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See page 10

## AutoMatters & More

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See page 17

## Around Town & Concerts

For the most recent weekend activities, and our latest concert listings.

See pages 22 & 23

Navy Marine Corps Coast Guard Army Air Force

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FIFTY SIXTH YEAR NO. 38  
THURSDAY, MARCH 2, 2017

## MARCH MONTHLY OBSERVANCES

Adopt A Rescued Guinea Pig  
Alport Syndrome Awareness  
American Red Cross/Red Cross  
Bell Peppers & Broccoli  
Brain Injury Awareness  
Child Life  
Colic Awareness  
Credit Education  
Deep Vein Thrombosis (DVT)  
Deaf History (3/13 to 4/15)  
Employee Spirit  
Endometriosis  
Expanding Girls' Horizons in Science & Engineering  
Hemophilia  
Honor Society Awareness  
Hoops Madness  
Humorists Are Artists  
Int'l Expect Success  
Int'l Ideas  
Int'l Listening Awareness  
InterNat'l Mirth  
Irish-American Heritage  
Kidney  
Mad for Plaid  
Malignant Hypertension Training  
Music In Our Schools  
Nat'l Athletic Training  
Nat'l Caffeine Awareness  
Nat'l Cerebral Palsy Awareness  
Nat'l Cheerleading Safety  
Nat'l Chronic Fatigue Awareness  
Nat'l Clean Up Your IRS Act  
Nat'l Collision Awareness  
Nat'l Color Therapy  
Nat'l Colorectal Cancer Awareness  
Nat'l Craft  
Nat'l Ethics Awareness  
Nat'l Essential Tremor Awareness  
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Nat'l Kidney  
Nat'l March Into Literacy  
Nat'l Noodle  
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Nat'l On-Hold  
Nat'l Peanut  
Nat'l Social Work  
Nat'l Umbrella  
Nat'l Women's History  
Optimism  
Paws To Read  
Poetry  
Poison Prevention Awareness  
Quinoa  
Save The Vaquita  
Save Your Vision  
Sing With Your Child  
Small Press  
Spiritual Wellness  
Supply Management

## Reminder -



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## The Taste of Third returns - March 9

Who's hungry? The Taste of Third returns on Thursday, March 9. Take your taste buds on a culinary tour of the Village with your Taste of Third ticket acting as your passport. Ticket holders will receive petite portions from an eclectic array of Village eateries. Brand new breweries, cocktail lounges and tap rooms will also join the party, offering exclusive drink specials for participants 21 and up. Enjoy acoustic music as you stroll the Village on your culinary walking tour of Chula Vista's Original Neighborhood. see the full story on page 14.



FILE PHOTO - (Left to right) USS Makin Island (LHD 8) Executive Officer Mark Melson, Command Master Chief (Retired) Kathleen Hansen, Airman Zakiya Calloway, Master Chief Avionics Maintenance Technician Joy McGill, and Command Master Chief Larry Lynch cut a cake during the Women's History Month Observance March 22, 2016, in the ship's hangar bay. Navy photo by MCSN Eric Zeak

## Navy celebrates 2017 Women's History Month

WASHINGTON - The Navy joins the nation in celebrating Women's History Month throughout March.

ALNAV 006/17 encourages participation in all the heritage celebrations and special observances throughout the year. This year, Navy commands are encouraged to celebrate and reflect on the theme "Honoring Trailblazing Women in Labor and Business."

Women have served in the Navy as nurses dating back to the 1800s, most notably during the Civil War when the Sisters of the Holy Cross served aboard USS Red Rover, the Navy's first hospital ship. In 1948, women gained permanent status in the Navy with the passage of the Women's Armed Services Integration Act.

"One hundred years ago this month, in March of 1917, YNC Loretta Perfectus Walsh became the first female chief petty officer in the Navy, setting the course for trailblazing women serving as leaders in the U.S. Navy," said Vice Adm. Jan Tighe, Deputy Chief of Naval Operations for Information Warfare, Director of Naval Intelligence. "The list of those trailblazers is long, and includes one of my inspirations, Rear Adm. Grace Murray Hopper."

The One Navy Team is made up of female Sailors and civilians. Women serve in every rank from seamen to admiral, and hold nearly every job from naval aviator to deep-sea diver. Nineteen percent of the Navy's enlisted force are women, including eight percent of all senior and master chiefs. Eighteen percent of the officer force and 11 percent of all admirals are comprised of women.

In the Navy's civilian workforce, 27 percent are women and 26 percent are Senior Executive Service members.

## San Diego dubbed a 'Coast Guard City'

SAN DIEGO - With San Diego political leaders on hand Feb. 23, Coast Guard Commandant Adm. Paul Zukunft honored San Diego by designating America's Finest City as a "Coast Guard City," making it the nation's 21st such city.

The honor came during a pomp-filled event at the San Diego Convention Center that drew dignitaries from all the region's military and police forces, plus high-ranking Mexican officials.

The award recognizes San Diego's commitment to erecting monuments to the maritime service, organizing civic celebrations and helping to boost the morale, welfare and recreational opportunities for Coast Guard personnel in the region.

The designation - bestowed by the commandant with approval from Congress - lasts for five years and then will be re-evaluated.

# 'Encouraging initial successes' for Western Mosul, DoD official says

by Lisa Ferdinando

WASHINGTON - Iraqi forces, backed by coalition strikes, are making gains in efforts to liberate western Mosul from Islamic State of Iraq and Syria terrorists, DoD spokesman Capt. Jeff Davis told reporters at the Pentagon Feb. 24.

"The [Iraqis] have captured villages to the west of Mosul and they have penetrated the formal city limits from the south," he said, adding, "We've seen some encouraging initial successes."

About 75 percent of the Ghazlani military base southwest of Mosul has been secured, he said. In addition, Iraqi forces have a "strong foothold" on liberating the Mosul airport, Davis said. The Iraqis have cleared terrain to the south and west of Mosul, he said, gaining 24 square miles within the last day, for a total of 100 square miles since the offensive began five days ago.

The captain pointed out the total territory gained since Oct. 17, when the battle for Mosul began, is about 1,500 square miles. That figure includes recently cleared eastern Mosul, he said.

Resistance around western Mosul is "moderate," Davis

said, with the terrorists using improvised explosive devices and indirect fire to "harass and slow down" Iraqi forces. The terrorists have pulled back into west Mosul, he said, noting that the coalition expects a "very challenging fight," since ISIS is entrenched in the area.

"That's dense urban terrain, more dense than what we saw in east Mosul in a place where they are well-dug in," the captain said.

Iraqi forces continue defensive holding operations in eastern Mosul, he said, and the coalition continues to hit ISIS targets around Mosul. In the past 24 hours, Davis said, coalition forces conducted six strikes in a total of 80 engagements. Targets included ISIS tactical units, mortar systems, rocket launchers, anti-air artillery systems, fighting positions, vehicles and weapons caches, he said.

Coalition efforts are ongoing to support efforts to isolate the Syrian city of Raqqa, and operations for the city of Bab, Davis said.

Bab "does appear to be largely liberated," he said, explaining the Turkish military and vetted

Syrian opposition forces are conducting operations in the vicinity of the city.

Last Thursday, the 112th day of operations to isolate Raqqa, Syrian Arab coalition forces conducted offensive operations northeast of that key city, Davis said.

Those efforts resulted in the clearing of large swaths of terrain along two axes and the taking of 67 square miles, he said, along with the liberation of several villages.

The Pentagon met Monday's deadline for the 30-day review that President Donald Trump ordered about the plan to fight ISIS, Davis said.

As the chairman of the Joint Chiefs of Staff, Gen. Joe Dunford, highlighted Feb. 23, the review is a "whole of government plan that deals holistically with ISIS," he said.

Davis described the plan as a "framework for a broader plan." However, he said, details of the strategy will remain private, explaining it is a "plan to attack an enemy and I don't think we're going to want to telegraph too much of it."



Iraqi soldiers practice weapon safety during urban environment training at Camp Taji, Iraq Feb. 207. The soldiers were part of the junior leader course led by coalition forces in support of Combined Joint Task Force Operation Inherent Resolve. Army photo by Spc. Christopher Brecht

## Trump vows to 'extinguish' ISIS, rebuild U.S. military

by Jim Garamone

WASHINGTON - President Donald Trump told a joint session of Congress Feb. 28 that the United States will work with a coalition to "extinguish" the Islamic State of Iraq and Syria from the planet.

Trump also told Congress he will forward a fiscal 2018 budget request that will increase defense spending by \$54 billion and eliminate sequestration.

Carryn Owens, the widow of fallen Navy SEAL Senior Chief Petty Officer William "Ryan" Owens, received a standing ovation from Con-

gress. Carryn sat in the gallery with First Lady Melania Trump.

"Ryan died as he lived: a warrior, and a hero - battling against terrorism and securing our nation," Trump said during his address. The nation will never forget Owens' sacrifice for the United States as he fought terrorists in Yemen, the president said.

To read the story in its entirety, go to <https://www.defense.gov/News/Article/Article/1098444/trump-vows-to-extinguish-isis-rebuild-us-military>.

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## NAVADMIN soliciting Sailors for RDC duty

GREAT LAKES - The Navy is recruiting Sailors to become recruit division commanders (RDCs) at Recruit Training Command, the Navy's only boot camp, and Officer Training Command, as announced in the NAVADMIN 042/17 message, released Feb. 23.

Chief of Naval Personnel, Vice Adm. R. P. Burke, in the message calls on Navy leadership to canvass their top-quality enlisted personnel and encourage them to consider RDC as their next shore duty choice. The job of an RDC is not easy shore duty. The hours are long, the work is physically challenging, and strong character and personal integrity are required throughout the RDCs' work day. However, the personal reward of training and preparing Sailors for the fleet is unmatched.

Burke added in the NAVADMIN message, "a strong and resilient Navy is built on the leadership put in place to develop our force. The Navy's accessions training at Officer Training Command Newport and Recruit Training Command (RTC) are our starting points for turning civilians into Sailors by



**Chief Boatswain's Mate Ludwik Dyrkacz, a recruit division commander, ensures the proper fit of Seaman Recruit Madeleine Bohnert's white enlisted hat, or "Dixie cup," during uniform issue at Recruit Training Command. Bohnert was among the first female recruits to be issued the Dixie cup as part of the Navy's efforts for uniformity in service members' uniforms. Navy photo by Sue Krawczyk**

instilling the Navy's Core Values. The leaders that provide this initial training are the Recruit Division Commanders."

Training to be an RDC begins at RDC "C" school. Candidates must have passed the most recent physical fitness assessment, including the run. No optional

cardiorespiratory event may be substituted. RDCs at OTC are E-7 and above, and RDCs at RTC are E-5 and above.

Serving as an RDC results not only in growth as a leader, increased career advancement opportunities, and a feeling of self-fulfillment, but it also includes the following benefits:

- \* \$450 per month Special Duty Assignment Pay.
- \* Additional annual clothing allowance of \$220.

\* Opportunity to earn a Master Training Specialist Qualification.

\* In line with the American Council on Education evaluation, RDCs may earn up to 15 college credits (both upper and lower credits) towards a bachelor's degree, and choice of follow-on coast assignment.

The RDC duty at OTC and RTC each has its own unique challenges. However, with the significant numbers of RDCs needed at RTC, PERS-4 has instituted an additional sea duty credit incentive for RDCs reporting to RTC on/after Oct. 1, 2016, and who complete a 36-month RDC tour.

According to NAVADMIN 042/17, interested Sailors must submit an Enlisted Personnel Action Request (NAVPERS 1306/7) requesting duty as an RDC to the appropriate rating detailer. Reference (a) contains all screening requirements and instructions for waiver submissions. All commanding officers with interested Sailors must ensure packages for prospective RDC candidates are screened thoroughly.

Additional information can be found on the NPC website at <http://www.public.navy.mil/bupers-npc/enlisted/detailing/shorespecialprograms/pages/default2.aspx>.

## Air Force to retire MQ-1 Predator drone, transition to MQ-9 Reaper

by Senior Airman Christian Clausen

CREECH AIR FORCE BASE, Nev. - While the MQ-1 has provided many years of service, the Air Force plans to retire the MQ-1 early next year to keep up with the continuously evolving battlespace environment.

The MQ-9 is better equipped than the MQ-1 due to its increased speed, high-definition sensors and the ability to carry more munitions. These combat attributes allow the MQ-9 to complete a wider array of mission sets, which can help the Air Force stay prepared in the fight.

"When you ask about readiness, you have to ask ready for what?" said Col. Joseph, the 432nd Operations Group commander. "If we talk about the things we could be ready for and what we should be asking our attack squadrons to do, then transitioning to an all MQ-9 force is imperative for readiness."

Current areas of responsibility call upon combat remotely piloted aircraft for more precise close air support engagements from the attack squadrons, a considerable change from the days when unmanned aircraft were used solely for intelligence gathering and real-time reconnaissance.

"The reason that the MQ-9 has turned into a [close air support] platform, and this is the key point, is the fusion of two things," Joseph said. "The first thing is the technology. We took an airplane and outfitted it with more raw power and capability, but then we did the other half and mated that technology with a professional aircrew."

He also explained a third item, which is the trust developed with combatant commanders and troops on the ground. This confidence, combined with an ever-changing battlefield, spawned increased demand and desire for more combat unmanned aircraft support.

To access the full story, go to [www.afdispatch.com](http://www.afdispatch.com) and find the story under the National News bar.

## Dunford discusses strategy, threats at Brookings event

Countering the threats posed by Russia, China, Iran and North Korea - and countering violent extremism - is still the correct way to benchmark what the Defense Department must do to prepare the joint force, the chairman of the Joint Chiefs of Staff said at the Brookings Institution Feb. 23.

Gen. Joe Dunford spoke generally about strategy and specifically about Russia and Syria during a session with Brookings Fellow Michael O'Hanlon.

"If you look at the capabilities presented by those four-plus-one threats ... it gives you the full spectrum of the challenges we may face," the chairman said.

Dunford hastened to add that he does not anticipate fighting any of these nation states, but they present the capabilities that the U.S. military would have to overcome should deterrence fail.

Russia is an existential threat to the U.S., he said. The nation is modernizing its nuclear enterprise, cyber capabilities, land, sea and air forces and space capabilities. And Russia has a strategy that uses information, cyber, diplomacy and military capabilities short of war to accomplish strategic goals, Dunford noted. - To read the story in its entirety, go to <https://www.defense.gov/News>.

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# 12th Pacific Partnership mission to enhance cooperation, strengthen Indo-Asia-Pacific ties

SINGAPORE - The U.S. Navy will join allied and partner nation forces for the 12th Pacific Partnership mission, scheduled to begin March 1.

This annual maritime operation will help improve disaster response preparedness and capacity, while enhancing partnerships with participating nations throughout the Indo-Asia-Pacific region.

Pacific Partnership is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Asia-Pacific region. This year's mission will be led by the deputy commander and staff from Coastal Riverine Group 1, embarked aboard expeditionary fast transport USNS *Fall River* (T-EPF 4), and will include more than 200 supporting military and civilian personnel from the U.S., United Kingdom, Australia, Japan, and South Korea.

Sri Lanka, Malaysia, and Vietnam are scheduled to host this year's Pacific Partnership mission. Medical, dental, civil-en-

gineering, and veterinary teams will partner with host nations to conduct civic-action projects, community health exchanges, medical symposiums, and humanitarian and disaster relief (HA/DR) drills. The planned engagements and exchanges during Pacific Partnership 17 are intended to improve capacity, enhance regional partnerships, and increase multilateral cooperation for HA/DR preparedness.

"Pacific Partnership is helping improve disaster response readiness for more than a decade in dozens of nations," said Rear Adm. Don Gabrielson, commander, Task Force 73, and executive agent for Pacific Partnership 17. "Disasters threaten us all - they ignore borders, and they disregard national sovereignty.

The Indo-Asia-Pacific region averages two large disasters each year, and Pacific Partnership has been a key enabler behind many countries being more prepared today. When the distress call comes, the life-savers know who to call and what to

do next because Pacific Partnership helps prepare us to manage the unthinkable."

Pacific Partnership began in response to one of the world's most catastrophic natural disasters, the December 2004 tsunami which devastated parts of southeast Asia. The mission has evolved over the years from emphasis on direct care to an operation focused on enhancing partnerships through host nation subject matter expert and civil-military exchanges.

Pacific Partnership 17 will have several other distinctions:

- \* Pacific Partnership will conduct mission stops in Vietnam for the fourth consecutive year. The visit by *Fall River* to Vietnam is in conjunction with the 22nd anniversary of the normalization of diplomatic relations between the United States and Vietnam. Along with events such as the Naval Engagement Activity (NEA) maritime collaboration, Pacific Partnership underscores the deepening relationship between the United States and Vietnam.



**Joint high speed vessel USNS *Fall River* (JHSV 4) completes acceptance trials testing and evaluations in the Gulf of Mexico. The ship's trials included dockside testing to clear the ship for sea and at-sea trials during which the Navy's Board of Inspection and Survey (INSURV) evaluated and demonstrated the performance of *Fall River* major systems. Navy photo**

\* Pacific Partnership will engage in Sri Lanka for the first time in the 12-year history of the mission. This marks the mission's initial outreach to south Asia.

\* This year's mission will return to Malaysia, where the U.S. continues to strengthen ties and cooperation.

\* Pacific Partnership will continue to capitalize on the Women, Peace and Security program - an international initiative designed to not only empower women, but also demonstrate the value of their inclusion in the planning and implementation of disaster preparedness and relief efforts for their respective countries.

"We've conducted extensive planning with our host nations and our mission partners over the last six months," said Capt. Stanfield Chien, deputy commander of Coastal Riverine Group 1 and Pacific Partnership mission commander. "I'm very pleased with how we've come together as a team and are ready to execute this year's Pacific Partnership mission."

Additional information on the mission is available at <http://www.cpf.navy.mil> and Pacific Partnership Facebook and twitter pages.

## Special and General Courts-Martial for January 2017

WASHINGTON - The following reports the results of Special and General Courts-Martial tried and completed within the Navy in January 2017. The cases are listed by the Navy Region in which they were tried (*NRSW/local cases are listed on page 13*).

### Navy Region Mid-Atlantic

At a General Court-Martial in Norfolk, Lt. Jacob A. Patrick was tried for sexual assault. On Jan. 19, the panel of members returned a verdict of guilty for two specifications of sexual assault and sentenced him to a reprimand, to be discharged with a Dismissal, and to confinement for 12 months.

At a Special Court-Martial in Norfolk, Lt. Cmdr Christopher B. Pickford pled guilty pursuant to a pretrial agreement to four specifications of wrongful appropriation. On Jan. 20, the military judge sentenced him to a reprimand and to forfeit \$1,000 per month for 4 months. As part of the pretrial agreement, the member agreed to submit his resignation and pay restitution. The pretrial agreement had no effect on his sentence.

### Navy Region Southeast

At a General Court-Martial in Mayport, CTT2 James R. Banaskiewicz pled guilty pursuant to a pretrial agreement to one specification each of aggravated sexual contact and indecent exposure. On Jan. 17, the military judge sentenced him to be discharged with a Dishonorable Discharge, reduction in rank to paygrade E-1, and confinement for 7 years. Pursuant to the pretrial agreement, all confinement greater than 5 years is to be suspended. The suspended confinement may be served if the Service Member violates the terms of the pretrial agreement.

At a Special Court-Martial in Mayport, HN Kyle S. Wilson pled guilty pursuant to a pretrial agreement to one specification each of conspiracy to distribute a controlled substance and wrongful use of a controlled substance. On Jan. 27, the military judge sentenced him to reduction in rank to paygrade E-1 and confinement for 3 months. The pre-trial agreement had no effect on his sentence.

### Navy Region Northwest

At a Special Court-Martial in Bremerton, AN Jacob M. Wise pled guilty pursuant to a pretrial agreement to one specification each of wrongful use of a controlled substance and disorderly conduct. On Jan. 11, the military judge sentenced him to reduction in rank to paygrade E-1 and confinement for 45 days. The pretrial agreement had no effect on his sentence.

At a Special Court-Martial in Bremerton, ABHAN Dillan B. Mejia pled guilty pursuant to a pretrial agreement to two specifications of conspiracy to commit distribution of a controlled substance, four specifications of introduction of a controlled substance with intent to distribute, and one specification each of attempted distribution of a controlled substance and wrongful possession of a controlled substance. On Jan. 13, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade E-1, and confinement for 8 months. Pursuant to the pretrial agreement, all confinement greater than 6 months is to be suspended. The suspended confinement may be served if the Service Member violates the terms of the pretrial agreement.

At a Special Court-Martial in Bremerton, CSSA Juquan D. Austin pled guilty pursuant to a pretrial agreement to one specification each of conspiracy to possess a controlled substance, false official statement, and two specifications of wrongful use of a controlled substance. On Jan. 27, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade E-1, and confinement for 60 days. The pretrial agreement had no effect on his sentence.

### Navy Region Hawaii

At a General Court-Martial in Pearl Harbor, IS2 Rigoberto Macias-Avila pled guilty pursuant to a pretrial agreement to one specification of assault consummated by battery. On Jan. 30, the military judge sentenced him to be discharged with a Bad Conduct Discharge, to forfeit all pay and allowances, reduction in rank to paygrade E-1, and confinement for 6 months. Pursuant to the pretrial agreement, all confinement greater than 60 days is to be suspended and the Bad Conduct Discharge is to be suspended pending his administrative separation. The suspended portions of the sentence may be served if the Service Member violates the terms of the pretrial agreement.

### Navy Region Japan

At a General Court-Martial in Okinawa, CMCN Bryce Cruse, pled guilty pursuant to a pretrial agreement to one specification each of absence without leave, attempted sexual assault of a child, and solicitation. On Jan. 12, the military judge sentenced him to a reprimand, to be discharged with a Bad Conduct Discharge, to forfeit all pay and allowances, to reduction in rank to paygrade E-1, and to confinement for 30 months. Pursuant to the pretrial agreement, confinement greater than 15 months is to be suspended. The suspended confinement may be served if the Service Member violates the terms of the pretrial agreement.

*NREurope, Africa, SWAsia*  
At a Special Court-Martial in Rota, PS3 Joseph Rainey, pled guilty pursuant to a pretrial agreement to one specification of wrongful appropriation, two specifications of making a check without sufficient funds, and one specification of obstruction of justice. On Jan. 25, the military judge sentenced him to be discharged with a Bad Conduct Discharge, reduction in rank to paygrade E-1.

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## Senate Agent Orange Bill introduced

FLEET RESERVE ASSOCIATION (Feb. 24, 2017) - Senators Kirsten Gillibrand (N.Y.) and Steve Daines (Mont.) recently reintroduced the "Blue Water Navy Vietnam Veterans Act" (S. 422), legislation to ensure that thousands of Navy veterans, known as "Blue Water" veterans, are able to receive the disability and health care benefits they earned after exposure to Agent Orange while fighting in the Vietnam Conflict.

During the Vietnam conflict, the U.S. military sprayed approximately 20 million gallons of Agent Orange to remove jungle foliage. This toxic chemical had devastating health effects on millions who served in Vietnam. Congress passed a law in 1991 requiring the Department of Veterans Affairs (VA) to provide presumptive coverage to Vietnam veterans with illnesses that the Institute of Medicine has directly linked to Agent Orange exposure.

However, in 2002, the VA decided that it would only cover veterans who could prove they had orders for "boots on the ground" during the Vietnam conflict. This exclusion prevents thousands of Sailors from receiving benefits even though they had significant exposure to Agent Orange from drinking and bathing in contaminated water while being offshore.

"Thousands of Vietnam War veterans who were exposed to Agent Orange are now suffering from severe health problems," said Gillibrand, "yet the VA is continuing to deny health coverage to many of them because of an arbitrary rule that says veterans who served on boats off of Vietnam's coast are not entitled to this coverage."

"The Blue Water Navy Vietnam Veterans Act" would correct this problem for our Blue Water veterans, and would require the VA to treat all Vietnam veterans who came into contact with Agent Orange, regardless of

where it happened. This bipartisan legislation is long overdue, and I will do everything I can to give our Blue Water veterans the treatment they deserve and desperately need."

"Blue Water veterans are true heroes to our nation who have not been given the care and treatment they deserve," said Daines. "I've been working with my colleagues across the aisle to gain care for veterans exposed to toxic substances and we will never stop pushing this fight. This issue is not about politics. It's about doing what's right."

"The Fleet Reserve Association once again thanks Senators Kirsten Gillibrand and Steve Daines for re-introducing the 'Blue Water Navy Vietnam Veterans Act' in the Senate in support of the Sailors, Marines and Coast Guardsmen who served off the territorial waters of the Republic of Vietnam during the Vietnam Conflict," said Thomas J. Sneek, FRA National Executive Director.

"Congress must pass these bills, and the VA must take aggressive actions to ensure benefit payments and treatment are provided, while there is time left. We thank the senator's continued support for these veterans and their caregivers, and look forward to a strong push to its passage."

Gillibrand and Daines have been pushing for the passage of this legislation alongside a bipartisan coalition in the House of Representatives. This legislation would clarify the existing law so Blue Water veterans would be covered by the VA if they served within "territorial seas," or approximately 12 miles offshore of Vietnam.

This bill would make it easier for the VA to process Vietnam War veterans' claims for service-connected health conditions and alleviate a portion of the VA's backlog by extending presumptive coverage of Agent Orange

benefits to these veterans.

Members are urged to use the FRA Action Center to ask their legislators to support this bill.

## New floral pickup schedule to start at Miramar National Cemetery

In advance of the spring mowing season, Miramar National Cemetery will begin removing floral arrangements and other decorations left at gravesites on the first and third Wednesdays each month, starting March 15.

The new schedule assists staff with its springtime lawn care maintenance.

"With the significant amount of rain this past winter and warmer weather on the horizon, we are expecting a much more robust mowing and trimming schedule this spring," said Rex Kern, Miramar National Cemetery director.

During the mowing season, it is especially important for visitors to follow the cemetery's long-standing floral policy. The intent of the policy is to maintain the cemetery's appearance and protect the safety of both visitors and workers, who have at times, had objects shoot from mowers during routine lawn care.

"We're asking families and visitors to please adhere to our longstanding floral policy to help us maintain the cemetery as a national shrine befitting the service and sacrifice of those interred in these hallowed grounds, and at the same time, protect those who work and visit the cemetery," said Kern.

Floral policies vary at national cemeteries across the country based upon climate and other regional factors. At Miramar National Cemetery, fresh-cut flowers may be placed on graves any time of the year and will be removed when they become unsightly. Artificial flowers, potted plants, and holiday wreaths are permitted at certain times of the year.

Permanent plantings, statues, vigil lights, breakable objects and similar items are not permitted on the graves. Unauthorized items are removed upon discovery, and durable items removed from graves are kept in a secure area for 30 days before disposal.

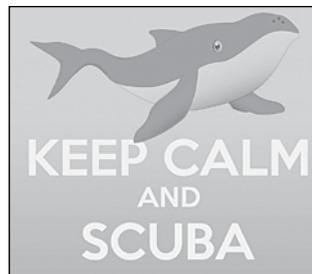
Miramar's floral policy is posted on signs throughout the cemetery, at the kiosks located at the cemetery's administration building.

## WAVES Project accepting applications from service wounded veterans

The WAVES Project of Temecula is accepting applications for the 2017 season giving wounded veterans the opportunity to experience the freedom of scuba diving to help in the healing process.

Veterans suffering from PTSD, traumatic brain injury, amputations and/or paralysis received in service to their country are eligible to participate. In addition, a dive companion of their choice may be included at no charge.

To apply, go to [www.waves-project.org](http://www.waves-project.org), click on "programs/participant application," and



follow the instructions.

The WAVES Project is a non-profit organization, established to provide an opportunity for American Veterans with service connected disabilities and their families/friends to experience scuba diving.



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# Career & Education

## Department of the Navy releases new Diversity and Inclusion Roadmap

The Department of the Navy (DoN) released its Diversity and Inclusion Roadmap recently, providing a roadmap to harness diversity as a force multiplier and to foster a culture of inclusion.

“Our Department’s strength relies upon the diverse talents and perspectives of our Sailors, Marines and civilian personnel,” said Victoria Bowens, director of diversity and inclusion management for the Department of the Navy. “Our differences foster respect and trust, promote a free flow of ideas and enhance collaboration and cooperation between and within organizations.”

To help leverage the potential of the Navy enterprise, the DoN’s roadmap outlines three strategic imperatives to guide efforts to maximize and improve diversity and inclusion programs. These strategic imperatives serve as the cornerstone for improving warfighting presence at the right time, with the most skilled team, ready for decisive operations and combat.

The first strategic imperative is a promise to recruit and access

from a diverse group of applicants to secure a high-performing, innovative workforce that reflects all segments of society.

The second is a promise to cultivate an inclusive culture that accelerates opportunities to empower each individual’s maximum impact, encourages innovation and collaboration, enhances developmental opportunities, and retains the best talent to enable uniformed and civilian personnel to contribute to their full potential.

The third imperative promises to develop strategies to equip leaders with the ability to effectively manage diversity, be accountable, measure results, and refine approaches to engender a sustainable culture of inclusion.

“In an organization like ours - so reliant on our people - creating a diverse and inclusive community isn’t only the right thing to do, it’s critical to the successful implementation of our readiness mission,” said Bowens.

As we embark upon the uncertain and ambiguous security

challenges for tomorrow, she added, our global readiness priorities rests upon our ability to lead and manage a multi-generational, multi-cultural workforce.

A copy of the roadmap can be found at <http://www.21stcentury.navy.mil/Pages/Inclusion.aspx>.

## Financial app preps Sailors for retirement

A new application for mobile devices designed to enhance financial literacy for Sailors is available today and helps provide the latest info on the Blended Retirement System (BRS) that goes into effect in 2018.

The app is designed to provide Sailors with anytime, anywhere

access to both training and resources that will help them make informed decisions about their financial future, which is especially critical as the military gets ready to begin BRS on Jan. 1, 2018.

“This is a very important time for Sailors to be aware of their finances and this app cov-

ers a wide range of topics that will keep them on top of their money,” said Jim Simpson, OP-NAV N170. “Whether they are opting-in to the new retirement system, looking to make smart car-buying choices, or planning for their children’s future, this gives them one spot to start building that knowledge.”

Targeted primarily for active duty and reserve service members, the app also serves as a valuable tool for Navy family members. Users will be able to explore issues like managing their credit, building a spending plan, home buying, moving, as well as how to navigate survivor benefits, insurance and the Thrift Savings Plan (TSP) among many other topics.

Outside of the standard financial topics, there is a BRS resources tab that includes infographics, frequently asked questions, as well as training links that will be refreshed as new courses and training materials become available. Once finished, the retirement calculator for BRS will be included as part of the app as well.

BRS is effective Jan. 1, 2018 and service members eligible to opt-into BRS will have until the end of 2018 to decide if they want to switch to the new plan. Everyone serving today can stay under the current system, while those with fewer than 12 years of service as of the end of 2017 will have an opportunity to opt-into the new retirement system. New Sailors will automatically be enrolled into the new system as of start of 2018.

The U.S. Navy Sea Warrior Program (PMW 240) produced the app and Tracen Technologies Inc., a company that specializes in integrated mobile and web solutions, was the software developer.

The Navy Financial Literacy mobile application is available for download from the iTunes and Google Play online stores. To find the free app, search “Navy Financial Literacy” in the app stores or in your Web browser.

## Interpersonal edge: Help! Office equipment hates me

by Dr. Daneen Skube

*Q. I'm noticing one of my top office frustrations is that everything I use that is mechanical or technical breaks every five seconds. I'm a baby boomer and remember when I bought items that lasted 10 years. I feel like most equipment I use now barely makes it 30 days before it breaks. As if all the politics at work wasn't irritating enough, now I also have machines I count on not working. How can I avoid letting these mechanical issues add so intensely to my already high stress?*

**A.** You can avoid additional stress from these issues by grieving for the good old days when rapid obsolescence wasn't a major profitability strategy. If you keep operating as if all the machines you count on should and must last for a decade, you'll be sorely disappointed.

I advise my clients to plan

their daily schedules with an extra 30 minutes to deal with something breaking. If you review your last week honestly, you'll likely notice a daily problem with a software program, your cell phone or your copy machine.

If you don't anticipate frequent mechanical or software failures, they will become the straw that breaks your camel's back. Especially if you have a tendency to overschedule yourself at work, you are leaving no time to problem solve these pesky timewasters.

You are also wise to build in redundancy in your machines. In survivalist circles, they have a saying: “One is none and two is one.” If you make sure you have two copy machines, two tablets, two laptops and two cell phone, you won't be dead in the water when one machine breaks.

My clients also have a tendency to add to their stress



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# On Base & On Board

**A Great San Diego View During The Navy's Bay Bridge Run/Walk!** The Navy's 31st Bay Bridge Run/Walk, presented by SDG&E, Unified Port of San Diego and Leidos, is Sunday, May 21, 2017. Your only chance to walk across the Coronado Bridge! Register today at [www.navylifsw.com/bridgerun](http://www.navylifsw.com/bridgerun).

**NEW Boga Aqua Fit Fun at Naval Base San Diego** Monday/Wednesday 6-6:45 am and 4:30-5:30 pm Work your core like never before! FREE for active duty, dependents and DoD, \$3 per guest. For more information, stop by the NBSD Admiral Prout Pool, Bldg. 3279, or call 619-520-3048.

**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.

**Three Sisters Waterfall Hike** Sunday, March 5, 8 am, \$10 MWR patrons/\$5 Liberty Depart from NBPL, Main Base, The Clubhouse, Bldg. 546 This intermediate hike takes you along the eastern hills of San Diego to a hidden gem nestled in a deep canyon. This triple set of waterfalls, called "Three Sisters," is a breathtaking sight! Cost includes transportation and guided tour. Registration required: 619-553-9138

**Sharks Club Kick-Off** Monday, March 6, 4-4:45 pm, FREE Check out the new swim team season [for ages 6-12,] with no obligation to join. Receive a drawstring bag with \$50 registration for 8 sessions. Sharks is a year-round swim team program for ages 6-12. The goal is to introduce swimmers to the competitive sport of swimming with an emphasis on developing stroke technique in all four strokes: butterfly, backstroke, breast-stroke and freestyle. NBPL, Main Base Pool, Bldg. 1, 619-553-0934

**NAF El Centro Air Show Overnight Trip** Friday-Saturday, March 10-11, \$25 per person (double occupancy)/\$50 per room (twin beds and shared attached bathrooms) Enjoy two days of fun! Friday, meet and greet air show performers while enjoying live music, night acts and great local food. Saturday, look toward the sky to see the Blue Angels' first show of the season along with other great performers. Cost includes transportation, snacks on the bus, and one-night stay at NGLS (double occupancy). Admission to the air show is free. Pick up locations: 12:30 pm Silver Strand Youth Center/1 pm Admiral Baker Picnic Area. Registration required: 619-437-3190

**LEGOLAND Trip** Saturday, March 11, \$80 adults/FREE kids (3-9 yrs.) (includes an adult 3-day park hopper) Enjoy a fun day at LEGOLAND

Park! Transportation and FREE kid's 1-day tickets provided, adults must purchase their own tickets. (maximum 3 FREE kid's 1-day tickets per family) Pick up locations: 9 am Silver Strand Youth Center/9:30 am Admiral Baker Picnic Area. Depart LEGOLAND at 5 pm. Registration required: NBSD 619-556-9597, NAB 619-437-3190, NBPL 619-553-9138

**Youth H2O Polo Launch** Thursday, March 16, 4-4:45 pm, FREE Experience our youth water polo program, for ages 8-12, with no obligation to join. Receive a t-shirt with \$50 registration for 8 sessions. Youth water polo is a year-round program for ages 8-12. Players learn the fundamentals of the sport in a recreational format. NBPL, Main Base Pool, Bldg. 1, 619-553-0934

**2nd Annual St Patrick's Day Command Cardboard Boat Regatta** Friday, March 17 Head over to the NBSD Admiral Prout Pool, Bldg. 3279, to sign up your command team today! Info: 619-556-7444.

**Spring Break Day Camp** Fun, convenient and affordable! CYP offers day camp for youth, kindergarten-5th grade, in six Navy housing areas in San Diego: Admiral Hartman, 858-270-2060, Chesterton, 858-268-2252, Gateway Village, 619-225-5628, Murphy Canyon, 858-268-2828, Silver Strand, 619-435-5056, and Village at Serra Mesa, 858-571-3853. For full day camp details visit or call the Youth Center near you. Register today at [militarychildcare.com](http://militarychildcare.com)

**Movie Under the Stars** Friday, March 24 • 6-8 pm • FREE Family fun and a movie under the stars at the tennis courts behind Murphy Canyon Youth Center! Parents must stay with their child(ren). Food available for purchase. Chairs and blankets are encouraged. Call to reserve your space today: Murphy Canyon Youth Center, 858-268-2828

**Teen Job Fair** Saturday, March 25 • 10 am-Noon • FREE Military teens, 14-18 years of age, are invited to attend great workshops, such as Resume Writing, Dressing for Success, and Navigating the Application Process, plus get details about the opportunity to work with Naval Base San Diego through CYP's Teen Employment Program. Teens may be interviewed on-site. No registration is required. For more details call the Murphy Canyon Youth Center at 858-268-2828.

**Seussville by the Sea ~ FREE Kids Day** Saturday, April 1, Noon-4 pm Naval Base Point Loma, Main Base, Smuggler's Cove There will be face painting, petting zoo, bounce houses, crafts and games galore! All for the whole family to adore!

## LISTED FROM PREVIOUS ISSUES...

**COMMUNITY RECREATION** Girls Night at The Clubhouse Friday, March 10, 6 pm, \$15 NBPL, Main Base, The Clubhouse, Bldg. 546 It's back! Hang out with a glass of wine and learn fresh and fun spring

make-up applications from a professional artist. Creative night provides tips and tricks to permanently add to your personal beauty repertoire. Cost includes supplies and instruction. Registration required: 619-553-9138

**San Diego Gulls Game** Friday, March 10, 6:30 pm, \$18 Valley View Casino Center Meet outside the main entrance for a fun night of Gulls hockey. Everyone receives a game ticket, Gulls hat, and an on-ice photo op after the game! Register: 619-556-9597

**Kids Craft & Movie: Puppet Making & Show** Saturday, March 11, 10 am, \$5 NAB Community Recreation Center, Bldg. 337 Make your own leprechaun puppet then participate in a puppet show! Movie: Strange Magic (PG) Registration required: 619-437-3190

**DIY Grill Station with Bottle Opener** Saturday, March 11, 11 am, \$12 NBPL, Main Base, The Clubhouse, Bldg. 546 This fun workshop teaches you to custom make a combined grilling station/bottle opener, so that you may eat, drink and be merry! Cost includes supplies and instruction. Registration required: 619-553-9138

## LIBERTY

**Friday Fun Bowling on Base.** Trip open to enlisted active duty and a guest, 18+. Liberty Center, NMCSD: 619-532-8909. Friday, March 3 & 24 • 5-8 pm • \$2 + \$10 on-site. Cost includes bowling, shoe rental and transportation.

**Aquarium of the Pacific.** Trip open to enlisted active duty and a guest, 18+. NBPL Liberty: 619-524-6587 or 619-553-9138. Saturday, March 4 • 9 am • \$31. Explore the vast ocean at the aquarium in Long Beach. Cost includes admission and transportation. Departs from Liberty Hall. Sign up by 3/2.

**Hollywood Walk of Fame Trip.** Trip open to enlisted active duty and a guest, 18+. VADM Martin Liberty Center, NASNI: 619-545-3331. Sunday, March 5 • 9 am • \$10.

**Pottery Painting.** Trip open to enlisted active duty and a guest, 18+. Liberty Center, NMCSD: 619-532-8909. Sunday, March 5 • 1-4 pm • \$2. Let's paint pottery at a local studio. Cost covers transportation. Pottery price varies and is paid at the studio.

**2 Broke Girls Taping.** Trip open to enlisted active duty and a guest, 18+. Liberty Center, NMCSD: 619-532-8909. Friday, March 17 • 10:30 am • \$15. See a LIVE taping in LA!

**Knott's Berry Farm.** Trip open to enlisted active duty and a guest, 18+. NBPL Liberty: 619-524-6587 or 619-553-9138. Sunday, March 19 • 8 am • \$50. Experience a theme park like no other! Roller coasters, berry-themed treats. Includes admission/transportation from Lib Hall. Sign up by 3/17.

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## Celebrate National Nutrition Month by 'Putting Your Best Fork Forward'

**(StatePoint)** Are you finding it difficult to keep up with your healthy New Year's habits? Tackle those resolutions with renewed energy in March during National Nutrition Month and remember that small changes, made over time, can add up.

The 2017 National Nutrition Month theme, "Put Your Best Fork Forward," encourages everyone to start small -- one forkful at a time. Whether you're planning meals to prepare at home or making selections when dining out, it's crucial to develop a healthy eating style that you can maintain.

"To make lasting, healthful changes to your eating habits, it's important to start small," says registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson Caroline Passerello. "Registered dietitian nutritionists can help you develop personalized solutions that will keep you healthy and allow you

to still enjoy your favorite foods throughout your entire life."

Passerello offers these ways you can "Put Your Best Fork Forward."

- Choose Healthier Options When Cooking at Home. "Eating a variety of healthful foods across and within all food groups helps reduce the risk of preventable, lifestyle-related chronic diseases, including cardiovascular disease, type 2 diabetes and obesity," says Passerello. "Eat more vegetables, fruits, whole grains, fat-free or low-fat dairy, lean proteins and oils."

- Find Healthful Options When Dining Out. "Finding healthful options at restaurants is easier today than it ever has been," says Passerello. "Most restaurants offer healthful options. Look for items that are steamed or roasted, and ask for sauce, dressing and cheese on the side. To-go boxes



can help control portions. Eat half your meal at the restaurant and take the other half home."

- Set a Good Example for Your Children. Parents are the most important role models for their children. "Modeling healthful eating habits starts in the kitchen," Passerello says.

"Involving your kids in the cooking with age-appropriate tasks, serving balanced meals with a variety of nutrient-rich foods and enjoying dinner together as often as possible are among the many things you can do to help your family be mindful of their eating habits."

**This National Nutrition Month, keep up the good work you began in January by recommitting to health and wellness in March.**

- Consult a Registered Dietitian Nutritionist. "A healthy lifestyle is much more than choosing to eat more fruits and vegetables. While that is important, it's also essential to make informed food choices based on your individual health and nutrient needs," Passerello says. "A registered dietitian nutritionist can educate you and guide your food choices while keeping your tastes and preferences in mind. They are able to separate facts from fads and translate nutrition science into information you can use." To find a registered dietitian nutritionist in your area, visit [eatright.org](http://eatright.org).

The Academy of Nutrition and Dietetics' National Nutrition Month website, [eatright.org/NNM](http://eatright.org/NNM), includes articles, recipes, videos and educational resources to spread the message of good nutrition and an overall healthy lifestyle for people of all ages, genders and backgrounds. You can also follow National Nutrition Month on social media using #NationalNutritionMonth.

## New DoD electronic medical record system called a success

by Terri Moon Cronk

The Defense Department's newly modernized electronic health record system was recog-

nized as successful after a week-long deployment at Fairchild Air Force Base in Spokane, Washington, officials there said

recently. Fairchild's 92nd Medical Group became the first military hospital or clinic to use MHS

Genesis, a single, integrated electronic inpatient and outpatient health record that transforms health care delivery within

DoD's Military Health System, officials said.

MHS Genesis enables a team approach in providing health services to patients, said Air Force Surgeon General Lt. Gen. (Dr.) Mark A. Ediger.

Veterans Affairs and private-sector health care partners the necessary data to collaborate and make the best possible health care decisions, Cummings said.

MHS Genesis maintains electronic health record interoperability with VA medical facilities through the use of Joint Legacy Viewer, she noted. "We have integrated MHS Genesis to be a tool that will continue to allow us to share data with VA and our commercial health care providers who are our partners," she said.

The TRICARE military health system's patient portal has been redesigned to allow for access to MHS Genesis by patients and health care providers, officials said, adding that patient safety and the security of data is paramount in the new streamlined and intuitive system.

"We have a responsibility to provide the best possible user experience to our beneficiaries, and ... we delivered on that responsibility," Cummings said.

In the next year, MHS Genesis will deploy at three other military medical facilities in Washington state: Naval Hospital Bremerton in Bremerton; Madigan Army Medical Center in Tacoma and Naval Hospital Oak Harbor in Oak Harbor.

"Full deployment will be complete in 2022 across the nation and around the world for our facilities, medical treatment facilities and garrisons," Cummings said. "We remain confident that MHS Genesis will transform the delivery of health care and advanced data sharing through a modern electronic health record for service members, veterans and their families."

## Physical activity may diminish risk of mood disorders in genetically predisposed individuals

SAN DIEGO - Recent research from Naval Health Research Center's (NHRC) Warfighter Performance Department found physical activity may diminish the risk of major depressive disorder (MDD) and suicidal ideation (SI) in individuals with a genetic predisposition.

Study findings were published online in the January issue of "Psychiatry Research."

The NHRC study, "A genetic risk factor for major depression and suicidal ideation is mitigated by physical activity," cited past research which identified MDD

as the most common psychiatric disorder and SI as the strongest risk factor for attempted and completed suicide. Despite this, NHRC researchers stated little is known about their causes, particularly in vulnerable populations, such as service members who are exposed to chronic stress and combat.

Researchers evaluated more than 700 active-duty, volunteer participants. Data collection included DNA from saliva samples and self-report survey responses which assessed depression, perceived stress, and physical activity.

According to study authors, research findings demonstrate some military members have a higher genetic risk of depression and suicidal thoughts, but engaging in physical activity at levels which meet national recommendations -- 30 minutes of moderate-intensity activity five days per week or 20 minutes of vigorous-intensity activity --

**SEE Activity, page 20**

Previous research has found physical activity or exercise and genetic factors may influence behavioral health, but less is known about how they work together, according to study authors. In the current study, NHRC researchers sought to determine if physical activity can reduce the genetic risk for mood disorders.

Initial feedback from health care providers at Fairchild is positive, said Stacy Cummings, program executive officer of Defense Healthcare Management Systems.

The cutting-edge technology gives patients and health care providers a continuum of care and allows the Department of



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## Dental health is important for children's 'baby teeth'

**(StatePoint)** Parents and caregivers may be underestimating the importance of dental care for children's "baby teeth." According to the Centers for Disease Control and Prevention, only 63 percent of children ages two to four see the dentist at least annually.

Most dental benefits cover preventive care visits twice a year with no out-of-pocket costs, and these visits are important for small children.

Baby teeth, (also known as primary teeth), play an important

role in a child's overall healthy development. If cavities begin and are left untreated, they can become painful and possibly infected. Loss of these teeth prematurely may impact eating, speaking, learning and self-esteem. Baby teeth help guide the way for permanent teeth to erupt into proper position.

"Tooth decay is preventable. The investment of only a few minutes each day on the part of parents and caregivers, coupled with regular dental checkups, goes a long way in creating healthy smiles to last a lifetime," says

Dr. Diane Monti-Markowski, clinical program director for Cigna Dental.

### She offers these oral hygiene tips for those caring for small children:

- Plan to have your child visit the dentist by his or her first birthday or within six months after the first teeth appear.

- As a child's teeth start to come in, brush them gently twice a day with a child-sized toothbrush and



water.

- Begin flossing a child's teeth daily when there are two teeth that touch.

- Do not put your baby to sleep with a bottle of formula, milk, juice or any other liquid other than water.

- Consider introducing toothpaste for children who are two and older and are able to follow directions to spit after brushing. The American Dental Association recommends using fluoride toothpaste about the size of a grain of rice for children younger than three years old and a pea-size amount for children three to six years old. By age three or four, your child should be able to brush with your supervision.

- Make brushing fun. Let your child pick out the color of his or her toothbrush. Play a favorite song or set a timer to help children understand that good brushing takes about two minutes twice a day.

Find more tips at [Cigna.com/dental-resources](http://Cigna.com/dental-resources). For detailed questions or concerns about a child's oral health, it is important to consult a dentist.

"Adults can also reinforce the importance of oral health by their attitudes," adds Dr. Monti-Markowski. "Encouraging good habits and showing a positive manner when visiting the dentist can lay the foundation for children to maintain healthy teeth throughout their lives."

## The Kid's Doctor: Why is childhood diabetes on the rise?

by Sue Hubbard, M.D.  
[www.kidsdr.com](http://www.kidsdr.com)

Diabetes continues to be a growing problem among our nation's children. Did you know that every year there are more than 25,000 children diagnosed with diabetes?

To begin with there are two different types of childhood diabetes, type 1 and type 2; and while both cause an elevated blood sugar, they also differ in many ways.

Type 1 diabetes was formerly called juvenile onset diabetes and is typically diagnosed in children and adolescents. Only 5 percent of those with diabetes have type 1. Many parents worry that their child may develop diabetes because they eat too much sugar.

While eating sugar is not good for you, it does not directly cause type 1 diabetes.

Type 1 diabetes is an autoimmune disease in which the immune system attacks and destroys the beta cells (insulin producing cells) of the pancreas. Scientists are not exactly sure why this occurs, but it seems to be a combination of genetic and environmental factors, and actually has nothing to do with diet.

Type 1 diabetes comes on suddenly and causes dependence on insulin for the rest of the child's life. The symptoms of type 1 diabetes usually include extreme thirst, frequent urination (day and night), increased appetite and sudden weight loss. Children who develop type 1 diabetes

appear tired, thin and sick. To many parents who worry that their child is diabetic, I tell them that they really cannot miss the symptoms and that just drinking a lot of water will not be the only symptom.

Fortunately, the ways in which insulin is given continues to improve and most children now use an insulin pump, which delivers insulin in a more consistent manner than in previous years. But, even with new insulin delivery systems and the hopes for pancreas transplants, type 1 diabetes is challenging for a family to manage.

Type 2 diabetes, which was previously called "non-insulin dependent diabetes," differs in that it was previously typically

diagnosed in adults, but it is now rising in children. In type 2 diabetes, the body isn't able to use insulin in the right way and the glucose in the blood stream is less able to enter the cells. This is called insulin resistance. So, the pancreas tries to produce even more insulin to keep blood sugar levels normal. Over many years the pancreas may wear out completely. Type 2 diabetes is sometimes controlled with an oral medication rather than insulin.

Type 2 diabetes seems to develop more frequently in those children who are overweight, less active and often have a parent with diabetes. As more children in this country have developed obesity, the number of cases of type 2 diabetes has also continued to rise. In many cases, if a child

changes their lifestyle, eating a healthy diet, losing weight and exercising, the body may be able to restore normal insulin balance. In this way, type 2 diabetes differs from type 1 diabetes.

If you are concerned that your child is showing any signs of diabetes, make sure to consult your doctor. Continue to promote healthy eating habits and daily exercise.

*Dr. Sue Hubbard is an award-winning pediatrician, medical editor and media host. "The Kid's Doctor" TV feature can be seen on more than 90 stations across the U.S. Submit questions at <http://www.kidsdr.com>. The Kid's Doctor e-book, "Tattoos to Texting: Parenting Today's Teen," is now available from Amazon and other e-book vendors.*

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## Maritime commanders discuss sea service priorities

by Karen Parrish

SAN DIEGO - The senior officers of the Navy, Marine Corps and Coast Guard discussed topics including "great power" competition, people and equipment and media relations Feb. 23 at the West 2017 Naval Conference in San Diego.

Chief of Naval Operations Adm. John M. Richardson, Marine Corps Commandant Gen. Robert B. Neller and Coast Guard Commandant Adm. Paul F. Zukunft took part in a panel discussion moderated by retired Navy Adm. James G. Stavridis.

Geopolitics and "great power" competition have been a major theme at the conference, Stavridis said. He pointed out that 100 years ago, the United States faced maritime near-peers, including the United Kingdom and Germany. He asked the panelists if they saw similar conditions developing now.

China is reportedly nearing completion of its second aircraft carrier, with up to four more in development.

Richardson responded, "The evidence is undeniable that we are back into ... great power ... competition. The impact for us

in the Navy, and I would say the maritime services in general, is profound."

For 20 to 25 years, U.S. sea services had not had such competition, Richardson noted. During that time, "off-season" habits have developed, he said.

"You gain weight, you slow down, ... we have got to get back fit to fight and be ready for this competition for sea control," he said.

Neller said with the modern domains of space, cyber and

Those tasks are even more complicated now, Neller said.

"I think the force is going to very quickly adapt, but we've got to put them in a position where they have to deal with these things," he said. "... I think we do have an advantage in our people."

Zukunft said the Coast Guard has prided itself on "punching above our weight class," but it's "time to change weight classes."

Russia has 40 ice-breaking

Zukunft defined part of the challenge: "How do you convince your workforce that the work that you do is so relevant to our nation's security?"

He added, "Service before self" is something that resonates with maritime professionals, he said, but it needs emphasis.

The Coast Guard works to recognize the individual effort that its members make, Zukunft said. Partly as a result, the Coast Guard has a 20-year retention rate of 40 percent among enlisted members and 60 percent among officers.

Richardson said the Navy is meeting its recruiting and retention goals in almost every area.

Navy recruits come in for the chance to be part of something bigger than themselves, he said.

"Our commitment, then, has to be that once in, once aboard, do we behave as an institution, consistent with those values that we espouse as a profession?" he asked.

The Navy must get competitive, he said.

Neller said the Marine Corps is "in a good place" with recruiting, adding, "I don't take that for granted. It takes a lot of work.

Our recruiters are out there working really, really hard."

In response to an audience member's question, the three officers discussed the role of media relations and social media in relating to the American public.

Richardson said, "We've got, I think, a responsibility to communicate with the American people. There's certainly a vital role for the media."

Zukunft said the ability to use social media is a "potential treasure chest."

When one Coast Guard cutter offloaded 32 metric tons of cocaine, he said, the service showcased on social media the

boarding team that made most of the interdictions.

"We let them speak," he said. More than 3.5 million hits resulted, he said.

Neller said, "We live in a democracy. We're a military that's under civilian control. Part of living in a democracy is you have an active, vibrant press that reports things."

Interacting with the media is "an opportunity to communicate," he added. "When one percent of the population is serving in the military, why would we not want to let everybody know what we're doing, so that they understand this is their military?"

**You gain weight, you slow down, ... we have got to get back fit to fight and be ready for this competition for sea control.**

Adm. John M. Richardson

information technology added to the traditional domains of sea, land and air, "We're kind of back to the future."

Early in his career, he said, concerns like "trying to stay on the net, work through jamming, displace camouflage, move at night, use a deception plan -- we haven't had to do that for the last few years."

ships, he said, while the Coast Guard has two.

"And, our one heavy ice-breaker is really a national asset," he said. "... We need to fast-forward our ability to deliver ships in the 21st century. ... What we have on record is to build six new ice-breakers."

All three leaders agreed that recruiting and retention are critical to maintaining maritime dominance.

## Port Hueneme Seabees celebrate 75 years

SIMI VALLEY, Calif. - Seabees from around Naval Base Ventura County gathered at the Ronald Reagan Presidential Library to commemorate the 75th Anniversary of the Navy Seabees, 150th anniversary of the Civil Engineer Corps, and 175 years of Naval Facilities Engineering Command Feb. 25.

More than 1,200 active duty, reserve, and retired Seabees, service members, and civilians crowded two floors of the library to mark the occasion.

Maj. Gen. Daniel O'Donohue, commanding general, 1st Marine Division, attended as the guest of honor, and highlighted the unique characteristics of the Seabees as builders and fighters, their capabilities in expeditionary construction, and honored Seabee veterans in attendance from every conflict since World War II.

"I will never be eloquent enough to talk of the brotherhood and immense mutual respect forged in combat between us, and I will forever answer any call from the Seabees," said O'Donohue. "Seldom in history has a body of men and women given so much in selfless service in freedom's cause than the Seabees."

O'Donohue spoke of his past combat experiences with the Seabees during the invasion of Baghdad. A detachment of Seabees from Naval Mobile Construction Battalion 21 created roads to cross into Iraq, helped open the port of Umm Qasr, constructed forward operating bases, and worked within his Marine task force to stabilize Al Anbar Province.

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the fight, and when the smoke clears, instantly in action to provide humanitarian assistance so key to lasting peace," said O'Donohue.

Following O'Donohue's remarks, retired Master Chief Equipmentman Jim Daniels, the oldest Seabee in attendance and a veteran of World War II, Korea, and Vietnam, joined O'Donohue and the youngest Seabee in attendance, Constructionman Recruit Colin Ryniec, for a ceremonious cake cutting.

The Seabees were created on March 5, 1942, after Adm. Ben Morell, chief of the Navy's Bureau of Yards and Docks, recognized the need for a militarized construction force.

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Navy photo by Krishna M. Jackson

**(From left to right) Incoming Program Executive Officer Command, Control, Communications, Computers and Intelligence and PEO Space Systems Rear Adm. Carl Chebi, Commander, Cyber Command, Director, National Security Agency, Chief, Central Security Service Adm. Michael S. Rogers, outgoing PEO C4I and PEO Space Systems Rear Adm. Christian Boris Becker, Principal Military Deputy for the Assistant Secretary of the Navy for Research, Development, and Acquisition Vice Adm. David Johnson and the Rev. John Andrews stand at attention during the opening ceremony of the PEO C4I and PEO Space Systems change of command.**

## Navy C4I, Space Systems change hands

by Krishna M. Jackson  
**S**AN DIEGO - The Program Executive Office for Command, Control, Communications, Computers and Intelligence (PEO C4I) and PEO Space Systems (PEO SS) held a change of command, Feb. 24.

Rear Adm. Carl Chebi relieved Rear Adm. Christian “Boris” Becker during a ceremony held on board SPAWAR’s Old Town Complex. Becker assumed PEO C4I and PEO Space Systems, July 2013, and will assume command of SPAWAR from Rear Adm. Dave Lewis at the end of March.

Principal Military Deputy for the Assistant Secretary of the Navy Research, Development and Acquisition, Vice Adm. David C. Johnson, served as the presiding officer and provided opening remarks.

“I’m honored to be here today to oversee the transition of command between two of the Navy’s finest,” said Johnson. “Boris has achieved some amazing accomplishments as C4I and Space Systems, and I know ‘Chebs’ is ready to continue the great work achieved so far.”

Guest speaker Adm. Michael Rogers, commander of U.S. Cyber Command, director of the National Security Agency,

and chief of the Central Security Service,otions to the Navy and C4I and Space acquisition.

“The criticality of the products and services that PEO C4I and PEO Space Systems deliver to our warfighters in defense of this nation cannot be overstated, and I thank you for your service,” said Rogers.

During his speech, Becker leveraged his experience in space and communications engineering, as well as acquisition management, and how these areas of expertise will continue to drive his vision for increased efficiency in the development, acquisition, and delivery of C4I systems, products, and services. He also recognized his success does not belong to just him, but the many employees who have worked for and alongside him.

“Success of this magnitude is a team sport,” Becker explained. “It cannot be achieved alone.”

As PEO C4I and PEO SS, Becker led the acquisition efforts of 11 program offices delivering integrated communication and information technology and space systems capabilities. Among them was the acquisition and delivery of the Mobile User Objective System providing improved, dependable global communications to expedition-

ary and maritime forces, and the deployment and installation of the Navy’s next generation Consolidated Afloat Network Enterprise System.

In closing, Becker said, “Admiral Chebi, I leave you in good hands; the watch is yours.”

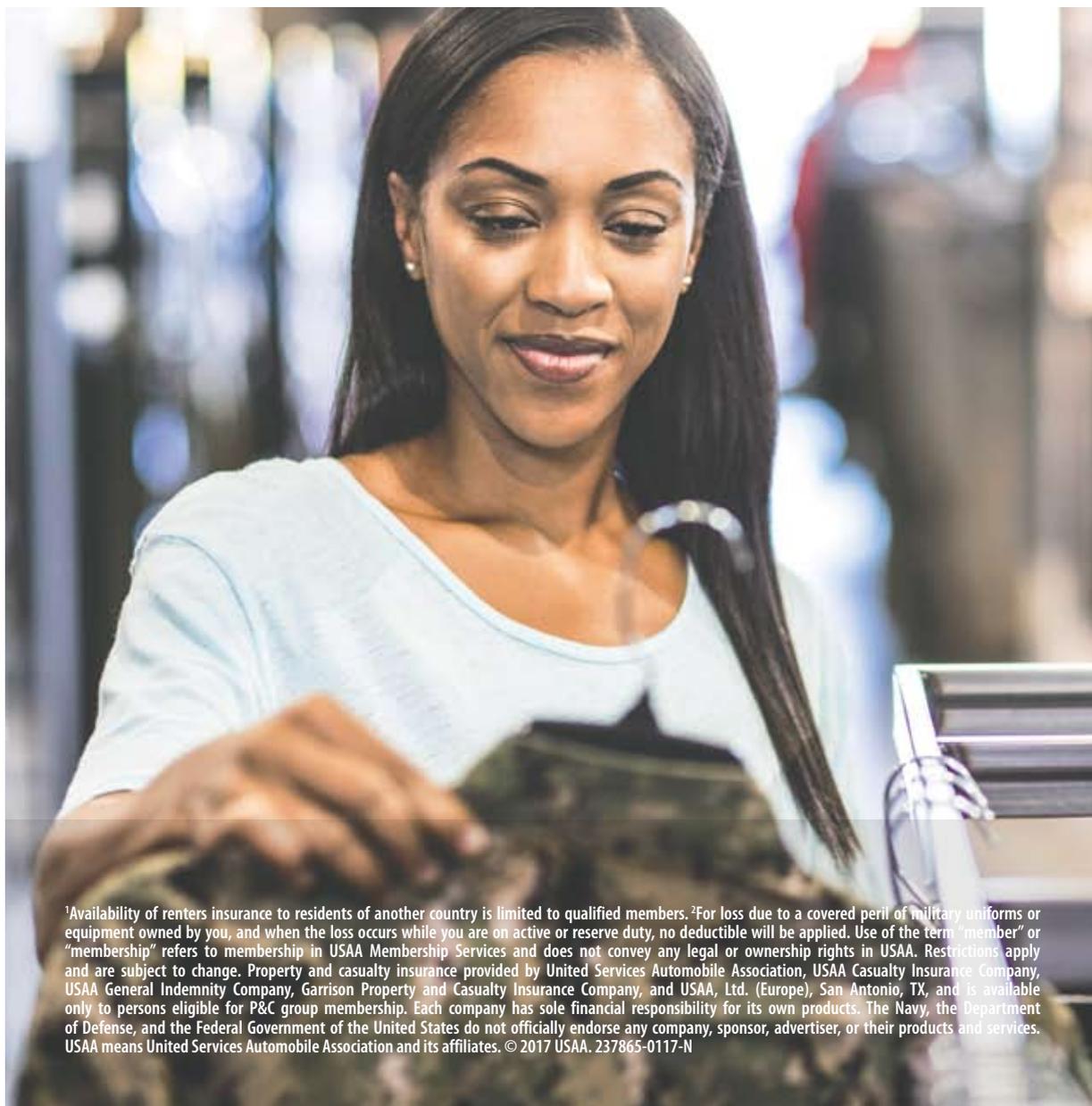
After serving as vice commander, Naval Air Systems Command, Chebi was excited to get started in his role as PEO C4I and PEO SS. Chebi’s career as a pilot is extensive and he served as program manager for two aviation program offices.

“To the men and women of C4I and Space, I couldn’t be happier to be joining this outstanding team,” said Chebi. “Our success is defined by delivering the right capability, at the right cost, at the right time, to ensure the fleet can successfully execute their mission and return home safely.”

Following the change of command, attendees toured several PEO C4I and PEO SS demonstration booths. Mock-ups of the MUOS system and Nanosats showcased PEO SS major programs. Other systems on hand included the Graphical Data Fusion System, and a Littoral Battlespace Sensing Unmanned Undersea Vehicle.



**CAMP PENDLETON (Feb. 22, 2017) - A Percussion Actuated Neutralizer tool disables an Improvised Explosive Device with a high impact round activated by EOD technicians who took cover out of the blast radius during an IED training exercise here. The EOD technicians, like all other forces of the 15th MEU, undergo critical training prior to deploying to ensure they can operate in any hostile mission area. photo by Lance Cpl. Jacob Pruitt**



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# Marines, Omani soldiers begin Exercise Sea Soldier 17

by 1st Lt. Adam Miller

SALALAH, Oman - Launching from USS *Somerset* (LPD 25) off the coast of Oman, more than 250 U.S. Marines and Sailors with the *Makin Island* Amphibious Ready Group (MKI ARG)/11th Marine Expeditionary Unit (MEU) began training alongside soldiers from the Royal army of Oman's 11th Brigade for Exercise Sea Soldier in Salalah, Oman, Feb. 19.

Led by U.S. Naval Forces Central Command and hosted by the Royal army of Oman, the annual, two-week bilateral exercise aims to enhance communication and coordination between U.S. and Omani forces, build mutual warfighting capability, and support long-term regional cooperation.

"Bilateral exercises, like Sea Soldier, are great opportunities for MEUs because Marines can disembark ships and conduct combat sustainment training in new, unfamiliar environments," said Col. Clay C. Tipton, commanding officer, 11th MEU.

"They have a chance to interact and learn from warriors of a different culture, and these exercises are conducted with key partners in the region to strengthen our collective ability to work together should we have to face emerging crises in the future."

The training includes military operations on urban terrain (MOUT), building clearing, checkpoint operations, command and control procedures, counter-IED (improvised explosive device) training, live-fire ranges, squad to company tactics, mortar ranges, and a culminating final exercise which will be a combined Omani-U.S. raid.

"Every opportunity we have to position and launch the landing forces embarked aboard the *Somerset* is also an opportunity for our Sailors to exercise their technical and tactical expertise," said U.S. Navy Capt. Darren Glaser, commanding officer, *Somerset*. "Coming together as a larger, 'blue-green' team in support of an exercise or a real-world operation is exactly what we train to do."

U.S. units participating in Sea Soldier are the 11th MEU's Battalion Landing Team 1st Battalion, 4th Marines; Combat Logistics Battalion 11; the MEU's Command Element; and *Somerset*. The Marines and Sailors disembarked *Somerset*, Feb. 15, to prepare for Exercise Sea Soldier.

Arriving in the U.S. 5th Fleet area of operations late November, the MKI ARG is comprised of *Makin Island*, the command ship for Amphibious Squadron (PHIBRON) 5 and 11th MEU;



**Cpl. Johnathan Riethmann, a mortarman with Company A, Battalion Landing Team 1st Bn., 4th Marines, 11th Marine Expeditionary Unit, walks to a staging area at Senoor Beach, Oman, in preparation for Exercise Sea Soldier recently. Sea Soldier 2017 is an annual, bilateral exercise conducted with the Royal Army of Oman designed to demonstrate the cooperative skill and will of U.S. and partner nations to work together in maintaining regional stability and security. USS *Somerset*, with the embarked 11th Marine Expeditionary Unit, is deployed in the U.S. 5th Fleet area of operations in support of maritime security operations designed to reassure allies and partners, preserve the freedom of navigation and the free flow of commerce and enhance regional stability. photo by Gunnery Sgt. Robert B. Brown Jr.**

*Somerset*; and amphibious dock landing ship USS *Comstock* (LSD 45).

While in the region, the southern California-based Navy-Marine Corps team falls under

Naval Amphibious Forces, Task Force 51/5th Marine Expeditionary Brigade, and will help ensure the free flow of commerce, provide crisis response and support ongoing missions in the U.S. 5th Fleet area of operations.

# Coronado returns to Singapore following operations at sea

by MC2 Amy M. Ressler

CHANGI NAVAL BASE, Singapore - Following a port visit in Muara, Brunei, and routine operations in the Sulu Sea and South China Sea, littoral combat ship USS *Coronado* (LCS 4) pulled pierside here Feb. 25.

After completing the four-day port visit in Brunei, *Coronado* conducted a passing exercise and visit, board, search and seizure training at sea with Royal Brunei navy patrol vessel Darutauqwa in the South China Sea. The ship then transitted through the Balabac Strait and into the Sulu Sea for routine operations before heading back to port in Singapore.

"Working alongside the RBN at sea gave our Sailors a unique opportunity to practice operational tactics and enhance bilateral capabilities with a regional partner," said Cmdr. Scott Larson, commanding officer of *Coronado*. "Training together increases our interoperability and helps ensure that we are ready to execute real-world operations if called upon."

Training at sea with a regional partner for the first time while deployed to 7th Fleet provided unique opportunities for the crew. Lt. j.g. Anthony Grayson, Surface Warfare Det. 2 officer in charge, talked about the importance of the VBSS training.

"Working with the RBN gave *Coronado* boarding team a chance to practice our skills onboard a vessel unfamiliar to our team," said Grayson. "We were able to conduct a realistic scenario while training alongside a trusted partner, raising the readiness of both participating groups by sharing methods and tactics."

Once operations with the RBN were complete, the *Coronado* crew maintained a full schedule of unit-level training, including a crew-served weapons exercise, damage control and man overboard drills, small boat and flight operations, and engineering operational checks.

Currently on a rotational deployment, *Coronado* is a fast and agile warship tailor-made to patrol the region's littorals and work hull-to-hull with partner navies.



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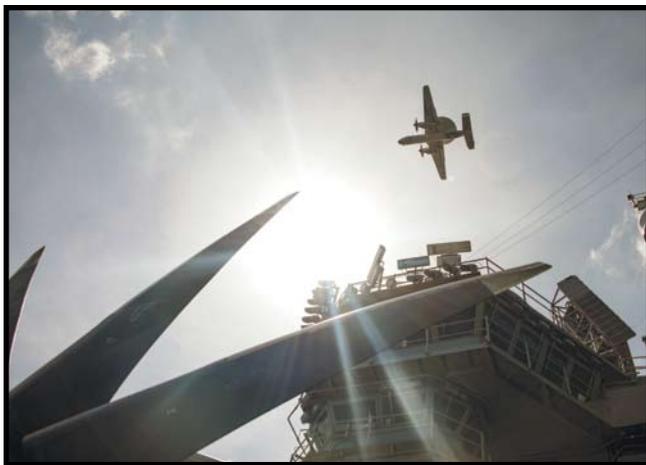
## Gilmartin takes helm at Reserve Component

SAN DIEGO - Captain Paul Gilmartin relieved Captain Doug Stuffle as commander of Navy Region Southwest Reserve Component Command Feb. 24.

The Navy's Southwest Region encompasses 19 Navy Operational Support Centers spread across seven States and the territory of Guam. More than half the Sailors working out of these 19 Centers are in California. The Command is headquartered in San Diego.

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CNV 4343	C40	09:15	FT WORTH(69)
<b>FRIDAY, MARCH 03, 2017</b>			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4200	C40	09:00	EL CENTRO(121)
<b>SATURDAY, MARCH 04, 2017</b>			
NO SPACE "A" DEPARTURES			
<b>SUNDAY, MARCH 05, 2017</b>			
NO SPACE "A" DEPARTURES			
<b>MONDAY, MARCH 06, 2017</b>			
NO SPACE "A" DEPARTURES			
<b>TUESDAY, MARCH 07, 2017</b>			
Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4143	C40	09:00	PT MUGU(51), CHERRY PT, NC(29)

**SOUTH CHINA SEA** (Feb. 23, 2017) - An E-2C Hawkeye early warning and control aircraft assigned to the "Black Eagles" of Carrier Airborne Early Warning Squadron (VAW) 113 flies over USS Carl Vinson (CVN 70). The ship and its carrier strike group are on a western Pacific deployment as part of the Pacific Fleet-led initiative to extend the command and control functions of 3rd Fleet. Navy photo by MC3 Matt Brown



**AT SEA** (Feb. 19, 2017) - Sailors compete in the final round of a three-on-three basketball tournament in the hangar bay of USS Theodore Roosevelt in the Pacific Ocean. Theodore Roosevelt is off the coast of Southern California conducting routine training operations. Navy photo by Petty Officer 3rd Class Spencer Roberts



**CAMP PENDLETON** (Feb. 23, 2017) - Pfc. Caleb Roberts participates in a live-fire field training exercise at Camp Pendleton.

Marine Corps photo by Lance Cpl. Brooke Woods



**SAN CLEMENTE** (Feb. 24, 2017) - Marine Corps 1st Sgt. Miguel Villegas sets off a confetti cannon to mark the start of an annual run at Las Palmas Elementary School here. The Marines attended to show support for their community and motivate the students to enjoy the event. Villegas is assigned to the 1st Marine Division's Weapons Company, 2nd Battalion, 4th Marine Regiment. Marine Corps photo by Cpl. Justin Huffty

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## Special and General Courts-Martial for January 2017

WASHINGTON - The following reports the results of Special and General Courts-Martial tried and completed within Navy Region Southwest in January 2017.

At a General Court-Martial in San Diego, an O-3 was tried for sexual assault. On Jan. 13, the panel of members returned a verdict of not guilty.

At a Special Court-Martial in San Diego, Seaman Tyler P. Knetterroberts pled guilty pursuant to a pretrial agreement to three specifications of wrongful use of a controlled substance, one specification of wrongful possession of a controlled substance, one specification of wrongful possession of a controlled substance with intent to distribute, two specifications of soliciting another to wrongfully possess a controlled substance, and one specification of larceny.

On Jan. 6, the military judge sentenced him to be

discharged with a Bad Conduct Discharge, to forfeit \$1,000 per month for 11 months, to be reduced in

rank to paygrade E-1, and confinement for 350 days. The pretrial agreement had no effect his sentence.



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## Check out the Flower Fields in Carlsbad through May 14

With over 50 acres of extraordinary beauty, the Carlsbad Flower Fields offers a unique opportunity for adults and kids to enjoy a day together among fields of color. The Flower Fields are open daily from 9am to 6pm beginning March 1.

Every year the Carlsbad Flower Fields transforms into a dazzling array of colors overlooking the Pacific Ocean. The Flower Fields offer a fun family experience, as host to a variety of springtime activities and events. Attendees can enjoy a ride on an open-air wagon pulled by an antique tractor, visit the Cymbidium Orchid Greenhouse or immerse themselves in the fragrant Sweet Pea Maze.

## Please your palate at 'The Taste of Third' on March 9

CHULA VISTA - Save your appetite! The Taste of Third returns to Third Avenue Village on Thursday, March 9, from 4-8 pm. This annual self-guided tasting tour takes ticketholders on a tantalizing trip through the tree-lined streets of Chula Vista's Original Neighborhood.

At the Taste of Third, ticketholders will receive savory samples of signature dishes from assorted Village eateries, cocktail lounges, breweries and tasting rooms. Enjoy your "favorite" classics like La Bella Pizza Garden, California Sushi and Italianissimo Trattoria returning with their beloved bites. Toast friends and fellow event goers with cocktails and mocktails at various locations offering the 21 and up crowd the opportunity to imbibe in discounted drinks, including the new Chula Vista Brewery. Along your culinary course enjoy acoustic musicians.

Satisfy your appetite (and thirst) at the annual Taste of Third on March 9. For more information, including participating locations and ticket information, visit <http://thirdavenuevillage.com/the-taste-of-third-returns-march-9/>. Tickets are \$20 in advance and \$25 the day of the event, if available. Ticket quantities are limited. The Taste of Third is made possible by the contributions of participating Village eateries and watering holes.

## 2017 essay contest for grades 4-9

The Breaking Barriers Essay Contest is a chance for diverse students in grade 4-9 to share their personal stories and show how they use Jackie Robinson's values to face their own barriers.

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- Student and teacher laptops
- Class visit from Sharon Robinson

### All-Star Winners (6):

- Student laptops
  - ALSO: All 10 winners will receive a class set of books by Sharon Robinson and a class set of T-shirts.
- <http://www.scholastic.com/breakingbarriers/teachers/>

## Spring Home Garden Show this weekend

Show your home some love. Visit the annual show at the Del Mar Fairgrounds March 3-5

Now in its 32nd year, the Spring Home/Garden Show returns to Del Mar Fairgrounds for a three-day extravaganza of inspiring real "Garden Masters" landscapes (created exclusively for the Show).

There will be hands-on demonstrations, hundreds of home-improvement products and services exhibitors, educational seminars, plant sales, and face-to-face consultations with top experts - all with the convenience of one-stop shopping for everything pertaining to home and garden, inside and outside.

The Show focuses on San

Diego-area experts, services, products, and businesses. Visitors find everything they need to save time and money improving, refreshing, or remodeling their

home and outdoor surroundings—from the latest in appliances to garden lighting, from BBQ's to security systems, from baths to sunrooms.

### Get your dollars ready

## Countywide Firefighter Boot Drive Thursday, March 9

On Thursday, March 9, local firefighters will take to the streets for the Burn Institute's 18th Annual "Fill the Boot for the Burn Institute" Firefighter Boot Drive.

What began almost two decades ago as a grassroots effort backed by the fire service, the Burn Institute's countywide Boot Drive is now a hallmark fundraiser for the organization raising over \$240,000 for Burn Institute programs and services in 2016!

Each year, hundreds of uniformed firefighters from almost every fire department in San Diego County come together for a common goal—to generate funds for the Burn Institute's fire and burn prevention education and burn survivor support services. Hopping aboard their engines, firefighters hit the streets with their boots in hand at intersections around their local community to collect donations during the morning and evening commutes. Each year passing motorists help to fill those boots



with their spare change -- ones, fives, twenties -- even \$100 bills. No matter the economy or weather, San Diegans have always given generously.

This year, dedicated firefighters from 32 departments will hit the streets at over 100 intersections around the county.

Proceeds benefit the Burn Institute's fire and burn prevention programs and burn survivor support services such as Camp Beyond the Scars for burn-injured children. This unique camp program has provided a safe place for hundreds of young burn survivors to share their experiences in a supportive and nurturing camp environment.

Sponsored by the San Diego-Imperial County Fire Fighters Advisory Council to the Burn Institute and the San Diego County Fire Chiefs' Association, the Burn Institute's 18th Annual Firefighter Boot Drive is the organization's largest one-day fundraiser. All of the funds raised through the Boot Drive will stay locally here in San Diego County. As always, the top fire department from each region will win the Burn Institute's highly-coveted bronze Boot Drive trophy, as well as the much sought-after bragging rights.



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# Liz Smith: Madonna and Beyonce - even pop goddesses need the unconditional love of children

by Liz Smith

**“DEMOCRATIC CIVILIZATION** has turned out to be even more fragile than we imagined; the resources of civil society have turned out to be even deeper than we knew. The battle between these two shaping forces - between the axman assaulting the old growth and the still firm soil and deep roots that support the tree of liberty - will now shape the future of us all.”

So writes Adam Gopnik in the current The New Yorker's Talk of The Town.

There are - as usual - so many wonderful things to read and then have what you've read stick in your mind for days in this issue. (Several weeks back, in a fiction piece, I caught this phrase - a woman describing her mate: "He was the tofu of husbands; he absorbed anything you threw at him." I'm waiting to use that at a dinner party. I tore out the page with this sentence on it, stupidly without jotting down the author's name. If anybody recognizes it, let me know. I

want to give the writer credit.)

In this current issue (Feb. 13) two big pieces stood out. One was Patrick Radden Keefe's massive take on Anthony Bourdain, chef, adventurer, man-of-the-world (literally). I've always enjoyed Bourdain's globe-spanning shows and sexy, laconic manner. But who knew that he reads Michel de Montaigne, and has adopted the French writer's motto, "I suspend judgment"? He even has it tattooed (in ancient Greek) on his arm. Or that he is "pathologically punctual"? He admits: "I judge other people on it. Today, you're just late, but eventually you will betray me."

He's led quite a life, perhaps a bit self-dramatized, but fascinating even with a bit of heady overemphasis.

He's mellowed marginally now, but still frantically ambitious and holding onto certain values. For example, don't mention Henry Kissinger to Bourdain: "Any journalist who has ever been polite to Henry Kissinger, you know, f--k that

person. I'm a big believer in moral gray areas, but when it comes to that guy, in my view he should not be able to eat at a restaurant in New York."

When the writer gently points out that the volatile Bourdain had made similar statements about others, and eventually relented, the peripatetic chef replied, "Emeril Lagasse didn't bomb Cambodia!"

**THE OTHER** New Yorker piece of great note is Hilton Als' "Fade to Black," a review of the new Raoul Peck-directed documentary about the writer James Baldwin, titled "I Am Not Your Negro." This is perhaps the 10th rave review I have read on this film. What makes this one different is that writer Als also incorporates Baldwin's love of movies, his inability to become a filmmaker and that "I Am Not Your Negro" is as much about the brilliant, tragic realism and presence of Baldwin on matters of race, as it is, in some ways, the director's effort to "step in and make the film that

Baldwin couldn't."

There's much more, of course, and every quote from Baldwin himself is exquisite, powerful and, frankly, could have been made to reference what is happening (still happening!) today.

There are few films out there right now, that I don't simply want to see, but feel I must. I also hope this movie revives an interest in Baldwin's work - "Go Tell It on the Mountain," "Giovanni's Room," "No Name in the Street," "Just Above My Head," "Blues for Mister Charlie," "Notes of a Native Son," etc.

**MOTHERHOOD** is everywhere in pop goddess land right now. Beyonce has announced, in typical low-key fashion, that she is expecting twins. On the outrageously wicked gossip site, D Listed, an admitted guilty pleasure (Oh, all right - I don't feel guilty when I read it, satisfied?), the photos Beyonce released to alert the world to her coming bundles of joy are described as: "Seemingly, an homage to trailer park teen moms, the Sears Portrait Studio, the automotive industry and funeral flowers." I laughed - sue me.

The other new mom is Madonna, who has adopted two more children, siblings from Malawi where she has performed re-

markable charity work for more than 10 years. This is also the homeland of her two youngest, David and Mercy, bringing her entire brood to six. Some people have expressed surprise. Not me. It isn't that I knew it was happening; it's that I know Madonna. I've seen her with her children and heard her talk about them when she is not with them. The issues she had with her teenage son, Rocco, who decided (for the time being) that he'd rather spend more time in London with his father, Guy Ritchie, shattered her. Even though, in her heart, she knew this was fairly typical teenage boy stuff when a family is broken - after an 11-year marriage that, believe me, Madonna put her heart and soul into - it hardly assuaged her agony.

I'm glad for Beyonce, who I don't know, but admire. I'm thrilled for Madonna, who I do know and love. Even though sometimes I want to take her by the shoulders and give her a tremendous Bette Davis/Miriam Hopkins "Old Acquaintance" shake-up, she is really - so prosaic - a truly nice person and a good girl

I sure don't think, as others have suggested, that she is trying to "compete" with Angelina Jolie. She is just being her basic self - an old-fashioned Italian mama who wants a big family.

**LEAVE IT** to The Hollywood Reporter to not only tell us the latest procedures (nonsurgical) that movie stars use to refresh themselves during awards season - cupping, oxygen facials, LED light - but we also get a rundown of who does what during the year.

January is for "established TV actors who have traditional procedures during pilot season." February is for studio excess. March is for actors who feel they need "extensive" work. Singles do it in April so they are beach-ready. Celebrity moms? - the month of May. June sees an influx of Middle East patients (after Ramadan). July, August and September is tinkering time for Asian aspirants of perfection. October seems dead. (Is everybody happy with their mirror in October?!) November and December sees an uptick. One specialist in fillers and Botox refers to the post-holiday period as "Black and Blue Friday."

Too much? Hey, have you seen what HD television reveals? Despite all this preventive, protective maintenance, the freshest stars often look like 10 miles of battered road on camera. Even today, audiences would like a little romance, distance and appealing imagery from its celebs.

## Omarr's weekly Astrological forecast

**ARIES** (March 21-April 19): When someone tries to rattle your cage you may be tempted to rattle back. You'll get the most satisfaction from visiting new places and meeting people in the upcoming week, but may be reckless about risks.

**TAURUS** (April 20-May 20): Direct your energy. An organized plan of action can lead to accomplishment in the week ahead. You may be wiser than usual when dealing with financial matters and more skillful in complicated negotiations.

**GEMINI** (May 21-June 20): The best things in life always take time. Tame your impatience in the week to come. The object of your affection can serve as a calming influence. An informal chat with a colleague could dissolve misunderstandings.

**CANCER** (June 21-July 22): Two's company, three's a crowd. It may be difficult to spend quality time alone with someone you love in the week ahead because there are too many others begging for attention. Remain devoted to a relationship.

**LEO** (July 23-Aug. 22): Do your own thing. Your friendly outgoing manner could attract new people and friends. You might be able to slip out from behind the bars that block your freedom and act independently in the week to come.

**VIRGO** (Aug. 23-Sept. 22): It's time to clear the air. There is a tendency to appear too serious when playfulness is in order and vice versa. Someone who seems

to want sympathy might not appreciate your helpfulness in the week ahead.

**LIBRA** (Sept. 23-Oct. 22): You may be surrounded by energetic go-getters. You can feed off their positive energy without engaging in unnecessary risks. Don't expect too much, too soon, from a potential romantic hookup this week.

**SCORPIO** (Oct. 23-Nov. 21): Take your time. Avoid becoming involved in trivialities and keep focused on your most important goals in the week ahead. You may incur unnecessary expenses in the upcoming week that you regret later.

**SAGITTARIUS** (Nov. 22-Dec. 21): A spoonful of sugar can be addictive. Be sweet and charming to please a special someone or use your people skills to smooth out a business transaction. You may re-

ceive public notice in the week ahead.

**CAPRICORN** (Dec. 22-Jan. 19): Avoid sending mixed signals. In group settings you may overreach the limits of your authority and may end up as the odd man out in the week ahead. Mind your own business, not other people's business.

**AQUARIUS** (Jan. 20-Feb. 18): Concentrate on building a solid framework for a lasting relationship in the week ahead. No matter what your objective or whether you are a workaholic or a homebody, two heads will be better than one.

**PISCES** (Feb. 19-March 20): There is a New Moon in your sign today. This may offer a subtle change of direction as the week unfolds. Your social skills are in tiptop condition so you'll have no trouble developing new contacts and connections.

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# San Diego Padres Spring Training schedule

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- 3/4 - Diamondbacks at Padres, 1:10 p.m., Peoria Sports Complex
- 3/5 - Padres at Indians, 1:05 p.m., Goodyear Ballpark
- 3/6 - Padres at White Sox, 1:05 p.m., Camelback Ranch
- 3/7 - Mexico at Padres, 1:10 p.m., Peoria Sports Complex
- 3/8 - Off
- 3/9 - Brewers at Padres, 7:10 p.m., Peoria Sports Complex
- 3/10 - Padres at Angels, 1:10 p.m., Tempe Diablo Stadium
- 3/11 - Padres at Brewers, 1:05 p.m., Maryvale Baseball Park
- 3/12 - Indians at Padres, 1:10 p.m., Peoria Sports Complex
- 3/13 - Cubs at Padres, 1:10 p.m., Peoria Sports Complex
- 3/14 - Off
- 3/15 - Mariners at Reds, 1:05 p.m., Goodyear Ballpark
- 3/16 - Royals (ss) at Padres, 1:10 p.m., Peoria Sports Complex
- 3/17 - Dodgers (ss) at Padres, 1:10 p.m., Peoria Sports Complex
- 3/18 - Padres at A's, 1:05 p.m., Hohokam Stadium
- 3/19 - Reds at Padres, 1:10 p.m., Peoria Sports Complex
- 3/20 - Rangers at Padres, 1:10 p.m., Peoria Sports Complex
- 3/21 - Padres at Giants, 1:05 p.m., Scottsdale Stadium
- 3/22 - Padres at Royals, 1:05 p.m., Surprise Stadium
- 3/23 - Angels at Padres, 1:10 p.m., Peoria Sports Complex
- 3/24 - Padres at Rangers, 1:05 p.m., Surprise Stadium
- 3/25 - Padres at Giants, 1:05 p.m., Scottsdale Stadium
- 3/26 - Rockies (ss) at Padres (ss), 1:10 p.m., Peoria Sports Complex
- 3/26 - Padres (ss) at Cubs (ss), 1:05 p.m., Hohokam Stadium
- 3/27 - Mariners at Padres, 1:10 p.m., Peoria Sports Complex
- 3/28 - Padres at Dodgers (ss), 1:05 p.m., Camelback Ranch
- 3/29 - Padres at White Sox (ss), 1:05 p.m., Camelback Ranch
- 3/30 - Rockies at Padres, 12:10 p.m., Peoria Sports Complex



The San Diego Padres open their 2017 spring-training game schedule on Saturday, Feb. 25 against the Seattle Mariners at Peoria Sports Complex. It's the first training facility to be shared by two Major League Baseball teams. The complex opened in 1994. Peoria Sports Complex: 16101 N. 83rd Ave, Peoria, AZ 85382. Tickets: Go to [padres.com](http://padres.com).

## Road trip! NAF El Centro Air Show coming March 11

Load up the family and head out to the desert for a weekend adventure. On March 11, NAF El Centro (100 miles east of San Diego) opens its gates to the public to host its 50th Annual Air Show featuring the Blue Angels. Gates open at 9 a.m. Admission and parking for the event is free.

On the way home, stop at In-Ko-Pah and take a picture with the flying saucers. A visit to the Rock Tower at the end of that road is another great side trip!

## SoCal Cyber Cup Challenge finals March 5

So Cal Cyber Cup Challenge finals are slated for March 5 at UC San Diego. The Cyber Cup is a cyber defense competition open to all San Diego Middle and high School students and is sponsored by the National Defense Industrial Association (NDIA) as one of the STEM outreach initiatives. The competition provides a pathway for today's teens and youth to work hand-in-hand with leading cyber security professionals as they explore their interests and build their expertise in all facets of cyber security. For more information visit <http://socalcc.siplay.com>

# Fowler certain Padres are on the rise

by Barry M. Bloom  
[sandiego.padres.mlb.com](http://sandiego.padres.mlb.com)

PEORIA, Ariz. -- The Padres open their 48th season against the Dodgers in Los Angeles on April 3, and by all accounts, the franchise is heading in the right direction.

The days of piecing it together with veterans are over, and since the last Draft, the Padres have invested more than \$70 million in young domestic and international amateur players.

"We're going in the direction we planned to go, we just have to be patient," Ron Fowler, the team's executive chairman, told MLB.com this past weekend. "That's where we're focused and that's where we're going to stay."

The player payroll will be around

\$75 million at the big league level, the lowest since Fowler, managing partner Peter Seidler and his brother, Tom, purchased the team from John Moores, Jeff Moorad and his group of limited partners on Aug. 6, 2012. Fowler represented the limited partners in the \$800 million deal.

Fowler admitted that since then, the entire group has had a steep learning curve, both locally and among the Major League Baseball owners and Commissioners.

"We did not have a relationship with MLB when we bought the team, we were sort of out with the ins," Fowler said. "Over the last 18 months, I think we've developed a very close relationship with the Commissioner and [his] people. I've gotten to know a lot of the

owners a lot better. We understand how baseball works a lot better than we did previously. I think now we're in with the ins."

Fowler is well liked by Commissioner Rob Manfred, having been the chair of the labor committee that banged out the new five-year Basic Agreement last year with the MLB Players Association, and now is a member of the Manfred's executive council.

"I have a lot of confidence in Ron Fowler's leadership and his ability as a chief executive and I have every confidence that the Padres will be a successful franchise moving forward," Manfred said on Tuesday.

San Diego received accolades for staging a great three days of All-Star festivities last July at Petco Park and will be host for the third time of a bracket in the World Baseball Classic next month.

With the Chargers leaving for Los Angeles effective next football season, the Padres have a unique opportunity as the lone big league team left in the market to woo San Diego sports fans. San Diego is the only market in the country with a baseball team and no other franchise in any of the other four major pro sports leagues -- basketball, hockey, football and soccer.

To that end, the Padres are partnering with Sycuan Casino to offer any 2016 Chargers season-ticket holder as many as four free tickets to a Padres home game in April or May. Even with all the controversy surrounding the team's pending move, the Chargers had upwards of 55,000 season-ticket holders last season. That's a huge fan base for San Diego to draw from.

"I don't like to talk about a team leaving a market, whether it's one of our teams or somebody else's," Manfred said. "But it's an advantage to have less competition in the market, there's no doubt about it."

On the local level under this ownership group, the Padres have gone through two club presidents, three general managers and three managers. But the franchise is now likely set with G.M.A.J. Preller and manager Andy Green, who have two years and three years remaining on the contracts respectively.

"I think we have the right manager and the right player development people now," Fowler said. "We're very happy with the direction we're going. They're not going anywhere as long as we have control of it. We want stability here and they're the guys we want stability with."

For Fowler, the only way is to stay the course.

"We thought we had a better team than we ended up having in '15 when we brought in some veteran hitting and pitching," Fowler said. "In '14, we thought we looked pretty good pitching-

SEE Padres, page 20

## San Diego Gulls schedule

- 3/3 vs Tucson Roadrunners, 7pm
- 3/5 @ San Jose Barracudas, 5pm
- 3/8 vs San Jose Barracudas, 7pm
- 3/10 vs Tucson Roadrunners, 7pm
- 3/12 @ San Jose Barracudas, 1:15pm
- 3/15 vs Stockton Heat, 7pm
- 3/17 @ San Antonio Rampage, 5:30pm
- 3/18 @ San Antonio Rampage, 5pm
- 3/22 vs San Jose Barracudas, 7pm
- 3/24 @ Bakersfield Condors, 7pm
- 3/25 vs Bakersfield Condors, 7pm
- 3/31 @ Tucson Roadrunners, 7:05pm
- 4/1 @ Tucson Roadrunners, 7:05pm
- 4/5 @ Stockton Heat, 7pm
- 4/7 vs Ontario Reign, 7pm
- 4/8 @ Ontario Reign, 6pm



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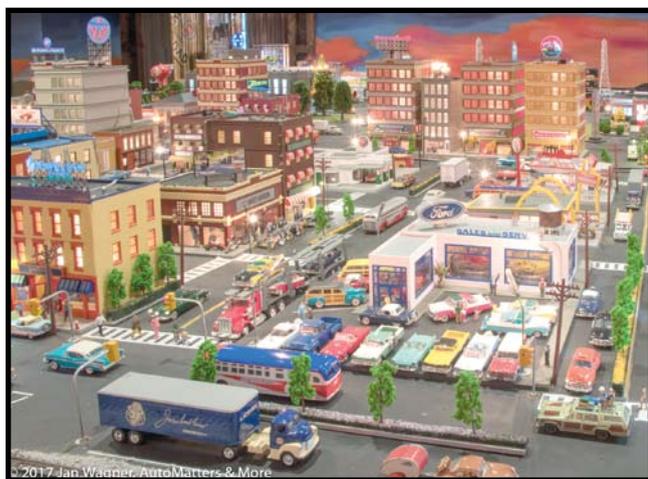


by Jan Wagner

**Old Town Model Railroad Depot**

The most amazing scale model railroad layout can be found in historic Old Town San Diego, as was revealed to me during a Pacific Photographic Society (PPS) Meetup group photo shoot. It is billed as “the largest privately owned O scale model train interactive San Diego attraction, with over 2500 square feet of fun for all ages.”

Spread over two large rooms - one in daylight and one at night - this 1950s slice of Americana features a variety of scenes including a city with a fire department, shops, a motel, a baseball park, movie theaters, car dealerships and even Elvis; a ‘Wild West’ town; industrial sites; a farming community; a lakeside country resort; a carnival and much more - all reproduced in exquisite, often whimsical attention to detail (signs on buildings include: Cook, Books & Hyde Tax Accountants and Dewey, Cheetum & Howe Tax Attorneys).



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**Huge city scene in miniature.**

Set in the 1950s, this incredible retro display includes tiny cars, trucks, boats, people, animals, industrial equipment, buildings, a lake and computer-controlled trains. The wide-spread electrification of lights, signs, vehicles, buildings and more is truly mind-boggling.

Remarkably, admission to this miniature wonder is free of charge, thanks to visitors’ voluntary donations and sales of railroad-themed mementos, artwork and clothing items in the gift shop.

**ZVOX Soundbar SB400**

Do you have trouble distinguishing many of the words spoken on TV shows – the dialogue? Many of us over 50 suffer minor

hearing impairment.

No matter how loud the volume, how high the treble and how low the bass, the background music and other background sounds drown out some of the speech, making it impossible to distinguish some of what is being said. This is not just due to the tiny speakers that are built in to thin, flat screen TVs.

I upgraded to an expensive, name brand sound system and but still cannot distinguish some of the dialogue. The background sounds are just too loud relative to the voices, so I became resigned to turning on the closed captioning. Sometimes those captions are difficult to read and cover up important on-

screen video. They are always a distraction.

At this year’s CES (the Consumer Electronics Show) in Las Vegas, I discovered what I hoped might be a solution to this problem: a range of affordable, high quality speakers specifically engineered to emphasize the dialog, working with these parameters of hearing aid technology: voice, focus, frequency compensation, bass reduction and compression. Utilizing their proprietary (patent pending) technology, ZVOX speakers “use a computer processor that mimics the functionality of a hearing aid.

They apply an advanced compression/equalization algorithm that lifts voices out of background sounds to create the clearest dialogue reproduction ever.”

To demonstrate its effectiveness, ZVOX sent me a Soundbar SB400. Inside its nearly three feet wide, extruded aluminum, black cabinet are three high performance speakers, a powered subwoofer and a 118-watt digital amplifier.

Along with “AccuVoice” technology, it features output leveling for loud commercials and Bluetooth connectivity for streaming music from phones and tablets.

Installation is straightforward, quick and easy. I literally connected just one wire for sound and one for power, and placed it on a shelf under my flat screen TV. It can also be attached to a wall.

Since I still had my premium, name brand sound system connected, I was easily able to

the dialog while I was in the kitchen washing dishes with the water running! That is nothing short of incredible. Needless to say, I highly recommend the ZVOX Soundbar, which is available in several models.

For more information on Old Town trains, go to <https://www.facebook.com/oldtowntrains/>.



**ZVOX Soundbar SB400.**

compare the two sound systems by alternately pressing the mute button on each system’s remote control while listening to TV program dialog, instantly switching back and forth. The improvement made by the ZVOX Soundbar is absolutely stunning, and at a small fraction of the price of my other speaker system.

The dialogue reproduced by the ZVOX is absolutely crystal clear and, if desired, further adjustments can be made to the treble and bass to suit your preferences.

I was pleasantly surprised to discover that in addition to finally being able to distinguish dialogue while watching the TV, I could even hear and understand

For more information on the Soundbar, visit [www.zvoxaudio.com](http://www.zvoxaudio.com). The “ZVOX SB400 Aluminum Bluetooth Sound Bar with Built-In Subwoofer” is available directly from ZVOX, Amazon.com and other retailers.

Join in the conversation. Send your comments and suggestions to [AutoMatters@gmail.com](mailto:AutoMatters@gmail.com).

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# TV Listings

## WEEKDAY MORNING/AFTERNOON

TVData®	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
XETV 6	CW6 News in the AM			San Diego Living	Varied Programs	The 700 Club	The Doctors	Judge Faith	Paternity Court	Judge Mathis	The Robert Irvine Show	Maury	Maury						
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	Varied Programs	Wild Kratts	Arthur	Nature Cat	Ready Jet Go!	Odd Squad	Odd Squad			
KNSD 69	Today			Today's Take	Today	NBC 7 News Midday	Days of our Lives	Access Hollywood Live	Steve Harvey	The Ellen DeGeneres Show	NBC 7 News at 4								
DISN	Stuck in the Middle	PJ Masks	Mickey Mouse	Mickey Mouse	Mickey Mouse	Roadster-Racers	The Lion Guard	Elena of Avalor	Sofia the First	Doc Mc-Stuffins	The Lion Guard	PJ Masks	PJ Masks	Suite Life of Zack	Suite Life of Zack	Phineas and Ferb	Star vs. Forces	Jessie	Girl Meets World
ESPN	First Take			SportsCenter	Outside the Lines	Combine Special	Varied Programs	NFL Live	Varied Programs	NBA: The Jump	SportsNation	Questionable	Around the Horn	Pardon the Interruption	SportsCenter With Michael and Jemele	Varied Programs			
ESPN2	SportsCenter	SportsCenter	Varied Programs	First Take	Varied Programs	Outside the Lines	NFL Live	NBA: The Jump	Varied Programs	Around the Horn	Pardon the Interruption	Varied Programs							
TLC	Say Yes to the Dress	Varied Programs	Hoarding: Buried Alive	Hoarding: Buried Alive	My 600-Lb. Life	My 600-Lb. Life	Long Island Medium	Long Island Medium	Long Island Medium	Say Yes: ATL	Say Yes: ATL								
USA	Varied Programs			Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit	Law & Order: Special Victims Unit											

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

**3/10 KONG: SKULL ISLAND**

**3/10 BRIMSTONE**

### Kong: Skull Island



Scientists, soldiers and adventurers unite to explore a mythical, uncharted island in the Pacific Ocean. Cut off from everything they know, they venture into the domain of the mighty Kong, igniting the ultimate battle between man and nature. As their mission of discovery soon becomes one of survival, they must fight to escape from a primal world where humanity does not belong.

**Genre:** Action, Adventure, Fantasy  
**Cast:** Tom Hiddleston, Samuel L. Jackson, John Goodman

### Brimstone

A frontier woman turns fugitive when she is wrongly accused of a crime she didn't commit and is hunted by a vengeful preacher.

**Genre:** Thriller, Western  
**Cast:** Dakota Fanning, Guy Pearce, Emilia Jones

## THURSDAY EVENING

TVData®	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (N) (CC)	Mike & Molly (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	Supernatural "The Raid" (N) (CC)	Riverdale (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)	Big Bang Theory	The Great Indoors	Mom (N) (CC)	Life in Pieces (N)	Training Day "Wages of Sin" (N) (CC)	News	Late-Colbert		
KGTV 10	10News at 5pm (N) (CC)	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	When We Rise: The People-Story	When We Rise: The People-Story	When We Rise AIDS ravages the gay community. (N) (Part 3 of 4) (CC)	10News at 11pm	Jimmy Kimmel				
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Ken Kramer's	Reflect	Savor San Diego (N)	SnapShot	Endeavour on Masterpiece A murderer haunts Oxford. (N)	Mineral Explorers			
KNSD 69	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice (N) (CC)	Chicago Med "Lose Yourself" (N) (CC)	The Blacklist: Redemption (N) (CC)	NBC 7 News	Tonight Show				
DISN	Liv and Maddie	L & M: Cali Style	Bunk'd (N) (CC)	Bizaard-vark (N) (CC)	K.C. Undercover	Good-Charlie	Stuck/ Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)
ESPN	College Basketball	College Basketball Iowa at Wisconsin. From Kohl Center in Madison, Wis. (N) (Live)	College Basketball Iowa at Wisconsin. From Kohl Center in Madison, Wis. (N) (Live)	College Basketball Iowa at Wisconsin. From Kohl Center in Madison, Wis. (N) (Live)	College Basketball Iowa at Wisconsin. From Kohl Center in Madison, Wis. (N) (Live)	College Basketball Iowa at Wisconsin. From Kohl Center in Madison, Wis. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)			
ESPN2	College Basketball Houston at Cincinnati.	College Basketball Stanford at Colorado. From Coors Events Center in Boulder, Colo.	College Basketball Stanford at Colorado. From Coors Events Center in Boulder, Colo.	College Basketball Stanford at Colorado. From Coors Events Center in Boulder, Colo.	College Basketball Stanford at Colorado. From Coors Events Center in Boulder, Colo.	College Basketball Stanford at Colorado. From Coors Events Center in Boulder, Colo.	Nine for IX	Nine for IX	Nine for IX	Nine for IX	NFL Live (CC)			
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life "Chay's Story" (CC)	My 600-Lb. Life: Supersized "Nicole's Story" Nicole can't fit in the bathroom. (N) (CC)	My 600-Lb. Life: Supersized "Nicole's Story" Nicole can't fit in the bathroom. (N) (CC)	My 600-Lb. Life: Supersized "Nicole's Story" Nicole can't fit in the bathroom. (N) (CC)	My 600-Lb. Life: Supersized "Nicole's Story" Nicole can't fit in the bathroom. (N) (CC)	My 600-Lb. Life: Supersized "Nicole's Story" Nicole can't fit in the bathroom. (N) (CC)	My 600-Lb. Life: Supersized "Nicole's Story" Nicole can't fit in the bathroom. (N) (CC)			
USA	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)	Law & Order: Special Victims Unit (N)

## MARCH 2, 2017

## FRIDAY EVENING

TVData®	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (N) (CC)	Mike & Molly (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	The Vampire Diaries (N) (CC)	Reign "Playing With Fire" (N) (CC)	CW6 News at 10pm (N)	Seinfeld (N) (CC)	Seinfeld "The Doll"			
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	MacGyver "Corkscrew" (N) (CC)	Hawaii Five-0 (N) (CC)	Blue Bloods "The Price of Justice" (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)	Shark Tank (N) (CC) (DVS)	When We Rise Ken seeks Cecilia Chung's help. (N) (Part 4 of 4) (CC)	10News at 11pm	Jimmy Kimmel					
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Washington Week	Roundtable	The Coronor "Dirty Dancing" Woman drops dead. (N) (CC)	Live at the Belly Up "Anderson East"					
KNSD 69	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Grimm "Tree People" (N) (CC) (DVS)	Emerald City "No Place Like Home" (N)	Dateline NBC (N) (CC)	NBC 7 News	Tonight Show				
DISN	Liv and Maddie	L & M: Cali Style	Bunk'd (N) (CC)	Bizaard-vark (N) (CC)	K.C. Undercover	Good-Charlie	Stuck/ Middle	Descendants	L & M: Cali Style	Bunk'd (N) (CC)	Stuck/ Middle	Descendants: Wicked World "Jewel-bilee" (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)
ESPN	NBA Basketball Miami Heat at Orlando Magic. (N) (Live)	NBA Basketball San Antonio Spurs at New Orleans Pelicans. From Smoothie King Center in New Orleans. (N)	NBA Basketball San Antonio Spurs at New Orleans Pelicans. From Smoothie King Center in New Orleans. (N)	NBA Basketball San Antonio Spurs at New Orleans Pelicans. From Smoothie King Center in New Orleans. (N)	NBA Basketball San Antonio Spurs at New Orleans Pelicans. From Smoothie King Center in New Orleans. (N)	NBA Basketball San Antonio Spurs at New Orleans Pelicans. From Smoothie King Center in New Orleans. (N)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)			
ESPN2	College Basketball	College Basketball Akron at Kent State. (N) (Live)	College Basketball Akron at Kent State. (N) (Live)	College Basketball Akron at Kent State. (N) (Live)	College Basketball Akron at Kent State. (N) (Live)	College Basketball Akron at Kent State. (N) (Live)	SportsCenter (N) (Live) (CC)	NFL Live (CC)	Jalen & Jacoby	E:60 (CC)	NBA Basketball: Heat at Magic			
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)	Paranormal Lockdown (N) (CC)
USA	Law & Order: Special Victims Unit (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)

## MARCH 3, 2017

## SATURDAY MORNING/AFTERNOON

TVData®	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30	
XETV 6	Dog Whisperer	CW6 News in the Morning Weekend (N)			Save Our Shelter (N)	Vacation Creation (N)	Dinner Spinner (N)	Save to Win (N) (CC)	Paid Program	Wall Street Secrets	Paid Program	Hair Growth Secrets!	Wall Street Secrets	Top Cooker	Wall Street Secrets	Paid Program	Championship Wrestling			
KFMB 8	Dr. Chris: Pet Vet (N)	Innovation Nation	The Inspectors	College Basketball Kentucky at Texas A&M. From Reed Arena in College Station, Texas. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)	College Basketball Notre Dame at Louisville. From the KFC Yum! Center in Louisville, Ky. (N) (CC)
KGTV 10	Good Morning	10News This Morning at 8am Saturday (N) (CC)	Jack Hanna	Ocean Treks	Sea Rescue	The Wildlife Docs	Rock the Park (N)	Outback Adventures	Paid Program	Paid Program	World of X Games (N)	Skating & Gymnastics Spectacular (N) (CC)	Castle Evidence links a murder to Sen. Bracken.							
KPBS 15	The Pain Antidote	Ric Edelman's The Truth About Retirement (N) (CC)	Eat to Live With Joel Fuhrman, MD (N) (CC)	Forever Painless With Miranda Edmonde-White (N) (CC)	San Diego: Above and Beyond	Suze Orman's Financial Solutions for You Finding financial solutions. (N) (CC)	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.													
KNSD 69	NBC 7 News To	The Voyager	Wilderness Vet (N)	Journey-Dreyer	Naturally, Danny Seo	Gymnastics American Cup. From Prudential Center in Newark, N.J. (N) (Live) (CC)	PGA Tour Golf WGC Mexico Championship, Third Round. From Club de Golf Chapultepec in Mexico City. (N) (Live) (CC)	Paid Program	Open House (N)	1st Look (N) (CC)	Give (N) (E)									
DISN	The Lion Guard (N)	Roadster-Racers	Roadster-Racers	Elena of Avalor (N)	Zhu Zhu Pets	Descendants	Star vs. Forces	Stuck in the Middle	K.C. Undercover	Adventures in Babysitting (2016) Sabrina Carpenter, Sofia Carson. (N)	L & M: Cali Style	Bunk'd (N) (CC)	Stuck in the Middle	K.C. Undercover	Bizaardvark (N) (CC)	L & M: Cali Style	Bunk'd (N) (CC)			
ESPN	SportsCenter (N)	College GameDay (N) (Live) (CC)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	College Basketball Indiana at Ohio State. From Value City Arena in Columbus, Ohio. (N) (Live)	
ESPN2	30 for 30 (CC)	SportsCenter (N) (Live) (CC)	Women's College Basketball ACC Tournament, First Semifinal: Teams TBA. (N) (Live) (CC)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (N) (Live)	College Basketball Georgia at Arkansas. From Bud Walton Arena in Fayetteville, Ark. (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	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	PIYo Workout!	Paid Program	NCIS "The Meat Puzzle" Ducky is kidnapped. (N)	NCIS The team probes a cryptographer's death. (N)	NCIS Ducky is stabbed at a crime scene. (N)	NCIS Investigation into a Marine's shooting. (N)	NCIS "Recruited" A murder at a college fair. (N)	NCIS Investigating a fire on a Navy vessel. (N)	NCIS A terrorist targeting the Navy. (CC) (DVS)	NCIS The NCIS faces devastating surprises.									

## MARCH 4, 2017

## SATURDAY EVENING

TVData®	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	American Ninja Warrior (CC)	American Ninja Warrior (CC)	The Insider (N) (CC)	The Middle (CC)	Mike & Molly (N) (CC)	Mike & Molly (N) (CC)	2 Broke Girls (N) (CC)	2 Broke Girls (N) (CC)	CW6 News at 10pm (N)	Tonight in San Diego				
KFMB 8	CBS News 8 at 5pm (N) (CC)	Boxing Premier Boxing Champions. (N) (Live) (CC)	Ransom A girl is abducted on a train. (N)	Entertainment Tonight (N) (CC)	Blue Bloods "Down the Rabbit Hole" (N)	News	CSI: Miami (CC)							
KGTV 10	NBA	NBA Basketball Los Angeles Clippers at Chicago Bulls. From the United Center in Chicago. (N) (Live) (CC)	News	World News	RightThis-Minute (N) (CC)	The List (N) (CC)	20/20 (N) (CC)	10News at 11pm	Sports XTRA					
KPBS 15	NewsHour Wk	KPBS Spectrum	Lawrence Welk's TV Treasures Stories and insights about the series. (N) (CC)	Ed Sullivan's Rock and Roll Classics -- The 60s (My Music) (CC)	R. Steves' Europe	Forever Painless With Miranda Edmonde-White (N) (CC)	Whole Heart							
KNSD 69	Heart of a Champion	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! (N) (CC)	Chicago P.D. "Emotional Proximity" (N)	Chicago Justice "Fake" (N) (CC)	NBC 7 News	Saturday Night Live				
DISN	Stuck/ Middle	L & M: Cali Style	Bizaard-vark (N) (CC)	K.C. Undercover	Stuck/ Middle	L & M: Cali Style	K.C. Undercover	Bizaard-vark (N) (CC)	***BRAVE (2012) Voices of Kelly Macdonald. (N)	K.C. Undercover	Bizaard-vark (N) (CC)	Jessie (N) (CC)		
ESPN	College Basketball Duke at North Carolina. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)			
ESPN2	College Basketball Ohio Valley Tournament, Final: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Third Quarterfinal: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Third Quarterfinal: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Third Quarterfinal: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Third Quarterfinal: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Third Quarterfinal: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Third Quarterfinal: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Third Quarterfinal: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Third Quarterfinal: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Third Quarterfinal: Teams TBA. (N) (Live)	College Basketball WCC Tournament, Third Quarterfinal: Teams TBA. (N) (Live)			
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress: New Season	Say Yes to the Dress: Nominated Elle King arrives. (N) (CC)	Four Weddings Dean; Jen; Marissa; Nicole.	Say Yes to the Dress (N) (CC)						
USA	NCIS "Extreme Prejudice" (CC) (DVS)	NCIS "Phoenix" (N) (CC) (DVS)	NCIS Jimmy and Ducky go missing. (N)	NCIS Ducky and Bishop go to London.	NCIS "16 Years" (N) (CC) (DVS)	NCIS "Scope" (N) (CC) (DVS)	Colony Will and Katie must save a fugitive.							

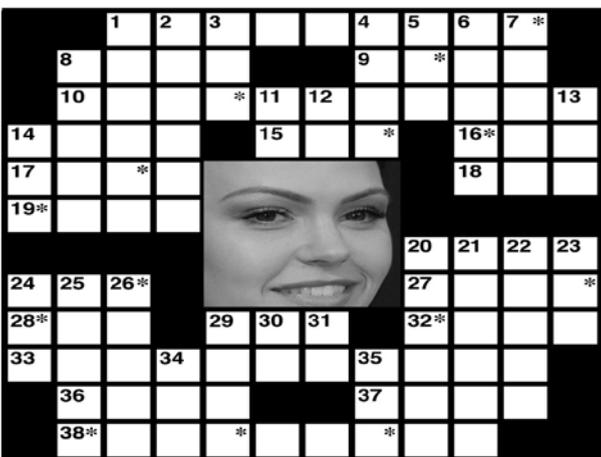
## MARCH 4, 2017

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# TV Listings

SUNDAY MORNING/AFTERNOON																	MARCH 5, 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	Paid Program	Paid Program	Paid Program	The Neighborhood SD	Paid Program	Lifestyles San Diego	Best Pan Ever!	★★ The Next Three Days (2010, Suspense) Russell Crowe, Elizabeth Banks. A man plans to break his wife out of prison.			Raw Travel (CC)			
KFMB 8	CBS News Sunday Morning (N) (CC)	Face the Nation (N)	College Basketball Cincinnati at Connecticut. From Gampel Pavilion in Storrs, Conn. (N) (Live) (CC)			From Gampel Pavilion in Storrs, Conn. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)	College Basketball MVC Tournament, Final: Center in St. Louis. (N) (Live) (CC)
KGTV 10	Good Morning 10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	10News This Morning at 8am Sunday (N) (CC)	
KPBS 15	Truth About Retirement	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	The Healing Mind With Martin Rossman, M.D. Breaking the worry cycle.	
KNSD 35	NBC 7 News To	Meet the Press (N) (CC)	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	Politically Speaking	
DISN	The Lion Guard (N)	Roadster-Racers	Roadster-Racers	Elena of Avalor (N)	Zhu Zhu Pets	Gravity Falls (N)	Star vs. Forces	Stuck in the Middle	K.C. Undercover	★★★ Brave (2012) Voices of Kelly Macdonald, Billy Connolly. (N)	Descendants: Wicked World "Jewel-bilee" (N)	L & M: Cali Style	Bunk'd (N)	Bizaardvark (N)	K.C. Undercover (N)	L & M: Cali Style	Bunk'd (N)	Bizaardvark (N)	K.C. Undercover (N)	
ESPN	SportsCenter (N) (Live) (CC)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)				College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	College Basketball Big South Tournament, Final: Teams TBA. (N) (Live)	
ESPN2	Sports Reporters	Cheerleading From Orlando, Fla.	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	30 for 30 (CC)	
TLC	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	
USA	David Jeremiah (N)	In Touch	Joel Osteen (N)	Suits Mike needs Harvey and Rachel's help.	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	

## 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**
- "American \_\_\_"
  - Snake's greeting
  - "American \_\_\_"
  - Dr. Robert Borden's portrayer on "Blindspot" (2)
  - "Guilty" or "Not guilty"
  - Rebecca's husband on "Breaking Amish"
  - Sinatra's third
  - "My Name Is \_\_\_"
  - Linear measurements: abbr.
  - Helper: abbr.
  - "\_\_\_ Burn"; 2005 movie for Ray Liotta
  - ...FDR, \_\_\_, DDE, JFK, LBJ...
  - "\_\_\_ Comes the Boom"; 2012 Kevin James film
  - Give \_\_\_ go; try
  - Steiger or Serling
  - Actor Richard
  - "\_\_\_ Live!"
  - Space flight agcy.
  - Somerhalder and McKellen
  - Role on "Agents of S.H.I.E.L.D." (2)
- DOWN**
- Outdoorsmen
  - Patton \_\_\_; Spence's portrayer on "The King of Queens"
  - Take advantage of
  - "Bird on a \_\_\_"; 1990 Mel Gibson/Goldie Hawn movie
  - "What'll \_\_\_ \_\_\_"; Irving Berlin song
  - Full of lather
  - Charlton Heston classic (2)
  - Island dances
  - "\_\_\_ Law"
  - Initials for composer Berlin
  - "Olympus \_\_\_ Fallen"; 2013 Gerard Butler film
  - Tiny veggie
  - Actor Moore
  - "I Am \_\_\_"; 2007 Will Smith movie
  - Exams given before a panel
  - Ming-Na \_\_\_
  - File drawer, perhaps
  - "The \_\_\_"; Best Picture Oscar winner starring Newman & Redford
  - Singer and TV personality \_\_\_ Braxton
  - Tatum's dad
  - Positive response
  - Most famous 1981 bride
  - Monogram for Mary's portrayer on "Little House on the Prairie"
  - \_\_\_ Farrow



## SUNDAY EVENING

SUNDAY EVENING																	MARCH 5, 2017			
TVData®	5 pm	5:30	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30	11 pm	11:30						
XETV 6	Horizon	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	The Middle (CC)	Mike & Molly (N)	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	CW6 News at 10pm (N)	Seinfeld (N)	Seinfeld (N)	Seinfeld (N)						
KFMB 8	CBS News 8 at 5pm (N) (CC)	Weekend News	News	60 Minutes (N) (CC)	NCIS: Los Angeles "Old Tricks" (N) (CC)	Madam Secretary "Labor of Love" (N)	Elementary "Wrong Side of the Road" (N)	News	Blue Bloods											
KGTV 10	10News at 5pm	World News	10News at 6pm	RightThis-Minute (N)	America's Funniest Home Videos (N) (CC)	Once Upon a Time (N) (CC)	Time After Time "Pilot: I Will Catch You" Wells pursues Stevenson to the future. (CC)	10News at 11pm	Sports XTRA											
KPBS 15	NewsHour Wk	SciTech Now (N)	Ed Sullivan's Rock and Roll Classics -- The 60s (My Music) (CC)	R. Steves' Europe	Mercy Street "House of Bondage" (CC)	Victoria on Masterpiece (N) (CC)	Victoria After	National Park Symphony -- Mighty Five	Healing Mind											
KNSD 35	Talk Stoop	Nightly News	NBC 7 News at 6	Paid Program	Little Big Shots "A One, Two Punch" (N)	Chicago Justice "Uncertainty Principle" (N)	Shades of Blue "Unforgiven" (N) (CC)	NBC 7 News	Jerome Sports											
DISN	Stuck/Middle	Stuck/Middle	K.C. Undercover	Bunk'd (N) (CC)	L & M: Cali Style	K.C. Undercover	Bizaardvark (N)	How to Build a Better Boy (2014, Comedy) China Anne McClain. (N)	K.C. Undercover (N)	Bizaardvark (N)	Jessie (N) (CC)									
ESPN	NBA	NBA Basketball Oklahoma City Thunder at Dallas Mavericks. From American Airlines Center in Dallas. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (CC)	SportsCenter (CC)															
ESPN2	Women's College Basketball	Women's College Basketball Pac-12 Tournament, Final: Teams TBA. (N) (Live) (CC)	Basketball	Nine for IX The story of Sheryl Swoopes.	ESPN FC (N)	NBA Basketball Oklahoma City Thunder at Dallas Mavericks.														
TLC	Who Do You Think You Are? (N) (CC)	Who Do You Think You Are? (N) (CC)	Long Island Medium (N)	Long Island Medium "There's a Lump" (N)	Long Lost Family (N) (N)	Who Do You Think You Are? (N) (CC)	Long Island Medium "There's a Lump" (N)													
USA	Law & Order: Special Victims Unit (N)	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													

## MONDAY EVENING

MONDAY EVENING																	MARCH 6, 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 (N)	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	Supergirl "Exodus" (N) (CC)	Penn & Teller: Fool Us (N)	CW6 News at 10pm (N)	Seinfeld (N) (CC)	Seinfeld (N) (CC)									
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Big Bang Theory	Man With a Plan (N)	Superior Donuts (N)	Kevin Can Wait (N)	Scorpion "Plight at the Museum" (CC)	News	Late-Colbert								
KGTV 10	10News at 5pm (N) (CC)	World News	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Bachelor (N) (N) (CC)	The Bachelor "The Women Tell All" (N) (N) (CC)	10News at 11pm	Jimmy Kimmel										
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	The Highwaymen Live at Nassau Coliseum (N) (CC)	The Healing Mind With Martin Rossman, M.D. (N) (CC)	San Diego: Above and Beyond												
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "Blind Auditions, Part 4" The blind auditions continue. (N) (N) (CC)	Taken "Ready" (N) (N) (CC)	NBC 7 News	Tonight Show											
DISN	Live and Maddie	L & M: Cali Style	Bunk'd (N) (CC)	Bizaardvark (N)	K.C. Undercover	Good-Charlie	Stuck/Middle	Good-Charlie	Live and Maddie	Live and Maddie	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)						
ESPN	College Basketball	College Basketball WCC Tournament, First Semifinal: Teams TBA. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live) (CC)															
ESPN2	Women's College Basketball	College Basketball MAAC Tournament, Final: Teams TBA. (N) (Live)	Basketball	College Basketball WCC Tournament, Second Semifinal: Teams TBA. (N) (Live)	Basketball	Jalen & Jacoby	NFL Live (N) (CC)													
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My Big Fat Fabulous Life "Is Whitney Pregnant?" Whitney discovers she may be pregnant. (N) (N)	My Big Fat Fabulous Life (N)												
USA	Law & Order: Special Victims Unit "Hell"	Modern Family (N)	Modern Family (N)	Modern Family (N)	Modern Family (N)	WWE Monday Night RAW (N Same-day Tape) (N) (CC)	Friday Night Tykes (CC)													

## TUESDAY EVENING

TUESDAY EVENING																	MARCH 7, 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 (N)	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	The Flash "The Wrath of Savitar" (N) (CC)	DC's Legends of Tomorrow (N) (N) (CC)	CW6 News at 10pm (N)	Seinfeld (N) (CC)	Seinfeld (N) (CC)									
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "What Lies Above" (N) (N)	Bull A state governor dies while skydiving.	NCIS: New Orleans "The Last Stand" (N)	News	Late-Colbert										
KGTV 10	10News at 5pm (N) (CC)	World News	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Middle (N) (N)	American Housewife	Fresh Off the Boat	The Real O'Neals	People Icons "Celebrity Love Stories" (N)	10News at 11pm	Jimmy Kimmel							
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Ed Sullivan's Rock and Roll Classics -- The 60s (My Music) (N) (CC)	Ric Edelman's The Truth About Retirement (N) (CC)	R. Steves' Europe												
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "Blind Auditions, Part 4" The blind auditions continue. (N) (N) (CC)	This Is Us "What Now?" (N) (N) (CC)	Chicago Justice "See Something" (N) (CC)	NBC 7 News	Tonight Show										
DISN	Live and Maddie	L & M: Cali Style	Bunk'd (N) (CC)	Bizaardvark (N)	K.C. Undercover	Good-Charlie	Stuck/Middle	Good-Charlie	Live and Maddie	Live and Maddie	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)						
ESPN	College Basketball	College Basketball WCC Tournament, Final: Teams TBA. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N) (Live) (CC)															
ESPN2	College Basketball	College Basketball Summit League Tournament, Final: Teams TBA. (N) (Live)	Tennis BNP Paribas Showdown. From Madison Square Garden in New York. (Taped)	Jalen & Jacoby	NFL Live (N) (CC)	Jalen & Jacoby														
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My Big Fat Fabulous Life (N) (CC)	My Big Fat Fabulous Life: Extra Fabulous	My Big Fat Fabulous Life (N) (N)	She's in Charge "Pooh to the Rescue"	My Big Fat Fabulous Life (N)											
USA	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	WWE SmackDown! (N Same-day Tape) (N) (CC)	Chrisley Knows	Chrisley Knows	Modern Family (N)	Modern Family (N)									

## WEDNESDAY EVENING

WEDNESDAY EVENING																	MARCH 8, 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 (N)	Mike & Molly (N)	2 Broke Girls (N)	2 Broke Girls (N)	Arrow Oliver gets help to take down Kovar.	The 100 The fate of the world is revealed.	CW6 News at 10pm (N)	Seinfeld (N) (CC)	Seinfeld (N) (CC)									
KFMB 8	CBS News 8 at 5pm (N) (CC)	Evening News	News	Ent. Tonight	Inside Edition (N)	Survivor "The Stakes Have Been Raised" A castaway introduces the spy shack 2.0. (N)	Criminal Minds: Beyond Borders (CC)	Designated Survivor "Warriors" (N) (CC)	10News at 11pm	Jimmy Kimmel										
KGTV 10	10News at 5pm (N) (CC)	World News	10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Gold-bergs (N)	Speechless (N)	Modern Family (N)	blackish (N) (N)	Designated Survivor "Warriors" (N) (CC)	10News at 11pm	Jimmy Kimmel							
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)	Nature High-speed cameras capture hummingbirds. (N)	NOVA (N)	10 Buildings That Changed America (N)	National Park Symphony -- Mighty Five											
KNSD 35	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)	Wheel of Fortune	Jeopardy! (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Law & Order: Special Victims Unit (N) (CC)	Chicago P.D. (N) (CC)	NBC 7 News	Tonight Show										
DISN	Live and Maddie	L & M: Cali Style	Bunk'd (N) (CC)	Bizaardvark (N)	K.C. Undercover	Stuck/Middle	Good-Charlie	Live and Maddie	Live and Maddie	Bunk'd (N) (CC)	Bunk'd (N) (CC)	Jessie (N) (CC)	Jessie (N) (CC)							
ESPN	NBA Basketball Detroit Pistons at Indiana Pacers. From Bankers Life Fieldhouse in Indianapolis. (N) (Live)	NBA Basketball Boston Celtics at Golden State Warriors. From Oracle Arena in Oakland, Calif. (N) (Live)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)	SportsCenter (N) (Live) (CC)															
ESPN2	College Basketball	College Basketball ACC Tournament, Second Round: Teams TBA. From Barclays Center in Brooklyn, N.Y. (N)	Jalen & Jacoby	E:60 (CC)	NBA Basketball: Pistons at Pacers															
TLC	My 600-Lb. Life "Cynthia's Story" (CC)	My 600-Lb. Life "Nicole's Story, Part 1"	My 600-Lb. Life "Nicole's Story, Part 2"	My 600-Lb. Life "Tanisha's Story" Tanisha wants to survive for her kids. (N) (N)	My 600-Lb. Life "Tanisha's Story" (N)															
USA	NCIS "Reunion" The death of a Marine. (N)	NCIS A blogger turns up dead. (N)	NCIS A Marine's body surfaces. (N)	★★★ John Wick (2014, Action) Keanu Reeves, Michael Nyqvist, Alfie Allen.	★★ Kickboxer: Vengeance (2016) Dave Bautista, Jean-Claude Van Damme. Premiere.															

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

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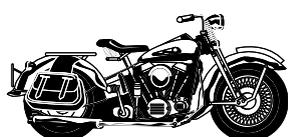
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## Padres

continued from page 16

wise, but after the changes in '15,  
we were worse. That's when we  
made the firm decision of what had  
to do and just stay with it."

In 2015, the Padres were 32-33  
and six games behind the divi-  
sion-leading Dodgers before the  
management decided to replace  
manager Bud Black with Triple-  
A skipper Pat Murphy. San Diego  
finished that season at 88 losses  
and Murphy was also let go. The  
club lost 94 games under Green  
in 2016.

Fowler said ownership knew it  
had to change direction quickly.

"We had other things we're  
looking at and we felt we had to  
do it," Fowler said. "We have no  
regret with what we did."

How many of the prospects will  
pan out? Only time will tell. Trevor  
Hoffman, the near Hall of Fame  
closer whose job is coordinating  
pitching up and down the Padres'  
system, said he's thrilled with what  
he sees of the young hurlers at the  
lower levels. But the big league  
club is still bereft of pitching at  
this point.

Newly signed San Diego Padres  
pitcher Jered Weaver talks about  
why he signed with the Padres  
and being a mentor to younger  
players

To that end, Preller signed vet-  
eran right-hander Jered Weaver  
to a \$3 million free-agent deal  
on Saturday, and he said he still  
has room to add Major League  
payroll prior to the start of the  
regular season.

Preller says he has full manage-  
ment support.

"It shows the commitment from  
our ownership group, especially in  
terms of the investment this past  
year in the amateur market," Preller  
said Tuesday. "It's one thing to  
say, 'Hey, this is our plan and this  
is what we want to do,' but the big  
thing is they put an investment  
in place.

"You need the capital long-term

to go out and get good players.  
They backed that up. There has  
been some excitement the last  
two years in San Diego. In order  
to have true excitement you have  
to win. You have to put a good  
product on the field."

This group is trying. The Padres  
are moving forward long term with  
all systems go.

*Barry M. Bloom is a national re-  
porter for MLB.com and writes an  
MLBlog, Booskie on Baseball.  
Follow @booskie on Twitter.  
This story was not subject to the  
approval of Major League Base-  
ball or its clubs.*

## Activity

continued from page 8

sity activity three days per week  
-- may protect against some of  
these risks.

Additionally, researchers  
found:

\* Individuals with the genetic  
risk factor were twice as likely  
to report MDD and SI than those  
without the genetic risk factor.

\* Individuals who did not meet  
physical activity guidelines were  
twice as likely to report MDD  
and SI than participants who met  
recommendations for physical  
activity.

\* Individuals who did not meet  
guidelines for physical activity  
and had the genetic risk factor  
for MDD and SI were more than  
twice as likely to develop mood  
disorders than participants who  
did not have the genetic risk factor  
and did meet the recommended  
physical activity.

Study authors suggest lifestyle  
modifications which include get-  
ting the recommended amount  
and intensity of physical activity  
may effectively target mood dis-  
orders in genetically vulnerable  
individuals.

Future research directions may  
include evaluating the effective-  
ness of promoting physical activity  
in genetically vulnerable popula-  
tions for improving overall health  
outcomes.

# Love is a four legged word

## PET of the week



by Marc Morrone

### Getting your cat comfortable with its carrier

**Q:** I adopted a 3-year-old cat from a local shelter. I have been unsuccessful with transporting her to a veterinarian. She refuses to be coaxed into a pet carrier. An at home visit by a veterinarian was also futile. After each prospective attempt she becomes terrified and will hide for a few days. I think her early experiences of life developed these fears. I would appreciate any advice. - Joy Adams, Orlando, FL

**A:** Only the cat can decide when going into a pet carrier is not a bad thing - you can never coax a cat into doing anything. Most carriers break down into a top, bottom and a door. So break it down into these three parts and just leave the open bottom half in the kitchen where the cat eats. Place your cat's food bowl in the middle of the bottom half of the carrier that is on the floor and forget about the situation for a couple of weeks.

The cat is going to climb into the bottom half of the carrier to eat every day and will quickly lose any hesitation about it. Then put the top on the bottom

but leave the door off and keep putting the cats food dish inside the carrier, after a day or two of hesitation the cat will crawl right inside to eat.

When the cat is totally comfortable about this situation you put the door on but tie it with a bit of string to keep it open. Keep feeding the cat inside as you have been doing. Then, when the cat is going in and out of the carrier of its own free will you periodically close the door and carry the cat around the house or in the yard.

Gradually you can start to put the carrier with the cat in it in the car for short trips and thus you now have a cat that will willingly go inside a carrier and then for a ride in the car, ready to go to the vet.

**Q:** My cat, who I have had for the last 18 years just died, her death was peace full but it is still tearing me apart. My friends at work think I am crazy when they see me crying at my desk. I just cannot imagine how my life can feel whole again and yet I feel guilty in a way that I am grieving so much over an animal. Everyone says to get another cat and I will feel better, but I feel that by doing so I am not being loyal to the memory of her. Is there anything you can tell me to make me feel better and should I get another cat right away? - Mary Cortez, Las Vegas, NV

**A:** This is a question close to my heart as in the last decade I have lost so many of my own

pets - dog, cat, bird, bunny, ferret - if it was close to my heart I lost it, and with each one a little bit of my heart went with it.

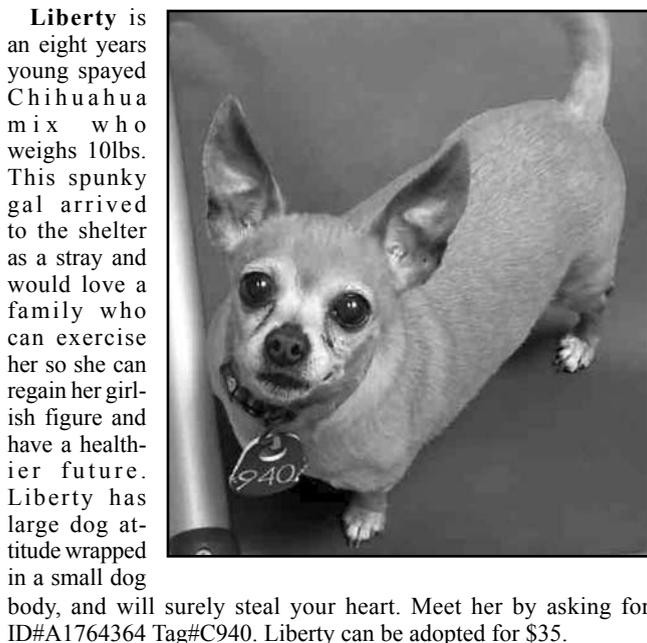
So what advise can I give you? Nothing really, the void in your heart will always be there and the non-pet owners will always think you are crazy and that is just the way it is.

However the ability to endure grief and go on with life is universal among all of us creatures and in time you will deal with the situation better than you are doing now. Finding a support group or even just one shoulder to cry on can help. When you are with other people who have experienced this and who can share your sadness then the pain begins to lessen.

One thing I can say with certainty: get another cat ASAP.

You will definitely feel better as part of the void in your life is not having a pet to care for and the new cat will fix that right away. Do not feel guilty or unfaithful about the new cat taking the place of your old one in your heart. Your lost cat is not looking down on you enjoying the fact that you are sad about her absences. If your cat knew that getting another one would make you happy then she would be all for the idea.

(Marc Morrone has kept almost every kind of animal as a pet for the last half-century and he is happy to share his knowledge with others. Although he cannot answer every question, he will publish many of those that have a general interest. You can contact him at [petxperts2@aol.com](mailto:petxperts2@aol.com); please include your name, city and state.)



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

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10-21 Schwadron

"Sims, you remind me a lot of myself when I was young and about to be looking for another job."



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# Around Town

Events subject to change. Please confirm details before attending!

**San Diego Gulls vs Tucson Roadrunners**, Friday, March 3, 7pm. Valley View Casino Center, 3500 Sports Arena Blvd, Point Loma. sandiegogulls.com/home/

**Archery Festival**, Fri-Sun, March 3-5. Fri noon-4; Sat-Sun, 9-3. In conjunction with USA Archery's Indoor Nationals tournament being held at the Easton Archery Center of Excellence (Building 2000). Located within the Chula Vista Elite Athlete Training Center, this newly built center is the training home to some of America's top archers including some Olympians. Also offers beginner archery lessons, archery league, tours, training opportunities to public. Try Archery: Free. Balloon Pop: \$1 for 3 darts. Pop 1 and win a small prize. Disc Toss Machine: \$5 for 6 arrows. Hit a disc and win a free snack and drink at the concession stand. Dinosaur Shoot: \$5 for 3 arrows. U.S. Olympic Training Center, 2800 Olympic Parkway, Chula Vista.

**Del Mar Gem Faire**, Fri-Sun, March 3-5. Fri noon-6; Sat 10-6; Sun 10-5. \$7 weekend pass. Fine jewelry, precious and semi-precious gemstones, millions of beads, crystals, gold and silver, minerals and more at manufacturer's prices. Over 70 exhibitors. Jewelry repair/cleaning while you shop. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar. gemfaire.com

**Spring Home Garden Show**, Fri-Sun, March 3-5. Fri 11-6; Sat 10-6; Sun 10-5. \$1-\$9. "Garden Masters" landscapes (created exclusively for the show), hands-on demos, 100s of products and services exhibitors, educational seminars, plant sales SD-area experts, services, products, and businesses. Improve, refresh, or remodel. 100s of exhibitors showcase newest products, hottest trends. Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar

**Buskers After Dark**, Sat, March 4, 7-10pm. Free. Age 18+. Part of Seaport's Busker Festival. More adult themed buskers, drink specials, etc. Seaport Village, 849 W. Harbor Dr, downtown San Diego.

**Star Party Marvels**, Sat, March 4, 6-9pm. Free. Under waxing first-quarter moon, join Mission Trails Regional Park Resident Star Gazer George Varga as he focuses on Open Clusters in Auriga (M36-38), Gemini, and Canis Major. He'll espy Orion Nebula (M42) and more. 6:00-9:00 p.m. (Rain/cloud cover cancels.) Meet at far end of Campground Day Use Parking Lot. Kumeyaay Lake Campground, Two Father Junipero Serra Trail, Santee.

**Fragrance of Spring**, Sat-Sun, March 4-5, Wed, March 8, 9:30-11am. Free. Fragrance of sage and flowering shrubs, wild flowers. Trail guide-led walk gives insights into clever adaptations plants use to prosper in native plant communities. Meet inside the Visitor Center. One Father Junipero Serra Trail, San Carlos, 92119

**Civil War Re-enactment**, Sat-Sun, March 4-5, noon & 3pm. \$7-\$12.

17th annual reenactment with authentic battle scenes, live cannon fire, period costumes, historical figures, camps, infantry and cavalry demos, artillery demos. Self-guided walking tours of their collections of antique equipment and offer visitors a selection of food and refreshment. Antique Gas and Steam Engine Museum, 2040 North Santa Fe Avenue, Vista, 92083

**Seaport Village Busker Festival**, Sat-Sun, March 4-5, noon-6pm. Free. Known for their unusual and comedic acts, busker street artists perform for tips in public venues across the globe. Seaport Village hosts only busker festival in SoCal. See sword swallowers, pogo stick tricks, knife throwers, acrobalancers (two partners lifting, holding, and posing), jugglers on unicycles, contortionists, and stilt walkers. Seaport Village, 849 W. Harbor Drive, downtown San Diego.

**Buskers After Dark**, Sat, March 4, 7-10pm. Free. Age 18+. More adult themed buskers, drink specials, etc. Seaport Village, 849 W. Harbor Dr, downtown San Diego, 92101

**Daffodils in Julian**, Sat-Sun, March 4-5, noon-5pm. Free. 13th annual event, with over a thousand blooms on display. American Daffodil Society experts will be on hand to answer any question about daffodils. Julian Town Hall, 2129 Main Street, Julian, 92036

**Travel & Adventure Show**, Sat-Sun, March 4-5, Sat 10-5; Sun 11-4. \$15-\$22. Find, plan, and/or book vacation: thousands of vacation options to explore, local destination experts to help them get there, plus thousands \$\$\$ savings. Inspirational, educational, and culturally focused sessions on five stages on the show floor, hands-on activities for the family, live camel rides. San Diego Convention Center, 111 W. Harbor Dr, downtown San Diego.

**Koi Show**, Sat-Sun, March 4-5, 9-3. 30th annual event, billed as the largest koi show on the West Coast with over 300 koi on display in competition, from 6 inches to 3 feet long. Del Mar Fairgrounds, Activity Center (next to home show), 2260 Jimmy Durante Boulevard, Del Mar. koiclubofsandiego.org/

**Harbor Seal Walk and Talk**, Sundays, March 5 & 19, 2pm. Free. For a close-up look and some history of harbor seals in La Jolla, the Seal Society of San Diego offers free walk/talk during pupping season, start at Mangelsen's Images of Nature Gallery. Learn about harbor seal colony, then take short walk to beach to see seals and newborn pups. Images of Nature Gallery, 7916 Girard Avenue, La Jolla, 92037. facebook.com/SealSociety/

**Circus Vargas**, Ongoing until Mon, March 27. Various locations and times go to circusvargas.com to view the schedule

**Shelter Island Walk and Talk**, Free. Ongoing indefinitely Thursdays 10-11:15am. Join in casual walk from Bali Hai Restaurant to Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60-70 minutes including pit stop). Meet new friends at east end of

the island to right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. Ample free parking. If you're late, drive down the island and join us along the way. Optional eats afterward. Info 619-222-3800. Bali Hai, 2230 Shelter Island Dr, San Diego, 92106.

**San Diego Outrigger Canoe Club** is looking for a few good men and women to join our club. Ongoing Saturdays thru Jan. 3, 2018. Age 18+. 8:30-10:30am. If you enjoy working out, love the ocean and being outside, and are a little bit competitive, you'll love outrigger paddling. No cost to check it out, and we'll have a paddle for you. Camp-land on the Bay, 2211 Pacific Beach Drive, Mission Beach, 92109

**Accordion Club** meets the second and fourth Saturday of each month. Sat, March 11 & 25, 9:30am-12:30pm. Free. University Community Library, 4155 Governor Drive, San Diego, 92122

**Paddle Miramar Lake**. \$2-\$7. Ongoing Saturdays thru March 25, 11am-12:30pm. Kayak or row a boat for \$6 per person for equipment. If you have your own, you will only need a city use permit. If you bring your own kayak or boat, the city requires a launch fee \$2 for a kayak or \$7 for your boat. Meet at the concession building. Join Meetup group and RSVP: <http://bit.ly/2g26Gyt>. Miramar Lake, Scripps Lake Drive at Scripps Ranch Boulevard, San Diego, 92131

**Help Endangered Birds**, Sat, March 19, 9:30am-12:30pm. Free. Help manage invasive plants in Mission Bay to protect endangered birds at Stony Point. Help promote nesting by the endangered California Least Tern and nd to create space for native coastal dune plants. RSVP: [flaherty@sandiegoaudubon.org](mailto:flaherty@sandiegoaudubon.org) or 858-273-7800 x106. Fiesta Island, 1500 Fiesta Island Road, San Diego, 92109. sandiegoaudubon.org/

**Learn to Paddle (outrigger canoes)**. Free or donation. After a long winter hiatus, the Ikuna Koa Canoe Club staff has been busy planning events for the upcoming season. For those interested in paddling outrigger canoes, it will be a lot of fun on the water. If there is interest and time available at the end, we might even do some quick sprint races. Donations encouraged but not required. Join the group and RSVP at: <http://bit.ly/2gyBIUR>. Sunday 8:30 a.m., March 26, 2017, April 23, 2017, May 28, 2017, June 25, 2017, July 23, 2017, 8:30 a.m. San Diego Mission Bay Boat and Ski Club, 2606 North Mission Bay Dr., Pacific Beach 92109. [meetup.com/Ikuna-Koa-Outrigger-Canoe-Club/](http://meetup.com/Ikuna-Koa-Outrigger-Canoe-Club/)

**Stretch & Fetch in OB**. \$10. Age 18+. Ongoing Sundays at 10am thru May 28, 2017. Bring your dog while you workout. Your dog needs exercise too! Join us at Robb Athletic Field for a new type of fitness class. Strengthen your body, lengthen out your tight muscles, and work on commands with your dog. Reserve your spot via email: [Functionandpower@gmail.com](mailto:Functionandpower@gmail.com). Robb Field, 2525 Bacon Street, San Diego, 92107.

## MOVIES at the Bases



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

**Thursday, March 2**  
5:50 PM Hidden Figures (PG)  
8:20 PM Resident Evil: The Final Chapter (R)

**Friday, March 3**  
6:00 PM The Space Between Us (PG-13)  
8:20 PM Rings (PG-13)

**Saturday, March 4**  
1:00 PM A Dog's Purpose (PG)  
3:20 PM Patriots Day (R)  
6:00 PM xXx: The Return of Xander Cage (PG-13)  
8:10 PM Resident Evil: The Final Chapter (R)

**Sunday, March 5**  
1:00 PM A Dog's Purpose (PG)  
6:00 PM SNEAK PREVIEW:  
**KONG: Skull Island (PG-13)**  
8:30 PM Resident Evil: The Final Chapter (R)

**Monday, March 6**  
6:00 PM Rings (PG-13)  
8:20 PM The Space Between Us (PG-13)

**Tuesday, March 7**  
6:00 PM xXx: The Return of Xander Cage (PG-13)  
8:10 PM Sleepless (R)

**Wednesday, March 8**  
6:00 PM The Bye Bye Man (PG-13)  
8:00 PM Rings (PG-13)

**Thursday, March 9**  
5:50 PM A Dog's Purpose (PG)  
8:10 PM Patriots Day (R)

★ **La La Land** Comedy, Drama, Musical

**Cast:** Ryan Gosling, Emma Stone, Rosemarie DeWitt, Callie Hernandez and Jessica Rothe **Synopsis:** A jazz pianist falls for an aspiring actress in Los Angeles. **Rated:** "PG-13" for some language **Length:** 128 minutes



Action, Adventure, Thriller



**Cast:** Vin Diesel,  
Donnie Yen,  
Deepika Padukone,  
Kris Wu and  
Ruby Rose

*Xander Cage is left for dead after an incident, though he secretly returns to action for a new, tough assignment with his handler Augustus Gibbons.*

**Rated:** "PG-13" for extended sequences of gunplay and violent action, and for sexual material and language  
**Length:** 107 minutes

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

**Thursday, March 2**  
5:50 PM Resident Evil: The Final Chapter (R)  
8 PM xXx: The Return of Xander Cage (PG-13)

**Friday, March 3**  
5:50 PM Rings (PG-13)  
8:10 PM The Space Between Us (PG-13)

**Saturday, March 4**  
12:50 PM Monster Trucks (PG)  
2:50 PM The Space Between Us (PG-13)  
5:50 PM Rings (PG-13)  
8:00 PM Resident Evil: The Final Chapter (R)

**Sunday, March 5**  
12:50 PM Monster Trucks (PG)  
3:00 PM A Dog's Purpose (PG)  
5:50 PM The Space Between Us (PG-13)  
8:10 PM Rings (PG-13)

**Monday, March 6**  
6:00 PM Rings (PG-13)

**Tuesday, March 7**  
5:50 PM Rings (PG-13)  
8:00 PM xXx: The Return of Xander Cage (PG-13)

**Wednesday, March 8**  
5:50 PM Split (PG-13)  
8:10 PM The Space Between Us (PG-13)

**Thursday, March 9**  
5:50 PM Rings (PG-13)  
8:00 PM Resident Evil: The Final Chapter (R)



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

**Thursday, March 2**  
11 AM The Good Dinosaur (PG)  
5:00 PM Bad Santa 2 (R)

**Friday, March 3**  
5:00 PM Central Intelligence (PG-13)

**Saturday, March 4**  
2:00 PM Masterminds (PG-13)  
5:00 PM Free State of Jones (R)

**Sunday, March 5**  
5:00 PM Alice Through  
The Looking Glass (PG)

**Monday, March 6**  
5:00 PM Marvel's The Avengers (PG-13)

**Tuesday, March 7**  
11:00 AM Trolls (PG)  
5:00 PM Arrival (PG-13)

**Wednesday, March 8**  
5:00 PM Tyler Perry's Boo!  
A Madea Halloween (PG-13)

**Thursday, March 9**  
11:00 AM The Wild Life (PG)  
5:00 PM Glory (R)

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

**Thursday, March 2**  
5:00 PM Inside Out (PG)

**Friday, March 3**  
5:00 PM Rogue One:  
A Star Wars Story (PG-13)

**Saturday, March 4**  
5:00 PM Fantastic Beasts and  
Where To Find Them (PG-13)

**Sunday, March 5**  
5:00 PM Keeping Up With  
the Joneses (PG-13)

**Wednesday, March 8**  
10:00 AM Saving Private Ryan (R)  
1:00 PM Anthropoid (R)  
3:00 PM Eye in the Sky (R)  
5:00 PM Fury (R)

**Thursday, March 9**  
5:00 PM Lilo & Stitch (PG)



# Concerts

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

## March

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

**Datsik.** Fri, March 3, 8pm. Dub step/House. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

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

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

**Red Hot Chili Peppers.** Sun, March 5. Alternative. Valley View Casino Center (San Diego Sports Arena), 3500 Sports Arena Blvd., San Diego. (619) 224-4171.

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

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

**Social Distortion.** Wed, March 8, 8pm. Punk/Rock/Blues. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

**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,**

## 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.

## Congratulations to our Blake Shelton concert ticket winners

**Biz Markie, and Coolio.** Fri, March 10, 8pm. Hip-Hop. Microsoft Theater, 777 Chick Hearn Ct, Los Angeles

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

**NateWantsToBattle.** Sat, March 11, 7pm. Alternative/Indie. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

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

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

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

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

**Wu Tang Clan.** Fri, March 17, 8pm. Rap/Hip-Hop. House of



Blues Anaheim, 400 W Disney Way, #337, Anaheim (714) 778-2583

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

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

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

**MØ.** Wed, March 22, 7pm. Electro pop. 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, March 30, 7:30pm. Pop. Honda Center, 2695 E. Katella Ave., Anaheim. (714) 704-2400. www.honda-center.com

**Vince Gill.** Fri, March 31, 7:30pm. Country. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

**Eric Church.** Fri, March 31, 8pm. Country. STAPLES Center, 1111 S. Figueroa St, Los Angeles. www.staplescenter.com

## April

**Richard Ashcroft.** Sat, April 1, 8pm. Alternative Rock. Spreckels Theatre, 121 Broadway, San Diego. (619) 235-9500.

**DJ Quik.** Sat, April 1, 8pm. Rap/Hip-Hop. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

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

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

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

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

**Carter Winter.** Fri, April 7, 7pm. Country. House of Blues,

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

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

**Designer.** Sun, April 9, 8pm. Rap/Hip-Hop. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

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

**Tech N9ne.** Mon, April 17, 7pm. Rap/Hip-Hop. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

**Steely Dan.** Mon, April 17, 7:03pm. Classic Rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

**Simple Plan.** Tues, April 18, 6pm. Pop/Punk/Emo. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

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

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

**Pixies.** Sat, April 22, 7:30pm. Alternative Rock/Punk. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

**Willie Nelson.** Wed, April 26,

7:30pm. Country. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

**Kings of Leon.** Fri, April 28, 7pm. Alternative Rock. Sleep Train Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600.

**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.

## May

**Leela James.** Wed, May 3, 7pm. Soul/R&B. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

**The Flaming Lips.** Sun, May 7, 8pm. Indie Rock. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

**The Chainsmokers.** Mon, May 8, 7pm. House/Dance. 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

**Cashmere Cat.** Sat, May 13, 8pm. Dancehall. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

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**\$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 20c per mile in excess. Tier one credit. 2 at this price. #886690, #882540.



**\*Warranty is a limited power train warranty. For details see retailer or go to [kia.com](http://kia.com)**



**800-507-1644**

**540 AUTO PARK DR.**  
**CHULA VISTA**  
**www.fullerkia.com**

\*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 3/6/17.