kimmel Live
KPBS 15	Nature Cat (EI)	Wild Kratts (EI)	Wild Kratts (EI)	Odd Squad (EI)	KPBS Evening Edition	Nightly Business	BBC World News (N)	KPBS Evening Edition	PBS NewsHour (N)		Antiques Roadshow "Ca' d'Zan" (N) (Part 2 of 3)		Antiques Roadshow		George Washington Carver Uncommon		Independent Lens "Black Memorabilia" (N)	
KNSD 39	The Ellen DeGeneres Show (N)		NBC 7 News at 4 (N)		NBC 7 News at 5	NBC Nightly News - Holt	NBC 7 News at 6 (N)		Wheel of Fortune (N)	Jeopardy! (N)	America's Got Talent "The Champions Five" Champions from around the world compete. (N)				Manifest Cal has another ominous calling. (N)		NBC 7 News at 11	Tonight Show
DISN	Sydney	Sydney	Jessie	Jessie	Stuck	Stuck	Raven	Raven	Bunk'd	Coop	Andi Mack	Sydney	Coop	Bizaardvark	Bunk'd	Bunk'd	Raven	Raven
ESPN	SportsCenter (N) (Live)		College Basketball Louisville at Virginia Tech. (N)				College Basketball Teams TBA. (N) (Live)				SportsCenter (N) (Live)		SportsCenter W/Van Pelt		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	Around	Interruption	Women's College Basketball Baylor at Texas. (N)				College Basketball Teams TBA. (N) (Live)				Award	Madden-Cham.		UFC	UFC 234 Countdown		Now/Nev.	UFC Event
TLC	My 600-Lb. Life		Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	Say Yes	My 600-Lb. Life		My 600-Lb. Life Robin and Garrett visit Dr. Now.				My 600-Lb. Life Justin has eaten his life away.			
USA	NCIS "Murder 2.0"		NCIS "Caged"		NCIS "Broken Bird"		NCIS "Love & War"		NCIS "Deliverance"		WWE Monday Night RAW (N Same-day Tape)						Mod Fam	Mod Fam

TUESDAY EVENING — FEBRUARY 5, 2019

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	Dr. Phil		Judge Judy	Judge Judy	News 8 at 5pm (N)		CBS Evening News	News 8 at 6:30pm (N)	Ent. Tonight	Inside Edition (N)	NCIS "She" A 9-year-old girl is found hiding. (N)		FBI (N)		NCIS: New Orleans "X" (N)		News 8 at 11pm (N)	Late Show-Colbert
KFMB2 8.2	Paternity	Paternity	Court	Court	The Dr. Oz Show		Judge Judy	Judge Judy	News 8 at 7	Seinfeld	The Flash "Goldfaced"		Roswell, New Mexico (N)		News 8 at 10 (N)		Seinfeld	Broke Girl
KGTV 10	Hot Bench	Hot Bench	10News: The Now San Diego (N)		10News at 5pm (N)		10News at 6pm (N)	ABC World News	10News at 7pm (N)	The List (N)	American Housewife	The Kids Are Alright	blackish (N)	Splitting Up Together	The Rookie A large sum of money goes missing.		10News at 11pm (N)	Jimmy Kimmel Live
KPBS 15	Nature Cat (EI)	Wild Kratts (EI)	Wild Kratts (EI)	Odd Squad (EI)	KPBS Evening Edition	Nightly Business	BBC World News (N)	KPBS Evening Edition	PBS NewsHour (N)		Finding Your Roots With Henry Louis Gates, Jr.		American Experience The U.S. Navy's SEALAB.		Frontline Doctor is accused of abusing boys.		Power to Heal: Medicare and the Civil Rights	
KNSD 39	The Ellen DeGeneres Show (N)		NBC 7 News at 4 (N)		NBC 7 News at 5	NBC Nightly News - Holt	NBC 7 News at 6 (N)		Wheel of Fortune (N)	Jeopardy! (N)	Ellen's Game of Games (N)		This Is Us Kevin tries to help Nicky. (N)		New Amsterdam "The Blues" (N)		NBC 7 News at 11	Tonight Show
DISN	**Mulan**	Coop	Coop	Raven	Raven	Raven	Andi Mack	Andi Mack	Bunk'd	Coop	Raven	Raven	Bunk'd	Bizaardvark	Bunk'd	Bunk'd	Raven	Raven
ESPN	SportsCenter (N) (Live)		College Basketball Teams TBA. (N) (Live)				College Basketball Teams TBA. (N) (Live)				SportsCenter (N) (Live)		SportsCenter W/Van Pelt		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	Around	Interruption	College Basketball Teams TBA. (N) (Live)				College Basketball Teams TBA. (N) (Live)				College Basketball San Diego State at New Mexico.				Ariel Helwani's		Now/Nev.	UFC
TLC	My 600-Lb. Life		Say Yes to the Dress		Say Yes	Say Yes	Say Yes to the Dress		My Big Fat Fabulous Life		My Big Fat Fabulous Life		I Am Jazz (N)		Seeking Sister Wife		My Big Fat Fabulous Life	
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		WWE SmackDown! (N Same-day Tape)				Temptation Island (N)		Law & Order: SVU	

WEDNESDAY EVENING — FEBRUARY 6, 2019

	▼3 pm	▼3:30	▼4 pm	▼4:30	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
KFMB 8	Dr. Phil		Judge Judy	Judge Judy	News 8 at 5pm (N)		CBS Evening News	News 8 at 6:30pm (N)	Ent. Tonight	Inside Edition (N)	The World's Best (N)				Criminal Minds A series of fatal shootings.		News 8 at 11pm (N)	Late Show-Colbert
KFMB2 8.2	Paternity	Paternity	Court	Court	The Dr. Oz Show		Judge Judy	Judge Judy	News 8 at 7	Seinfeld	Riverdale (N)		All American (N)		News 8 at 10 (N)		Seinfeld	Broke Girl
KGTV 10	Hot Bench	Hot Bench	10News: The Now San Diego (N)		10News at 5pm (N)		10News at 6pm (N)	ABC World News	10News at 7pm (N)	The List (N)	The Goldbergs	Schooled	Modern Family	Single Parents	Match Game Kenan Thompson; Debi Mazar.		10News at 11pm (N)	Jimmy Kimmel Live
KPBS 15	Nature Cat (EI)	Wild Kratts "Skunked!"	Wild Kratts (EI)	Odd Squad (EI)	KPBS Evening Edition	Nightly Business	BBC World News (N)	KPBS Evening Edition	PBS NewsHour (N)		Punda the Zebra (N)		NOVA The Egyptian pyramids. (N)		The Dictator's Playbook "Francisco Franco" (N)		Nazi Mega Weapons "The Eagle's Nest"	
KNSD 39	The Ellen DeGeneres Show (N)		NBC 7 News at 4 (N)		NBC 7 News at 5	NBC Nightly News - Holt	NBC 7 News at 6 (N)		Wheel of Fortune (N)	Jeopardy! (N)	Chicago Med "Ghosts in the Attic" (N)		Chicago Fire "The Plunge" (N)		Chicago P.D. Atwater's allegiances are tested. (N)		NBC 7 News at 11	Tonight Show
DISN	Stuck	Stuck	Stuck	Coop	Coop	Jessie	Jessie	Jessie	Bunk'd	Coop	Raven	Raven	Bunk'd	Bizaardvark	Bunk'd	Bunk'd	Raven	Raven
ESPN	SportsCenter (N) (Live)		NBA Countdown (N)		NBA Basketball Washington Wizards at Milwaukee Bucks. (N)					NBA Basketball San Antonio Spurs at Golden State Warriors. (N)					SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	Around	Interruption	College Basketball Teams TBA. (N) (Live)				College Basketball Teams TBA. (N) (Live)				SportsCenter (N) (Live)		SportsCenter (N) (Live)		NFL Live		Now/Nev.	Interruption
TLC	My 600-Lb. Life		Say Yes to the Dress		Say Yes	Say Yes	My 600-Lb. Life "Holly's Story"				My 600-Lb. Life (N)				Family by the Ton (N)		My 600-Lb. Life	
USA	Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Suits (N)		Mod Fam	Mod Fam

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ROOMMATES/ROOM FOR RENT

CARMEL MTN-Huge master, sunken tub, deep walk-in. New paint, pool, no smk. Close15. Quiet. $1300 cable/util incld. 858-449-3553. 2/21

CHULA VISTA–Share bath, pvt sink/storage area in fam home. Female pref. Kitch use. Golf, tennis, pool. No smk/drugs. $659/mo. 619-992-5215. 2/21

CITY HEIGHTS-Own room in apt, share bath, W/D. Near transit. Quiet and Mature. $750 utilities included $300 Dep. 858-518-1444. 1/24

CORONADO - $1450. LG BR w/ many amenities. Small deposit, dog ok. Nr bch No.Island. Female pref. Free wifi. 714-271-0963. 2/7

OTAY RANCH - $900. Nicely furn, clean, util included. Free wi-fi, cable, pool/ gym for quiet Female. Nice yard/ garage. 619-244-3703. 1/31

County library offers half-price museum passes for February

by Tracy DeFore, County of San Diego Communications Office

Bring some arts and culture to your life for half the price – County library branches are giving out discount museum passes during the month of February. As part of San Diego Museum Month, more than 40 local museums will honor the discount passes and give visitors 50 percent off the regular price of admission.

Whether you love art, music, gardens, cars, trains or even surfing, there is a museum or attraction for you. You can visit a wide variety of local museums, including the Birch Aquarium at Scripps, the California Center for the Arts Escondido museum, the Living Coast Discovery Center in Chula Vista and the USS Midway Museum, to name a few.

A number of museums in Balboa Park are also taking part in the half-price special such as the San Diego Natural History Museum, the San Diego Air & Space Museum, the San Diego Automotive Museum and the Veterans Museum. Do you have little kids? Check out the New Children's Museum in downtown San Diego. And that is just a sampling of the many attractions.

The discount pass is good for up to four people and the same pass can be used to visit each of the participating museums at least once. The passes will be available on Feb. 1 and are valid the whole month of February. Some museums may have fees for special exhibits or programs. You can pick up Museum Month passes at other local libraries, as well as the County's.

The County Library also offers free museum passes for checkout all year round. These are limited and due to popularity, may require customers to sign up on a wait list. For more information about the County Library, visit www.sdcl.org.

7								
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MOVIES at the Bases

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

Thursday, January 31
5:50pm Mary Poppins Returns
8:20pm The Mule
Friday, February 1
5:50pm The Upside
8:10pm Escape Room
Saturday, February 2
1pm Bumblebee
3:10pm The Upside
5:30pm Escape Room
Sunday, February 3
1pm Spider-Man: Into The Spider-Verse
3:10pm Bumblebee
5:20pm Aquaman
Monday, February 4
5:50pm The Upside
8:10pm Escape Room
Tuesday, February 5
5:50pm Spider-Man: Into The Spider-Verse
8pm Holmes & Watson
Wednesday, February 6
5:50pm The Upside
8:10pm Escape Room
Thursday, February 7
5:50pm Bumblebee
8pm Mortal Engines

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

Thursday, January 31
11am The Boss Baby
5pm The Nun
Friday, February 1
5pm Hunter Killer
Saturday, February 2
2pm The House With A Clock In Its Walls
5pm Can You Ever Forgive Me
Sunday, February 3
5pm Night School
Monday, February 4
5pm The Hate U Give
Tuesday, February 5
11am Smurfs: The Lost Village
5pm A Simple Favor
Wednesday, February 6
5pm Mid90s
Thursday, February 7
11am Captain Underpants: The First Epic Movie
5pm Nobody's Fool

Bob Hope Theater 577-4143

Miramar Blding 2242
* indicates last showing

Thursday, January 31
6:30pm The Mule*
Friday, February 1
6:30pm Escape Room
9pm The Upside
Saturday, February 2
3pm Mary Poppins Returns
6:30pm Aquaman 2D
9pm Bumblebee 2D
Sunday, February 3
1pm Holmes & Watson
6:30pm Aquaman 2D*
Wednesday, February 6
6:30 PM Spider-Man: Into the Spider-Verse 2D *
Thursday, February 7
6:30 PM Mortal Engines 2D *

Community Rec Center – NBPL, Main Base, 619-553-9138, Bldg. 546

Thursday, January 31
5pm Paul Blart: Mall Cop 2
Friday, February 1
5pm Overlord
Saturday, February 2
5pm Creed II
Sunday, February 3
5pm Widows
Thursday, February 7
5pm Dr. Seuss: The Grinch

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

Thursday, January 31
5:50pm Holmes & Watson
7:40pm Mortal Engines
Friday, February 1
5:50pm Escape Room
8pm The Upside
Saturday, February 2
1:30pm Spider-Man: Into The Spider-Verse
4pm Mary Poppins Returns
6:50pm Escape Room
Sunday, February 3
1:30pm Spider-Man: Into The Spider-Verse
4pm Mary Poppins Returns
6:50pm The Upside
Monday, February 4
5:50pm Escape Room
7:50pm The Upside
Tuesday, February 5
5:50pm Bumblebee
8:10pm Escape Room
Wednesday, February 6
5:40pm Holmes & Watson
7:40pm Aquaman
Thursday, February 7
5:40pm Bumblebee
8pm The Upside

Pendleton Movie Theatre

Building 1330 Vandegrift Blvd
(760) 725-9217
Active Duty adults $7/3D-$9
Kids (6-12) $3/3D-$4
$5/under free/3D $1 for glasses
Half price Thursdays admission and $1 regular popcorn!

Movies/times subject to change
Thursday, January 31
1/2 price admission
6:30pm Aquaman
Friday, February 1
6pm Bumblebee
9pm Holmes & Watson
Saturday, February 2
1pm Bumblebee
4pm Holmes & Watson
6:30pm Mary Poppins Returns
Sunday, February 3
1pm Spider-Man Spider-Verse
4pm Holmes & Watson
6:30pm Bumblebee

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

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Around Town

SD Tet Festival. Fri-Sun, Feb 1-3. Fri 5-10pm; Sat 11am-10pm; Sun 11am-8pm. Learn more about Vietnamese community, Asian food, cultural art installations, live entertainment, carnival rides. SDCCU Stadium, 9449 Friars Rd, Mission Valley. lunarnewyearfestival.org

February is San Diego Museum Month: 50% off at participating museums. Discount passes available at San Diego County and Public Libraries. www.sandiegomuseumcouncil.org

San Diego Black Film Festival returns with a program spotlighting African-American cinema, with a program of over 100 films ranging from comedy to documentary and horror Thur, Jan 31-Sun, Feb 3.

Foreign Film Friday: The Grocer's Son at Carlsbad City Library, Fri, Feb 1, 4&7pm. Free admission. www.carlsbadca.gov

First Friday Night Market on El Cajon Blvd. Fri, Feb 1. Takes place at Anthem Vegan, with a selection of vegan food, beer, goods and a DJ.

SD Gulls vs. Ontario Reign at Pechanga Arena San Diego, Fri, Feb 1, 7pm. www.sandiegogulls.com

Manzanar: The Wartime Photographs of Ansel Adams & Wendy Maruyama – Executive Order 9066 at California Center for the Arts, Escondido Museum. Feb 1-March 10. www.artcenter.org

Groundhog Day Sat, Feb 2.

Monster Energy AMA Supercross. Sat, Feb. 2, 6:30-10pm. $20 & up. Competitive, high-profile off-road motorcycle racing championship. Aerial excitement, high-speed chase, 17 heart-stopping races. PETCO Park, 100 Park Blvd, downtown SD.

Kid's Night Out at Poway Community Park, Sat, Feb 2, 4:30-9pm. www.poway.org

Youth Fishing Derby Seminar & Campout at Lake Poway, Sat, Feb 2, 5pm. www.poway.org

Senior Health & Wellness Expo at Encinitas Senior Community Park, Sat, Feb 2, 10am-2pm. www.encinitaschamber.com

San Diego Humane Society presents Pet Therapy at San Diego Museum of Man, Sat, Feb 2, 1-2pm. www.museumofman.org

Mitchell Thorp Foundation Warrior Spirit 5K Run/Walk at Poinsettia Park, Sat, Feb 2, 8:30am-12:30pm. www.mitchellthorp.org

SD Gulls vs. Iowa Wild at Pechanga Arena San Diego, Sat, Feb 2, 7pm. www.sandiegogulls.com

Lunar New Year at SeaWorld San Diego. Sat, Feb 2-Fri, Feb 18. www.seaworldsandiego.com

A Walk in the Park, Sat-Sun-Wed, Feb 2-3, 6 & Feb 16-17, 20. 9:30-11am. Free. Join one of the Trail Guides at Mission Trails Regional Park for a walk and wander the trail near Visitor Center. Meet inside Visitor Center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos

Wildlife Tracking Walk, Saturdays, Feb 2, March 2, April 6, May 4, June 1, 8:30-10:30am. Free. Join MTRP Tracking Team members for an adventure in wildlife tracking. Easy walks are suitable for whole family. Meet in front of Visitor Center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos.

San Diego Humane Society presents Paint Your Pet at San Diego Museum of Man, Sun, Feb 3, 1:30-3:30pm. museumofman.org

Super Bowl LIII at Mercedes-Benz Stadium in Atlanta, Ga. Sun, Feb 3. www.atlsuperbowl53.com

Cardiff Kook Run 5K & 10K on Hwy 101 in Cardiff-by-the-Sea. Course starts under "Encinitas" sign on historic HWY 101. Scenic loop passes by famous "Cardiff Kook" statue (The Magic Carpet Ride), rises above some of the most popular surf breaks in the world and heads down to Cardiff State Beach. Sun, Feb 3, 8am. cardiffkookrun.com

23rd annual Youth Fishing Derby at Lake Poway, Sun, Feb 3, 6am-noon. www.poway.org

Family Fun Day: Birds, Beaks & Feet at San Elijo Lagoon Nature Center, Sun, Feb 3, 11:30am-1:30pm. www.sanelijo.org

Bird watching at San Diego Botanic Garden, Mon, Feb 4, 8am. www.sdbgarden.org

First Wednesday: An Evening of Rodgers & Hammerstein at California Center for the Arts, Escondido, Wed, Feb 6, 6pm. artcenter.org

San Diego Gulls vs. Ontario Reign at Pechanga Arena San Diego, Wed, Feb 6, 7pm. www.sandiegogulls.com

Laguna Beach Music Festival at various venues in Laguna Beach. Wed-Sun, Feb 6-10. www.philharmonicsociety.org/lbmf

San Diego International Jewish Film Festival at various locations in San Diego County. Thur-Sun, Feb 7-17. www.sdcjc.org/sdjff

Circus Vargas: The Greatest of Ease at Westfield Mission Valley. Thur-Mon, Feb 7-18. www.circusvargas.com

Concerts

Confirm concerts before attending. NOTE: Some venues age 21+ only.

February

Travis Scott. Mon, Feb 4, 7:30pm. Hip-hop/rap. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

KISS. Thur, Feb 7, 7:30pm. Rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr. (619) 594-6947.

Pebo Bryson and Sister Sledge. Sat, Feb 9, 7:30pm. Funk/pop. Pala Casino, 35008 Pala Temecula Rd., Pala. (877) 946-7252.

2Cellos. Sun, Feb 10, 7:30pm. Classical/pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Air Supply. Fri, Feb 15, 8pm. Pop. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Panic! At the Disco. Sat, Feb 16, 8pm. Pop/rock. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Murphy's Celtic Legacy. Sun, Feb 17, 7pm. World. Poway Center for the Performing Arts, 15498 Espola Rd. (858) 748-0505.

Bob Seger & the Silver Bullet Band. Thur, Feb 21, 7:30pm. Rock. Viejas Arena at SDSU, 5500 Canyon Crest Dr. (619) 594-6947.

Justin Timberlake, Thur, Feb 21, 7:30pm. Pop. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd. (619) 224-4171.

Penn & Teller. Fri, Feb 22, 8pm. Comedy. Harrah's Resort SoCal, 777 Harrah's Rincón Way, Valley Center. (760) 751-3100.

Red Dragon Cartel and Taz Taylor. Tues, Feb 26, 8pm. Rock. Brick by Brick, 1130 Buenos Ave, San Diego. (619) 276-3990.

Gina Chavez. Thur, Feb 28, 7pm. Latin/pop. California Center for the Arts, Escondido, 340 N. Escondido Blvd. (760) 839-4438.

March

Sarah Brightman. Fri, March 1, 7:30pm. Pop. Viejas Arena at SDSU, 5500 Canyon Crest Dr. (619) 594-6947.

The Clairvoyants. Fri, March 1, 7pm. Folk. California Center for the Arts, Escondido, 340 N. Escondido Blvd. (760) 839-4438.

Metric and Zoe, Tues, March 5, 7:30pm. Pop/rock. Open Air Theatre at SDSU, 5500 Campanile Dr. (619) 594-6947.

Muse. Tues, March 5, 7:30pm. Rock. Pechanga Arena (SD Sports Arena), 3500 Sports Arena Blvd, San Diego. (619) 224-4171.

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*1 at this payment, STK# 20539 VIN# K9262694 Model # KRA 01. $259 plus tax monthly for 36 months with $0 Due at Signing. $0.15 per mile over 10,000 miles per year. $85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 2/4/19.

*1 at this payment, STK# 19974 VIN# K3415769, Model # KCC 12. $399 plus tax monthly for 36 months with $0 Due at Signing. $0.15 per mile over 10,000 miles per year. $85 Dealer Document Preparation Charges, any Electronic Filing Fee. Security Deposit Not Required. On Approved Above Average Credit through JP Morgan Chase. Offer Expires 2/4/19.

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