

NAVY POOD SORUTOR

NB San Diego: Shore-based top galley

by Ed Wright WASHINGTON - Naval Base San Diego and Joint Expeditionary Base Little Creek-Fort Story, representing Navy Installations Command galleys, were announced by the secretary of the Navy as the winners of the 2017 Captain Edward F. Ney Memorial Food Service Award for outstanding food service Feb. 14.

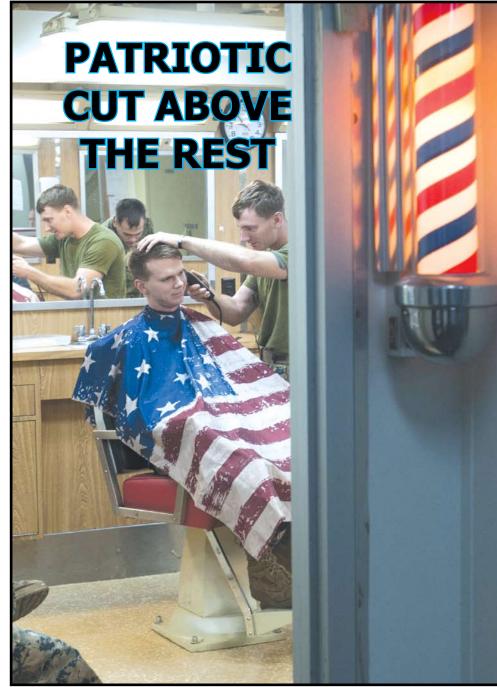
The Ney award is awarded annually to the highest-performing food service operations throughout the Navy.

"The Ney Award is the highest honor a galley can receive; it recognizes outstanding customer service, sanitation, and safety observances, fiscal accountability, and food that tastes great," said Karin George, NIC Ashore galley program manager. "Winning the Ney Award means that the efforts of the entire galley staff were recognized by senior leadership. No one person wins the Ney for the operation. It takes the entire galley team to ensure that every day the service is consistently outstanding.

Naval Base San Diego was the winner in the Large General Mess category, while Joint Expeditionary Base Little Creek-Fort Story was the Small General Mess winner.

The Ney awardees must earn a five-star rating from a Navy evaluation team to be considered for the award.

The annual awards encourage excellence in Navy Food Service programs with the objective of improving the quality of life for Navy personnel.



ATLANTIC OCEAN -- Sgt. Christopher Coffman, of Battalion Landing Team 3/6, cuts hair on a Sunday morning aboard amphibious assault ship USS *Bataan* (LHD 5). The ship is underway conducting Composite Training Unit Exercise with its amphibious ready group in preparation for an upcoming deployment. Navy photo by MC3 Kenneth Rodgers

See page 10

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Saluting a century of service

Flight operations at NAS North Island

by MC1 Travis Alston

The mission of the Navy is to maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas. The Navy is unique in that it fulfills a broad role that encompasses everything from combat to peacekeeping to humanitarian assistance. A primary way



In February 1948 the world's fastest carrierbased jet aircraft, the 600-mile-per hour North American FJ-1 Fury, arrived at North Island as a unit of VF-51. Courtesy photo the Navy does this is by providing firepower and support from the air.

With this demanding task in mind, it is vital that aviators are trained on the most technologically advanced aircraft in the world, and on ranges and areas that allow them to "train like you fight." One area that requires dedicated and consistent training is preparing to land on a ship. Naval Air Station North Island and Naval Outlying Landing Field Imperial Beach support this training at Navy airfields.

Flight paths and noise caused by military aircraft are an ongoing issue for residents near

military installations. Naval Base Coronado (NBC) leadership wants to assure residents that their complaints and concerns are a top priority.

NBC leadership considers the relationship with the surrounding community crucial and has a variety of strategies for noise management to include the avoidance of flight routes and altitude restrictions in noise-sensitive areas and by placing limits on the types of flight operations, when possible.

"We are committed to the safety and well-being of our neighbors and understand that our operations create noise," said Capt. Scott T. Mulvehill, NBC commanding officer. "However, it is our responsibility to facilitate the training of the Navy's pilots to meet our nation's overarching mission."

Recently, base leadership established a Community Concerns Hotline as well as a section on the NBC web page to assist residents in getting their voices heard.

Mulvehill said it is important residents understand that there are several contributing factors that dictate air operations on base.

"Ultimately the Federal Aviation Administration is responsible for management and control of the National Airspace System," said Mulvehill. "Operations at San Diego International Airport influence all aircraft operations throughout San Diego County. Naval Air Station North Island's close proximity to San Diego International results in the FAA directing some of our operations. Simply put, there are many airfields in a small area, therefore we have to work with each other to ensure all missions and services are provided."

In 2016 NASNI conducted a total of 83,181 airfield operations, which included takeoffs and landings from the runways, or one of the multiple helicopter pads located on the airfield. Of those operations, approximately 8,000 instrument approaches occurred to runway 29. This particular flight path brings aircraft along the beach. These approaches are a training requirement for both the pilots and the controllers. This practice allows them to be ready for bad weather, at sea and when far from home.

"We limit our overall operations to the greatest extent practical by limiting transient aircraft to mission essential operations," said Mulvehill. "The base is tasked with training missions for both pilots ATVs on their way to infantry Marines

by Mathuel Browne MARINE CORPS BASE QUANTICO, Va. - Infantry Marines will soon receive ultralight off-road vehicles that will improve mission readiness by providing rapid logistics support in the field.

Program Executive Officer Land Systems, the Corps' acquisition arm for major land programs, is expected to deliver 144 Utility Task Vehicles to the regiment-level starting later this month - a mere six months from contract award. The rugged all-terrain vehicle can carry up to four Marines or be converted to haul 1,500 pounds of supplies. With minimal armor, the UTV can quickly haul extra ammunition and provisions, or injured Marines, while preserving energy and stealth.

"The Marine's pack is getting heavier, and they are carrying more gear than ever down range," said Jessica Turner, team lead for Internally Transportable Vehicles/Utility Task Vehicles at PEO LS. "Infantry Marines were looking for a capability that would lessen the load while increasing the area of operation, and the UTV is that solution.'

The UTV is a new capability for the fleet. Measuring roughly 12 feet long, the commercially acquired diesel vehicle is modular, with back seats that convert into a small cargo bed. Thanks to its small size, the UTV fits inside MV-22 Ospreys and CH-53E helicopters for easy transport to remote locations and greater tactical support.

PEO LS joined a Marine Corps Special Operations Command contract to deliver the capability to Marines in such a short amount of time.

We have taken an off-theshelf capability and leveraged it with other commands to maximize the effort," said Eugene Morin, product manager for Legacy Light Tactical Vehicles at PEO LS. "The continued challenge for the Marine Corps is finding commercial-off-theshelf items that satisfy the needs of Marines. Through partnerships like this, we can find the solutions we need."

In exchange, MARSOC partnered with the Marine Corps Warfighting Laboratory to run field user evaluations on the UTV to ensure it met the needs of the warfighter.

"One key takeaway from the MCWL testing was user feedback from Infantry Marines," said Mark Godfrey, vehicle capabilities integration officer at Marine Corps Combat Development and Integration. "MCWL did demonstrations such as casualty evacuation and maximum payload, and were able to tell us Marines' thoughts on the value of the vehicle.

The UTV program also satisfies the infantry's requirement to maneuver more rapidly and deeply throughout the battlespace.

Much like larger tactical vehicles, Marines authorized to drive the UTV will be required to complete operator training as well as additional off-road vehicle safety procedures.

'One reason for the driving course is the UTV is an offroad vehicle," Turner said. "The UTV's suspension, handling and the way it distributes power is a lot different than a regular vehicle."

Eighteen vehicles will be delivered to specific infantry regiments, with the first shipment going to I and II Marine Expeditionary Force in Febru-ary, and III MEF in March and April. The Marine Corps will continue to seek ways to lever-

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The Marine Corps Program Executive Officer Land Systems is expected to deliver 144 Util-ity Task Vehicles to the regiment-level starting this month. The rugged all-terrain vehicle can carry up to four Marines or be converted to haul 1,500 pounds of supplies.

Official Marine Corps photo

age partnerships and speed acquisition for Marines.

"The UTV is a perfect example of how we can do acquisition faster and more efficiently," said Godfrey. "It may be a model for obtaining items from industry quicker in the future.

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National Military

U.S. condemns North Korean ballistic missile launch

by Terri Moon Cronk

WASHINGTON - The United States strongly condemns North Korea's weekend ballistic missile launch and its other recent attempts and will take all necessary measures to deter and defeat threats to U.S. and ally territories and citizens. Pentagon spokesman Capt. Jeff Davis told reporters Monday.

Davis said that on Feb. 11, U.S. Strategic Command detected and tracked what was assessed as a North Korean missile launch of a probable intermediate-range ballistic missile.

"[The launch] occurred near the North Korean northwestern city of Kusong and it flew roughly due east out into the Sea of Japan about 500 kilometers [more than 310 miles]," Davis said, adding that the missile landed in international waters.

"The North American Aerospace Defense Command determined the missile launch did not pose a threat to North America," he said. "We also worked very quickly with our Japanese and

South Korean allies to make sure it did not pose a threat to them either.

The captain said the United States maintains capabilities to respond quickly and intercept missiles from North Korea if they do pose a threat to the nation or its allies.

"There are multiple U.N. Se-

VP-45 'Pelicans' respond to Clyde **Challenger search and rescue efforts** by Lt. Caroline Sabatt,

ATLANTIC OCEAN - Her

Majesty's coastguard received an emergency beacon from Clyde Challenger, a 60-foot sailboat transiting from the Azores back to the UK Feb. 10.

The sailboat took on a rogue wave which snapped its mast, leaving it stranded in severe sea state and weather conditions.

A nearby ship, UK tanker CPO Ferdinand, responded to the distress signal and shielded and monitored the vessel until further relief could arrive

curity Council resolutions that explicitly prohibit North Korea's launches using ballistic missile technology," Davis said.

"North Korea's unlawful weapons programs represent a clear, grave threat to our national security," he added. "North Korea openly states that its ballistic missiles are intended to deliver nuclear weapons to strike cities

in the launch.

Sailors from Patrol Squadron 45 responded to the call, and dispatched two crews and two Poseidon aircraft to provide aerial coverage while waiting for Royal navy destroyer HMS Dragon (D35) to arrive on station.

"P-8 presence on station provided continuous, rescue scene condition updates to Her Majesty's coastguard and facilitated a communications relay between the Clyde Challenger crew and the HMS Dragon," said Lt. Rodrigo Cunha, VP-45 P-8A tactical coordinator.

see VP-45, next page



The U.S. Missile Defense Agency (MDA), the Japan Ministry of Defense (MoD), and Navy Sailors aboard USS John Paul Jones (DDG 53) conducted a flight test Feb. 3, resulting in the first intercept of a ballistic missile target using the Standard Missile-3 (SM-3) Block IIA off the west coast of Hawaii. Navy photo

"For my transition from servicemember to business owner, it had to be UMUC."

KATHRYNN STODDARD Bachelor of Science, **Management Studies** Navy Veteran



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appears to be a land-based varia-

"[Such launches from North

Korea are] all serious," Davis

said. "This is a program they

are moving forward on to try

to develop this capability, and

they've been doing it in defi-

ance of multiple resolutions and

actions to try to get them to stop.

They are very open and transpar-

ent about their desire to build this

capability, and we are open about

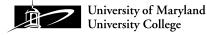
our ability to defeat it.

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THURSDAY, FEBRUARY 16, 2017 www.armedforcesdispatch.com

Mattis: U.S. remains committed to NATO as alliance transforms

by Cheryl Pellerin WASHINGTON - The United States remains committed to NATO, history's most successful military alliance, as it transforms to match the changing character of war, Defense Secretary Jim Mattis told reporters traveling with him to this week's NATO defense ministers conference in Brussels.

In addition to attending the conference and meeting with counterparts from other NATO member nations, Mattis also will host a meeting of ministers from the coalition to counter the Islamic State of Iraq and Syria during his second international trip as defense secretary.

"Our commitment remains to NATO, [which is] ... in the midst of transformation. Why? You've watched as the character of war over this last dozen years has changed itself, and as the character of war changes, so must the character of the militaries that address them," Mattis said.

To underscore the alliance's commitment to change, the secretary noted that the only NATO command with a headquarters in the United States is Allied Command Transformation.

"The whole point of that command is to transform NATO, so ... we go to Brussels where we all get together, we talk about that transformation, [and] we guide it. NATO has transformed over these last 20 years, and it must continue to transform," Mattis said.

As secretary, he added, his approach to NATO is "full-speed ahead and listen, learn, help and lead."



Defense Secretary Jim Mattis speaks with reporters aboard an E-4B National Airborne Operations Center aircraft over the Atlantic Ocean while en route to Brussels for a NATO defense ministers conference Feb. 14. DoD photo by Tech. Sgt. Brigitte N. Brantley

Listening is first, he said. "Learn what other people face, help them wherever I can, because they've been allies. They stood by us after New York was attacked and so many decades before that. And many of them have lost boys, lost women in fighting the enemy that attacked America. And then lead, [because] America has a leadershin role." On Feb. 17, Mattis will attend the Munich Security Conference in Germany, where he will hold a series of meetings with key international counterparts.

The trip will underscore the U.S. commitment to the NATO alliance and to defeating ISIS, according to a Feb. 10 DoD news release announcing the secretary's trip.

NATO secretary general previews alliance defense ministerial

by Jim Garamone WASHINGTON - NATO Secretary General Jens Stoltenberg previewed the meeting of defense ministers that started Feb.15, saying the leaders will sharpen the alliance's response to a more challenging security environment.

Stoltenberg told reporters at NATO headquarters in Belgium that the security challenges are real and complicated, but the alliance is responding and he noted an increase in defense spending by NATO allies.

Defense Secretary Jim Mattis is also at the meeting in Brussels.

"NATO is founded on the bond between North America and Europe, and in good times and bad, that bond has been unbreakable," Stoltenberg said. "We stand together. We defend each other. And that is good both for Europe, and for North America. I'm confident that defense ministers at our meet-

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ing tomorrow and the day after tomorrow once again are going to reconfirm the enduring importance of the transatlantic bond."

The alliance is putting in place the infrastructure to implement the decisions made at last year's NATO Summit in Warsaw. This includes deploying four multinational battle groups to Latvia, Estonia, Lithuania and Poland.

"We are also stepping up our ability to anticipate and respond to crises in the south in order to project stability in our neighborhood," Stoltenberg said.

NATO nations have pledged to invest 2 percent of gross domestic product in defense capabilities. The United States, Britain, Poland, Estonia and Greece are the only countries at or above this monetary goal now, defense officials have said, but other countries have reversed the downward trend and have increased defense expenditures. "NATO's continuous adaptation requires responsibilities to be shared fairly among allies," Stoltenberg said. "Fair burdensharing and increased defense spending underpins the transatlantic Alliance."

The alliance nations have responded to the threats from Russia to the east and the transnational threats of terrorism emanating from the Middle East. "After many years with steep cuts in defense spending,

VP-45 continued from page 3

Lt. Lindianna Steffan, mission commander, and her P-8 crew arrived on station and established a 30-minute communications window with Clyde Challenger, maintaining updates on the crew's status and overall health of the vessel.

"It was a privilege to be the communications relay and provide the crew with any updates to the status of their rescue," said Lt. Caroline Sabatt, VP-45 P-8A tactical coordinator. "We were thrilled to be able to inform them when HMS Dragon was inbound and provide their instructions for rescue. You could hear the relief in their voices knowing that help was on the way and the rescue would commence soon."

Dragon was conducting routine operations when the ship was diverted to assist in the rescue operations. The second P-8A crew, led by Lt. Cmdr. Michael Winters remained on station and assisted vectoring Dragon to intercept Clyde Challenger. we have turned a corner," the secretary general said. "Today, I can present to you new, updated figures for 2016. Defense spending in real terms has increased by 3.8 percent among European allies and Canada."

The jump is "significantly higher than what we had originally foreseen" and is indicative of the seriousness of the situation. "It amounts to roughly 10 billion dollars more for our defense," he said.

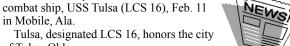
The crew was able to maintain eyes on Clyde Challenger and witnessed four of the crew members' safe transfer from the sailboat to Dragon. All 14 personnel on Clyde Challenger were safely rescued.

"Supporting this mission highlights the P-8A's ability to respond quickly to a crisis situation, in this case 1,500 nautical miles from home base," said Capt. Bill Ellis, commander, Task Force 67. "While on scene, our crews were able to monitor and provide updates of the Clyde Challenger through the night, and help coordinate the arrival and rescue efforts of HMS Dragon. For the crew of the Clvde Challenger and their worried family members at home, it's reassuring to know that someone is watching over them while help is on the way. I'm very proud of the VP-45 'Pelicans' for their rapid response and role in this rescue at sea."

VP-45 is in the 6th Fleet area of operation in support of U.S. national security interests in Europe and Africa.

Navy christens LCS USS Tulsa

WASHINGTON - The Navy christened its newest Independence-variant littoral combat ship, USS Tulsa (LCS 16), Feb. 11



of Tulsa, Okla. Adm. William F. Moran, vice chief of naval

operations, deliverd the ceremony's principal

address. Kathy Taylor, former mayor of Tulsa, is the ship's sponsor.

"The christening of the future USS Tulsa serves as a tribute to the extraordinary work done by our nation's shipbuilders and brings this great ship one step closer to joining our fleet," said the Honorable Sean Stackley, acting secretary of the Navy. "Our nation can be proud of this crew as they ready the ship to represent the city of Tulsa and the United States, around the world for years to come."

The future USS Tulsa is the second U.S. Navy ship to be named in honor of the city of Tulsa. The first USS Tulsa was an Asheville-class gunboat designated as PG-22 that served from 1923 to 1944 before being renamed Tacloban. She earned two battle stars for World War II service. A cruiser to be named USS Tulsa was also authorized for construction during World War II, but the contract was canceled before it was built.

Jansen receives NJP at Admiral's Mast

WASHINGTON - Rear Adm. Adrian Jansen received nonjudicial punishment (NJP) at Admiral's Mast held Feb. 10 by Commander, United States Fleet Forces, Adm. Phil Davidson. A Defense Criminal Investigative Service investigation revealed violations of the Uniform Code of Military Justice (UCMJ) associated with Jansen's involvement with Glenn Defense Marine Asia (GDMA).

The investigation showed that Jansen had an inappropriately familiar relationship with Leonard Francis, Chief Executive Officer and President of Glenn Defense Marine Asia, while serving as the Naval Attache, Jakarta, Indonesia from 2010 to 2013. He attended multiple private dinners paid for by Leonard Francis over the course of two years, and accepted gifts of wine. The gifts of dinners and wine totaled more than \$5,000, and exceeds amounts permitted by law and authorized under Department of Navy regulations. In addition, Jansen had a duty to report his contact with Leonard Francis, as well as the acceptance of the gifts, and he failed to do so.

During NJP, Davidson found Jansen guilty of violating article 92 of the UCMJ. Jansen received a punitive letter of reprimand and forfeiture of \$3,750 pay per month for two months.

In conjunction with Admiral's Mast, Jansen has submitted a voluntary request for retirement that will be reviewed in accor-

CTF 76 staff integrates with CTFs, Marines during FST-J preps

dance with existing processes.

OKINAWA, Japan - The staff of Commander, Task Force 76/Expeditionary Strike Group 7 participated in a one-week planning exercise and warfare academics recently in preparation for Fleet Synthetic Training-Joint Exercise (FST-J) to be held later this spring.

The expeditionary strike group staff participates in FST-J annually to ensure readiness to command over forces in a wide spectrum of mission sets.

Facilitated by Tactical Training Group Pacific (TTGP), the planning exercise included representatives from 3d Marine Expeditionary Brigade (MEB), Amphibious Squadron (PHIBRON) 11, CTF 72, CTF 70, CTF 74, and USS *Chancellorsville* (CG 62). Staff members and counterparts worked together in an effort to increase integration in achieving a common mission objective and leveraging each staff's functional capabilities.

"This training is more insight into what we do as CTF. This helps our staff and planners become better-rounded in their support roles and it gives them an opportunity to gain further professional development," said Lt. Cmdr. Patrick Griffin, CTF 76 operational support officer and lead planner for FST-J. "It's critical that we execute this certification as an integrated team, in order for us to further the 7th Fleet mission."

Posthumous advancement for Navy SEAL

WASHINGTON - The Navy announced recently that a SEAL killed in action two weeks ago will be posthumously advanced to senior chief petty officer.

Chief Special Warfare Operator William "Ryan" Owens, 36, of Peoria, Illinois, died Jan. 29, 2017, in the Arabian Peninsula of Yemen, of wounds sustained in a raid against al-Qaida.

The Navy approved an exception to policy request for Owens' posthumous advancement, effective the day of his death.



Veterans News

Issa votes to improve veterans' services, employment opportunities

WASHINGTON, D.C. - Congressman Darrell Issa (R-Calif.) released the following statement after the U.S. House of Representatives voted to pass a series of bills that help veterans.

The legislation passed Feb. 13 includes the WINGMAN Act, one of the first pieces of legislation co-sponsored by Congressman Issa in the new Congress and introduced as part of his 2017 District Priorities.

"Veterans have fought and

sacrificed much in their service to our nation. I'm pleased to support bipartisan legislation to speed up our ability to get them the benefits they've earned.

As the representative for the 42,000 Marines and their families at Camp Pendleton, one of the biggest issues we help constituents with every year is casework for problems with benefits or service issues at the VA. Yet, too often, bureaucratic red tape has created delays, taking weeks or months for casework-

ceremony with their spouse and

family members at the Clubs at

Commandant Robert

Neller made a point of rec-

ognizing the spouses of

the winners and runner-ups

who support these Marines.

Winners and runner-ups of

CMC combined awards pro-

Recruiter of the Year: Staff

Staff Sergeant Jared R. Terrell

Sergeant Joshua C. Gonzalez

Ouantico at MCBO.

the 2016

gram are:

(winner):

(runner-up);

ers to receive the files they've requested from the VA. Streamlining this process through the WINGMAN Act will ensure that veterans won't have to wait and can quickly get the help and benefits they've earned.

We also must ensure veterans have ample opportunities for employment when they return from their service. The bills we've passed today will help make veterans a priority in the hiring process and give recognition to the companies who've

put our heroes first. I applaud these efforts to improve veterans' services and strengthen job opportunities for those who've served 3

The bills passed include:

H.R. 512 - The WINGMAN Act The WINGMAN Act, co-

sponsored by Congressman Darrell Issa, enables Congressional offices to provide better service to veterans with benefits

Career Planner of the Year:

Reserve Career Planner of

Staff Sergeant Jaim W. Bourg

Male Athlete of the Year:

Female Athlete of the Year:

The Marine Corps Combined

Awards Program originated in

1995 and FRA has participated

in the program for the past 18

Colonel Stephen P. Armes;

First Lt. Mollie B. Hebda.

the Year: Sergeant Christin J.

Sergeant Diana J. Dehoyos

Mata (runner-up);

McAdams (winner).

(winner);

(runner-up);

claims and constituent services. It speeds up casework process by allowing authorized Congressional staff the ability to directly access VA records on behalf of constituents, instead of having to go through a middle-man at the agency.

H.R. 244 - HIRE Vets Act

The HIRE Vets Act establishes a recognition program to reward companies that hire veterans. Companies that hire, recruit and retain a certain proportion of

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veterans would become eligible for Gold or Platinum HIRE medallions to recognize - and incentivize - companies that support employment opportunities for veterans

H.R. 974 - BRAVE Act

The BRAVE Act authorizes the Department of Veterans Affairs to give preferences in contracting to companies based on the percentage of full-time employees who are veterans.

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FRA recognizes outstanding Marine performers

FLEET RESERVE ASSO-CIATION - FRA recognized outstanding Marines last week at the Combined Awards Ceremony at Marine Corps Base Ouantico.

FRA National President Donald Larson represented the association at the event attended by Marine Corps Commandant Robert Neller. Larson presented special certificates, complementary one-year memberships. and FRA challenge coins to all awardees

Recipients of the 2016 Commandant of the Marine Corps Combined Awards attended the

FRA honors Senator Gillibrand

For the past 22 years, Fleet Reserve Association has presented its highest award to the member of Congress who goes above and beyond to advance FRA's legislative agenda.

FRA National President Donald Larson and National Executive Director Thomas Snee, presented the association's Pinnacle Award to Sen. Kirsten Gillibrand (N.Y.), to honor her outstanding leadership in preserving and enhancing the quality of life for military personnel, retirees, veterans and their families. Delegates at the October 2016 National Convention in Jacksonville, Florida unanimously voted

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to give this award to Senator Gillibrand.

The junior senator from New York has served in the Senate since 2009 and was appointed chairwoman of the Senate Armed Services Committee, Personnel Subcommittee in 2013. She served as ranking member of the subcommittee since 2015. In the 114th session of Congress (2015-2016) she sponsored the "Blue Water Navy Vietnam Veterans Act." This FRA-supported bill would clarify that service members serving off the coast of the Republic of Vietnam during the Vietnam conflict have a presumption for filing disability claims with the VA.

Prior Service Recruiter of the Year: Staff Sergeant Mohammed M. Savied (winner)

Gunnery Sergeant Victor Alvarado (runner-up);

Drill Instructor of the Year: Gunnery Sergeant Vitali I. Kholodov (winner)

Staff Sergeant Crispiniano D. Curiel (runner-up);

Marine Combat Instructor of the Year: Staff Sergeant Mark J. Koerner (winner) Staff Sergeant Johnathan D.

Charles (runner-up);

Marine Security Guard of the Year: Sergeant Isaac V. Noriega (winner) Staff Sergeant Christopher

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years

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Navy College Program app available for mobile devices

by Ed Barker, Naval Education and Training Professional Development Center **Public Affairs**

A new application for mobile devices which allows Sailors onthe-go access to many features of the Navy College Program (NCP) is available as of Feb. 8.

"The Navy College Program app offers Sailors mobile access to voluntary education planning tools, a counseling scheduler, and applications previously available only through the Navy College Offices or the Virtual Education Center," said Lt. Cmdr. Nick Turner, the Naval Education and Training Professional Development Center's Voluntary Education Program deputy director. "This app allows the completion of required training, processing of Tuition Assistance (TA) requests, and helps Sailors obtain counseling without being tied to a computer."

The Navy College Program app is divided into several sections for ease of navigation:

* Tuition Assistance - Links users to the My Education Web-TA portal so they can submit a TA application and view the sta-

Airframes

tus of existing TA applications. * Training - Allows users to complete required training, including the TA Course and the DoD Higher Education Preparation Course.

* Videos - Provides video tutorials on the NCP, including TA and command information.

* Resources - Provides in-app and online information on the Navy College Program and continuing education resources

* Schedule Counseling - Links users to the Appointment Scheduler, enabling Sailors to schedule an appointment for education counseling.

* Virtual Education Center (VEC) - Provides contact access for counseling and assistance from the VEC.

* Joint Services Transcript (JST) - Links users to the JST login page, allowing them to request their official JST.

* In addition, the app includes an Emergency resources section and a Favorites section, which allows users to bookmark and easily access parts of the app

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Turner added the NCP app is targeted primarily at active-duty members and will be a key tool for educational service officers and career counselors. The app's tools are relevant to all Navy applicants, current Sailors, transitioning Sailors, and veterans. The app features public content only; no authentication or authorization required.

The NCP app is a bring-

Navy announces **Assignment Incentive Pay for some Sailors** heading to NAS Lemoore

The Navy announced Thursday that some Sailors who are considering orders to sea-duty squadrons at Naval Air Station (NAS) Lemoore may be authorized Assignment Incentive Pay (AIP).

AIP is a temporary compensation tool used to incentivize voluntary assignment to billets determined to be historically difficult to fill.

We recognize Lemoore is a hardship duty station for many Sailors," said Rear Adm. John Nowell Jr., Director, Military Personnel Plans and Policy. "This is why we're working hard to compensate Sailors who choose to serve there and go to sea.

Those Senior Chief and Chief Petty Officers who are issued orders on or after Jan. 31, 2017, for Aviation Machinist Mate (AD), SEE Pay, page 7



your-own-device (BYOD) tool designed to work on personal devices outside of the Navy Marine Corps Internet (NMCI) domain. Users can download the app from the iTunes and Google Play online stores at no cost. To find the free Navy College Program app, search "Navy College" or "NCP" in app stores or in your Web browser. Sailors can also find this app and many others through the Navy App Locker, http://www.applocker. navy.mil.

Warrior transition program expands

by MCC James C. Brown The Navy recently announced all individual augmentees (IAs) serving in U.S. Central Command (CENTCOM) or U.S. Africa Command (AFRICOM) areas of responsibility will attend Warrior Transition Program (WTP) in Sembach, Germany.

Additionally, all IAs will now attend some form of WTP, either in Germany or Norfolk.

Nestled in the Rhineland-Palatinate state of Germany lies the small Army base of Sembach. A tenant command. Expeditionary Combat Readiness Center (ECRC) Sembach Det., hosts a 3-5 day Warrior Transition Program-Third Location Decompression (WTP-TLD) program which focuses on redeploying Sailors' transitional process amid farmland and rolling hills.

Capt. Joseph Rehak, ECRC commanding officer noted, 'Germany provides an ideal location for our Sailors to reflect and rejuvenate after deployments down range in support of continuing operations. I am happy to say that we are now able to provide a much needed break to Sailors redeploying from the CENTCOM and AFRI-COM theaters of operations."

Senior Chief Culinary Specialist John Conniff, a redeployer from Isa Air Base, said of his experience at Sembach following deployment, "It's been very relaxing. It's nice to have the decompression downtime before returning to the states.'

The aim of WTP-TLD is time for the Sailor who is not on the battlefield or on the homefront. The process is designed to assist in an IA's reintegration into life out of the theater of operations, with their families, friends, and careers. The program consists of instructional time, meeting with mental health and religious

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Se Habla Espanol

visits to towns such as Trier and Heidelberg, and individual downtime.

Rehak said, "The Warrior Transition Program provides Sailors time to reflect, learn skills, and meet partner organizations that will support in the transition from deployment to home life."

Lt. j.g. Johnny Fugit, a redeployer from afloat forward staging base-interim USS Ponce (AFSB(I) 15), said, "I found it (WTP) really beneficial. Having a few days to catch my breath and reset has been important and enjoyable.'

The addition of AFRICOM redeployers, as well as seeing those from more CENTCOM sites than before, may lead to the staff at Sembach seeing a noticeable impact on operations.

Cmdr. Patrick Doyle, ECRC Sembach Det. officer in charge said, "The staff here is really dedicated to this mission and making sure that every returning Sailor has the best experience possible, even as we expect to double the number of people passing through WTP. For us, it's a wonderful chance to have a positive impact on fellow Sailors."

Following their time at WTP in Sembach, Reserve IAs will report to ECRC to complete the demobilization process before returning to their Navy Operational Support Center (NOSC). Active-duty IAs will return to their parent commands.

The Warrior Transition Program facilitates IA Sailors' reintegration process following a Global Force Management (GFM) directed deployment by providing Combat and Operational Stress Control Continuum (COSC) workshops, collecting gear and weapons, and coordinating onward movement.

ECRC provides processing, equipping, training, certification, and proactive family support to active duty for special work (ADSW) Sailors, individual augmentees, and provisional units throughout all deployment phases in support of combatant command (COCOM) requirements, contingency operations, or national crises.



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On Base & On Board

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Red, White & Blue 5-Mile Endurance Run Thursday, Feb.16, 8 am, FREE Event T-shirt to those who pre-register and participate. Register online at www.navylifesw.com. Event proudly sponsored by USAA. See you at the NBSD Admiral Prout Field House track behind Bldg. 3279. For more information call 619-556-7444.

NBC's Got Talent Friday, Feb. 24, Auditions 3-10 pm and Saturday, Feb. 25, LIVE Show 6-9 pm, NASNI, Lowry Theater, Bldg. 650 Show off your talent within a variety of categories; sing,

Pay

continued from page 6

Aviation Electrician's Mate (AE) and Aviation Structural Mechanic (AM) with the Navy Enlisted Code (NEC) 8342 or 8800 are eligible to apply and may receive AIP.

Sailors that already have orders or are currently stationed at NAS Lemoore are not eligible to receive AIP.

To apply, members should submit applications and bid for an AIP assignment on the navy on-line career management system. The maximum AIP bid for this assignment is \$500. Members may view maximum AIP bid amounts through their command career counselors or on the NPC website www.npc.navy.mil.

NAS Lemoore is the Navy's Master Jet Base on the west coast and home to 16 sea duty F/A-18E-F squadrons.

For more news from Chief of Naval Personnel, visit http://www. navy.mil/local/cnp/.

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

dance, magic, comedy. Be sure to register early for a space in the Friday auditions. Cash prizes: \$500 for 1st, \$200 for 2nd and \$100 for 3rd place in Saturdays LIVE show! Registration required: nbccr@ navylifesw.com

Fit Family Boot Camp Saturday, Feb. 25, 9:30 am, FREE Peak Performance Fitness Center, NAB, Bldg. 170 Enjoy an hour-long, fun morning workout with your family led by an MWR fitness professional. The interval-based workout is for all fitness levels and ages featuring low impact circuit exercises. Register online today at www. navylifesw.com. For more information call 619-437-2982.

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

Saturday Ladies Golf Social Saturday, Feb. 25, 10 am-Noon, \$40 Sea 'N Air Golf Course, NASNI This fun and relaxing social is for you! Whether you're new to golf or polishing your skills, it's a way to enjoy the game and develop friendships! Open to all MWR patrons. Register today by calling 619-545-9659.

Mardi Gras Celebration Tuesday, Feb. 28, 5 pm, FREE NBSD Waterfront Community Recreation Center Get into the Fat Tuesday spirit with a party featuring LIVE music, snacks and refreshments. Info: 619-556-9597

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

LISTED FROM PREVIOUS ISSUES

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

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

Course at 619-545-9659.

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

BOWLING

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

Monday Madness Bowling \$1.25 per game, shoe rental \$1.25, hot dog \$1.25, soda \$1.25 Get great these great deals at Admiral Robinson Recreation Center, NBSD, and Sea 'N Air Lanes, NASNI. For more information call 619-556-7486 or 619-545-7240.

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

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

LIBERTY

Oceanside Sunset Market Trip open to enlisted active duty and a guest, 18+. Q-Zone, NAB: 619-437-3190 Thursday, Feb. 23 5 pm FREE With an International Food Court, LIVE music, Fresh & Ready Row and the World Marketplace, you're sure to find some treasures!

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

Deep Sea Fishing Trip open to enlisted active duty and a guest, 18+. The RECYARD, NBSD: 619-556-5078 Saturday, Feb. 25 • 4 am • Call for cost Boat out of San Diego Bay with Liberty and H&M Landing! The Point Loma kelp beds are close with awesome scenery and great fishing.

Warner Bros. Studio Tour Trip open to enlisted active duty and a guest, 18+. Liberty Center, NMCSD: 619-532-8909 Saturday, Feb. 25 • 9 am • \$75 Go behind the scenes of the famed studio! Space is limited. Sign up by 2/18.

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Family



by Lisa Smith Molinari Evervone knows Murphy's Law — "Anything that can go wrong, will go wrong" - but few know that buried in the fine print of this famous decree, there is a Military Spouse Clause that that reads, "And when it does go wrong, it will happen during

Necessity reveals strength when parenting alone

deployment."

Most military spouses have endured car breakdowns, hot water heater leaks and computer "blue screens of death" when our active duty spouses were on travel or deployments. Those home front mishaps are annoying, but what about when our kids are injured or sick? Is the emotional strain of handling a major parenting crisis too much for one military spouse to handle?

About fourteen years ago, my husband Francis was away on temporary military duty. I was at home with our three children in the suburbs of Virginia Beach. Havden. Anna and Lillv were playing on our backyard play

set with two other neighborhood kids. I did vard work nearby, then took Lilly into the kitchen to get something out for dinner.

"Mrs. Molinari!" the bushyhaired neighbor boy and his little

down the slide backwards. But instead, Hayden was crouched beside Anna, who sat on the ground, holding her arm.

"What's the mat..." I stopped cold.

Anna's tiny forearm was mark-

edly bent at an unnatural angle.

Her big brown eyes were wild,

but she whispered to me, eerily

calm, through gritted five-year-old

"I fell." I could see that survival

jack-o-lantern teeth.

the meat and potatoes of life

sister startled me out of the pantry. "Something's wrong with Anna's arm

I ran outside expecting to hear some cockamamie story how Anna scraped an elbow going instinct had taken over my funloving daredevil daughter.

I scooped Anna up, and as she held her deformed arm tightly to her chest. I put her in our minivan along with the other four children. I called the bushy-haired kids parents, and asked if I could drop Hayden and Lilly off with their children while I took Anna to the emergency room.

They hesitated, still bitter about an incident the week prior, when Anna tipped over a bottle of hot pink nail polish on their white carpeting. But I knew they couldn't say no. They owed me for watching their kids all afternoon, and besides, I had no other options.

At the emergency room, I called Francis, but got his voicemail.

"Honey. Anna broke her forearm, both bones. I'm at the hospital. The doctor says he has to move the bones back into place They'll give Anna morphine, but she might be awake. She is ... we are ... so scared. Call me."

I made the second call an hour later.

"Francis, are you there? The nurse gave Anna morphine so that she wouldn't feel the pain, but she just got agitated. They said she is one of a few people who react adversely to morphine. They have SEE Parenting, page 9

Teach your children the importance of good dental habits

DEAR MAYO CLINIC: Is it true that some children are more susceptible to getting cavities than others? My 11-year-old has never had a cavity, but my 6-year-old already has needed four fillings. What's the best way to prevent cavities in kids? At what age should they start flossing?

ANSWER: Some people may be more prone to tooth decay than others, even within the same family. To give your children the best protection against cavities, teach them the importance of dental health by showing them how to care for their teeth. That includes daily flossing from a very young age. It's important for parents to have good oral hygiene, too. Make sure you and your children see a

dentist regularly.

in the hard surface of your teeth become damaged and develop holes, or cavities. Left untreated, the holes get bigger and can eventually lead to pain, infection and tooth loss. A combination of factors can trigger tooth decay, including bacteria in the mouth, teeth not being cleaned well, and eating or drinking lots of sugary foods and beverages.

transmit bacteria.

Brushing teeth at least twice a day - and ideally after every meal - is still one of the best ways to prevent tooth decay. Using a mechanical toothbrush with a rotating head is a good choice. They do a much better job of cleaning teeth than manual toothbrushes. Some include a two-minute timer, so it stays on for the amount of time dentists recommend teeth be brushed. That makes it easier for kids to get a thorough cleaning each time they brush.

Make sure the toothpaste your family uses contains fluoride. Research has shown that fluoride is effective in reducing cavities. Many cities now add fluoride to drinking water and that helps pre-

vent tooth decay, too. If your city has fluoridated water, give your children tap water to drink rather than bottled water to get the benefits of the fluoride. Many dentists give children fluoride treatments during their dental visits, as well. For people who seem particularly susceptible to cavities, a dentist also may recommend a daily fluoride rinse

Ask your dentist about applying dental sealants to your children's teeth. A sealant is a protective coating applied to the chewing surface of back teeth, sealing off grooves that tend to collect food and protecting tooth enamel. The U.S. Centers for Disease Control and Prevention recommends sealants for all school-age children.

Your children should start flossing as soon as possible. Flossing is the most effective way to remove food and plaque from between teeth. Encourage them to floss at least once or twice a day for the best cavity protection. Flossing is particularly important for children between the teeth in the back of their mouths, as children tend not to brush as well in those areas as they do in the front.

Lowering your children's intake of snacks and beverages that contain sugar also can help prevent tooth decay. Sugar is linked to tooth decay because if sugar is not cleaned off teeth well, bacteria in your mouth feed on it, producing acids. In time, acid wears away the teeth's hard outer layer of enamel

and the process of decay begins. Drinks with high sugar content, such as fortified fruit juices and carbonated beverages, can trigger tooth decay, especially when sipped throughout the day.

Finally, take your children to see a dentist on a regular basis. Most children need dental checkups twice a year, although some may require them more often. Try to choose one dentist and stay with him or her as your children grow. Having a dentist who knows your children's dental history and is familiar with any special needs they have can makes it easier to prevent and catch problems quickly. - Thomas Salinas, D.D.S., Dental Specialties, Mayo Clinic, Rochester. Minn.

esa View Baptist Church aith Bible Fellowship ayview Baptist Church Dr. Darrow Perkins, Jr., Th.D. Pastor/Servant Seeking Sinners; Saving Souls, Strengthening Saints 6126 Benson Avenue, SD 92114 (619) 262-8384 Sunday 7:00 am, 9:00am and 11:00 am Worship Service 9971 Mission Gorge Rd. Santee, CA (Behind Pacific Western Bank) Sunday School Classes 9am Sunday Church School at 8:45 am 2nd Wednesday's 6pm YLoV and YMoV Morning Worship at 10 am Sunday Services 10am and 6pm Wednesday Night Live (WNL) 7pm Wednesday Night Bible Study 7 pm Awana Wednesdays 6:30 pm "A Multi-Cultural, Multi Ethnic, Multi Generational Church" 13230 Pomerado Rd, Poway CA 92064 www.mesaview.org (858) 485-6110 fbfsc.org www.bayviewbc.org anyon View Church of Christ Moriah Christian Church irst Baptist Church ŧ. "**Love God, Love People, Serve the World**" Sunday Bible Classes for all ages 9:00 am "Reach Up, Reach Out, Reach the World" Interim Pastor Jim Baize www.fbcoronado.com Sunday Bible Study 8:45 am, Sunday Worship Service 10 am Purpose Driven" Gospel Church Multi- Cultural Non-Denominational Sunday Worship 10:00 am, 6:00 pm Wednesdays: Pizza and Fellowship 6:30 pm, Bible Study 7:00 pm Services on Sunday at 9 a.m. and 11 a.m. Near Miramar Base Friday's Women's Bible Study **9:30-11:30 am** 445 C Ave, Coronado,CA 92118 (619) 435-6588 L.J. Thomas - Sr. Pastor 4292 Balboa Avenue, San Diego 92117 (Located near the corner of Balboa 7055 Carroll Rd, San Diego CA 92121 (858) 335-5795 www.mtmoriahcc.org Avenue and Clairemont Drive) (858) 273-5140 ariel@fbcoronado.com FB: First Baptist Church of Coronado Email:cvoffice@canvonview.org www.canvonview.org hrist Community Church New military families are moving to San Diego riends Christian Church Helping people love God and each other more! Sundays at 8:45 am & 10:45 am with Children's Ministries for All Kids! every day. Invite them to worship with you 10925 Hartley Rd. Ste K Santee CA 02071 Small Groups for Teens and Adults of all Ages! in the Dispatch Church Directory. (619) 448-5950 9535 Kearny Villa Rd., Mira Mesa 92126:Located just off Miramar Rd. & I-15 Sunday Worship Service 10:00 am (619)280-2985 www.gotoChrist.com or (858) 549-2479 @gotochrist or facebook.com/cccsd akeside Community Presbyterian Church **addleback Church** ity of Praise Where the Word of God is Living and Active One family, many locati Services on Sunday The Perfect Place for Imperfect People to Mature in Christ! A place to belong with exciting life related messages for everyday living. Sunday Worship at 9:30 AM Sunday Worship at 9.50 AW Sunday School for all ages at 11AM Enrollment in our Preschool currently available Adults: 9 am & 11 am See you at Sunday School - 9:00am & Sunday Moring Celebration-10:30ar Tues Bible Connection-7pm Location: 2321 Dryden Rd., El Cajon, CA 92020 Kids: 9 am & 11 am 9908 Channel Road (One Block North of Woodside) Lakeside, CA 92040 (619) 443-1021 Students: only 11 am 5951 Village Centerloop Rd., San Diego, CA 92130 619.749.1767 visit us at www.thecitvofpraise.org & twitter@citvbishor Bishop Stephen M. Brunson, Senior Pastor, USN, Retired www.lakesidepc.org saddleback.com/sandiego el Cerro Baptist Church ighthouse Baptist Church t. Luke's Lutheran Church 5512 Pennsylvania Lane, La Mesa, CA. 91942 (619) 460-2210 Pastor, Dr, Mark S. Milwee "Where the Shout has not Died Out" 1345 Skyline Dr, Lemon Grove, CA 91945 Sunday School and Adult Bible Classes: 9:30 am 5150 Wilson Avenue, La Mesa, CA 9 Phone: 619-463-6633 Pastor, Dr, Mark S. Milwee Sunday Services and Bible Classes: 9am an 10:30am, Wed. Dinner and Bible Study 5:15-7:30pm Wed. 6:30 pm AWANA Program for children Cost: For Active Duty Families:\$4 per person, children under 5 free, for more information: www.dcbc.org e-mail: julia@dcbc.org website: www.st-lukes-la-mesa.org Worship: 9:00 am Sunday Morning Service 11am, Sunday Evening at 5:30pm Midweek Service and Teen Church, Thursdays at 7pm www.lighthousebaptist.com (619) 461-5561 Pastor: Mark Menacher PhD We thank you for your service

Places of Worship

Tooth decay happens when areas

If parents or other caregivers don't have good dental habits, they may have large amounts of bacteria in their mouths. Those bacteria can be transferred to young children, increasing the risk of decay. Special attention should be taken to avoid sharing toothbrushes, drinking glasses and other items that might

About Your Health

How to spot and prevent deep vein thrombosis: When the clot thickens

by NIH News in Health Lots of things can cause pain and swelling in your leg. But if your symptoms stem from a blood clot deep in your leg, it can be dangerous. Blood clots can happen to anyone, anytime. But some people are at increased risk. Taking steps to reduce your chances of a blood clot forming in your veins can help you avoid potentially serious problems.

Blood clots can arise anywhere in your body. They develop when blood thickens and clumps together. When a clot forms in a vein deep in the body, it's called deep vein thrombosis. Deep vein blood clots typically occur in the lower leg or thigh.

"Deep vein thrombosis has classic symptoms-for example swelling, pain, warmth, and redness on the leg," says Dr. Andrei Kindzelski, an NIH blood disease expert.

"But about 30-40% of cases go



Airing on Lifetime Television® for **Upcoming Episodes**

Saint Leo University is partnering with the Military Makeover Team for an upcoming episode of Military Makeover airing on Lifetime Television®. This mini-series is dedicated to giving back to members of the U.S. military and their loved ones, who have special needs.

University President Bill Lennox was interviewed for a segment that airs at 7:30 a.m. Eastern Standard Time, Friday, March 3. Lennox is a retired U.S. Army lieutenant general and the former superintendent of the U.S. Military Academy at West Point, NY.

The mini-series begins with the first episode airing at 7:30 a.m. Friday, February 17, and it will re-air at 7:30 a.m., Friday, Feb. 24.

The second episode, featuring the interview with Lennox, will re-air at 7:30 a.m., March 10 The final show will air at 7:30 a.m., Friday, March 17, and be re-broadcast on Friday. March 24

Saint Leo has a long history of educating active-duty military,

Clues of a Clot

Seek treatment if you have these symptoms. They may signal a deep vein clot or pulmonary embolism:

• swelling of the leg or along a vein in the leg

• pain or tenderness in the leg, which you may feel only when stand-

ing or walking • increased warmth in the area of

- the leg that's swollen or painful • red or discolored skin on the leg
 - unexplained shortness of breath
 - pain with deep breathing
 - coughing up blood

unnoticed, since they don't have typical symptoms." In fact, some people don't realize they have a deep vein clot until it causes a more serious condition.

Deep vein clots-especially those in the thigh-can break off and travel through the bloodstream. If a clot lodges in an artery in the lungs, it can block blood flow and lead to a sometimes-deadly condition called pulmonary embolism. This disorder can damage the lungs and reduce blood oxygen levels, which can harm other organs as well.

Some people are more at risk for deep vein thrombosis than others. "Usually people

who develop deep vein thrombosis have some level of thrombophilia, which means their blood clots more rapidly or easily," Kindzelski says. Getting a blood clot is usually the first sign of this condition because it's hard to notice otherwise. In these cases, lifestyle can contribute to a blood clot forming-if you don't move enough, for example. Your risk is higher if you've recently had surgery or broken a bone, if you're ill and in bed for a long time, or if you're traveling for a long time (such as during long car or airplane rides).

Having other diseases or conditions can also raise your chances of a blood clot. These include a stroke, paralysis (an inability to move), chronic heart disease, high blood pressure, surgical procedure, or having been recently treated for cancer.

Women who take hormone therapy pills or birth control pills, are pregnant, or within the first 6 weeks after giving birth are also at higher risk. So are those who smoke or who are older than 60. But deep vein thrombosis can happen at any age.

You can take simple steps to lower your chances for a blood clot. Exercise your lower leg muscles if you're sitting for a long time while traveling. Get out of bed and move around as soon as you're able after having surgery or being ill.

The more active you are, the better your chance

of avoiding a blood clot. Take any medicines your doctor prescribes to prevent clots after some types of surgery.

A prompt diagnosis and proper treatment can help prevent the complications of blood clots. See your doctor immediately if you have any signs or symptoms of deep vein thrombosis or pulmonary embolism (see the Wise Choices box). A physical exam and other tests can help doctors determine whether you've got a blood clot

There are many ways to treat deep vein thrombosis. Therapies aim to stop the blood clot from getting bigger, prevent the clot from breaking off and moving to your lungs, or reduce your chance of having another blood clot. NIH scientists continue to research new medicines and better treatment options.

If you think you may be at risk for deep vein thrombosis, talk with your doctor.

students, we have expanded

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maintain a physical presence

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and internationally. More than

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states, in Washington, DC, in

three U.S. territories, and in 76

countries.

Saint Leo University partners with Military Makeover

veterans, and their families, and the university wanted to show its support for the U.S. military by sponsoring Military Makeover.

"Each year more than 5,000 veterans attend classes at Saint Leo, while nearly 4,500 active-duty military members are enrolled around the world," Lennox said. "And this commitment to military men and women is an aspect of Saint Leo University of which I am particularly proud."

Military Makeover airing on Lifetime Television® is from the award-winning home decorating and remodeling show, Designing Spaces. Decorators, designers, renovation experts, and landscapers transform the homes of veterans and military families throughout the country. Serving as hosts for the show are Art Edmonds as the "boots on the ground" and R. Lee Ermey, retired U.S. Marine Corps staff sergeant. Ermey is famous for his acting in roles in Full Metal Jacket, Dead Man Walking, and many other films and TV shows. He became the first retiree in the history of the Marines to be promoted when he earned the honorary rank of gunnery sergeant (E-7).

About Saint Leo: Saint Leo University (www.saintleo. edu) is a modern Catholic teaching university that is firmly grounded in the liberal arts tradition and the timeless Benedictine wisdom that seeks balanced growth of mind, body, and spirit. The Saint Leo University of today is a private, nonprofit institution that creates hospitable learning communities wherever our students want to be or need to be. whether that is a campus classroom, a web-based environ-

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ment, an employer's worksite, a

Parenting

to set her arm without it ..." I said, my voice cracking with fear.

third time.

"Honey, I don't know where you are, but the doctor set Anna's arm She's better now but it was really scary. The asked me to leave the room, but I stayed with Anna. They made me sit in a chair because some parents faint. When

doctorate, and we guide all our students to develop their capacities for critical thinking, moral reflection, and lifelong learning and leadership. We remain the faithful stew-

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they pulled on her broken arm. I held her face in front of mine and she screamed like I've never heard before But it worked and now

By the time Francis called the next day, Anna had the first of three casts she would wear during her childhood. This one was

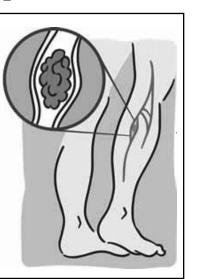
Over the years, our three children wracked up the typical childhood injuries, stitches, colds, and flu. In fact, in the last month, Lilly

sprained her knee snowboarding. then sprained her ankle and got a concussion while sledding. As a military spouse and mom,

I learned that, I was much stronger than I ever knew. When forced to manage crises alone, something primal kicked in. A strong, calm, nurturing, unshakable force I

nurturing, unshakable force I didn't know I had deep within me, waiting to be tapped. If I could, I'd add an addendum to Murphy's Military Spouse Clause that says, "Don't worry, you've got this."





2017 www.armedforcesdispatch.com

continued from page 8 Another hour later, I called a

she's in a splint. Please call."

purple.

Local Military

NAVSUP FLC San Diego conducts first fuel delivery at new fuel pier

by Candice Villarreal

SAN DIEGO - NAVSUP Fleet Logistics Center (FLC) San Diego conducted the first fuel delivery utilizing its new Defense Fuel Support Point (DFSP) Point Loma fuel pier as it topped off Military Sealift Command fleet replenishment oiler USNS Henry J. Kaiser (T-AO 187) Feb. 10 in San Diego.

The fueling marks the nearcompletion of Military Construction Project (MILCON) P-1306, an \$84 million renovation awarded in 2013 as part of a series of fuel facilities upgrades aimed at extending facility life expectancy, reducing operating costs, providing increased storage capability, and improving overall safety.

"Fuels play an integral role in our overall warfighter readiness," said Commanding Officer Capt. Michelle Morse. "The old pier provided more than a century of service, and we are pleased that this new, more technologically advanced pier will keep our Navy and allied forces well equipped to perform their tasks and missions - whether for training or emergent contingencies - well beyond the next generation of warfighters."

The NAVSUP FLC San Diego DFSP fuels team is charged with providing petroleum, oil, and lubricant logistics support to 86 homeported ships, submarines, and transient vessels.

It is the cornerstone for providing tactical fuel support to Navy command units operating in the southern California operations area, supporting the largest concentration of naval forces in the world.

With 17 fueling stations, the new pier is equipped to issue JP-5 jet fuel, diesel fuel (marine), and lubricating oils, while also having the capability to offload contaminated petroleum products. Military Sealift Command-contracted fuel tanker MT Empire State (T-AOT 5193) was the first customer to offload such products at the pier Feb. 2.

"The new pier is a shining example of mission accomplishment through successful partnerships and team effort,' said Southwest Regional Fuels Officer Lt. Cmdr. Brian Madden.

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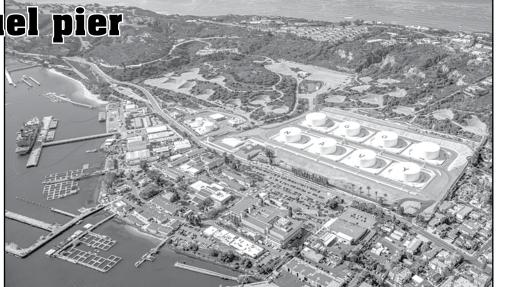
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"Successfully fueling this ship at our new facility is a direct result of a dedicated Navy and contractor team that balanced safety, quality, and production while ensuring all fuel distribution requirements were met through every phase of construction.'

The new, double-decker fuel pier is the first of its kind; developed with evolving environmental and seismic standards in mind and boasting a 75-year minimum service life design.

"When you are in the business of providing 400 million gallons of fuels per year at a rate of 300,000 gallons per hour, it is absolutely critical to have the most advanced equipment and



Aerial view of the Point Loma fuel farm. Courtesy photo

facilities available," said Morse. "The Navy and its customers are going to benefit from even safer, more environmentallyconscious fueling evolutions moving forward."

An official ribbon cutting ceremony will be held following the next phase of project completion milestones. Total completion of MILCON P-1306 is slated for early 2018.

NAVSUP FLC San Diego, one

of eight fleet logistics centers

under NAVSUP Global Logis-

tics Support (GLS), provides

operational logistics, business

and support services to fleet,

shore, and industrial commands

of the Navy, Coast Guard, Mili-

tary Sealift Command, and other

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regional transportation, fuel,

material management, house-

hold goods movement support,

postal and consolidated mail,

warehousing, global logistics

and husbanding, hazardous

material management, and inte-

NAVSUP GLS provides global

logistics for a global Navy. The

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than 6,300 military and civilian

logistics professionals operating

from 105 locations worldwide,

providing an extensive array of

integrated global logistics and

contracting services to Navy,

Marine Corps, joint operational units, and allied forces across all

grated logistics support.

joint and allied forces.

Local winner for training excellence standards, and every year the

by Enid Wilson

PENSACOLA, Fla. - Training Support Center San Diego received accolades as Commander, Naval Education and Training Command (NETC) announced the winners of the 2016 Training Excellence Awards (TEA) Feb. 9, honoring superior accomplishment in supporting NETC's mission.

These annual awards recognize training commands which demonstrate the highest standards of excellence in meeting established requirements for training.

TSC San Diego received five Functional Awards in the Training Support Center category. Those were for Planning and Programming (Silver "TS"); Total Force Management (Red "TS"); Logistics Management (Blue "TS"); Training Support Management (Bronze "TS"); and Financial Management (Purple "TS").

"Every year we re-evaluate our metrics and raise our

PACIFIC OCEAN - The "Black Eagles" of Carrier Airborne Early Warning Squadron 113 held a change of command ceremony above aircraft carrier USS Carl Vinson Feb. 9.

Cmdr. Aaron Rybar relieved Cmdr. Benjamin Duelley during a mid-air ceremony taking place over the Pacific Ocean in two E-2C Hawkeye aircraft during their Western Pacific deployment.

team continues to meet and deliver high-quality training to the fleet," said Rear Adm. Mike White, NETC commander. "The recipients of TEA symbolize the high-quality and dedicated staff and instructors we have throughout the NETC domain." The highest TEA awards for 2016, the NETC Training Excel-

lence (White "T") is awarded to the Center for Information Warfare Training in Pensacola, Florida, and the NETC 2016 Training Support Excellence (White "TS") is awarded to Training Support Center San Diego. Both commands are authorized to display the blue burgee throughout the 2017 calendar year to indicate their outstanding accomplishments and excellence in delivery of education and training.

At the end of the year, each NETC training headquarters directorate assesses learning centers and training support centers based on functional areas

VAW-113 holds change of command ceremony

"There have been thousands of men and women that have served in this squadron over the decades," said Duelley."And I am extremely proud to be part of that group.

Duelley served as commanding officer of VAW-113 from October 2015 to February 2017. Under his command, the Black Eagles completed a 2016 Southern Seas deployment aboard



including: Business Administration and Support; Planning and Programming; Total Force Management; Logistics Management; Information Technology Management; Curriculum Management; Training Production Management; Training Support Management; and Financial Management.

"The metrics used in TEA deal with every aspect of a training center's mission, and the criteria has been adjusted as training evolves," said Dorothy Berry, NETC's TEA board coordinator. The TEA serves as a measurable way for commands to assess their overall effectiveness, and ultimately their quality output to the fleet."

In addition to competing for the overall "T" and "TS" awards, each learning center and training support center has an opportunity to receive functional awards in the nine functional areas. A TEA certificate is presented to commands scoring 90 percent in the functional area

USS George Washington (CVN 73) and a work-up cycle culminating in the Black Eagles receiving the "Golden Wrench" award as top maintenance department in Carrier Air Wing 2 for the 4th quarter of 2016.

take command and lead 162 of the most talented aviators, maintainers and Sailors in the United States Navy," said Rybar.

"I couldn't be more proud to



NASNI

continued from page 1

and controllers. I hope that by explaining what we do and why we do it, the community understands that we have an obligation to the Navy and that mission has to be our top priority.

Base officials want to be good neighbors and continue to work with the cities' leadership. They listen to residents' concerns regarding the issues associated with military training that may be disruptive to the community.

2017

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| ž | Retired military |
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US4Warriors to hold 'The Bogey Battle'

by Bob Morey The Us For Warriors Foundation, commonly known as "Us4Warriors," will be holding their 6th Annual Golf4Warriors Battle Bogey Tournament on March 3 on the Admiral Baker Golf Course.

Us4Warriors was recently awarded the 2016 Veterans Allegiance Award from the Veterans Museum and Memorial Center and has been recognized by San Diego County as the top veterans non-profit for 2016.

"Golf4Warriors is a way for those who have served to come together as a team again... in a fun-filled, spirited way that just happens to raise much needed funds to help our warriors, past and present" said Tony Stewart, CEO/President of Us4Warriors. "Many Warriors love to golf. It's a release from stress. It's an escape from the rigors of their day."

Enrollment for Golf4Warriors is open to anyone who would like to come out and play. Entries are \$600 per 4-man team or \$160 for an individual. If you can't make it to the course that day and want to participate, you can Sponsor-a-Warrior for just \$120 to help subsidize

the day for an active duty or wounded warriors who have expressed a desire to play.

Prizes will be awarded for overall 1st, 2nd, and 3rd Place teams. Prizes will also be awarded for Longest Drive, Closest to the Pin, Best Team Name, and Best Dressed Team (there is a touch of OTL here). There is also an allexpenses paid Pebble Beach Golf Holiday Vacation for the first hole-in-one of the day.

Each player will receive a goodie bag, commemorative golf ballcap, complimentary range balls, 1 free raffle ticket (need not be present to win), discounted lunch and a complimentary buffet dinner for the post tournament awards Dinner with prizes, activities, an exclusive auction and raffle.

Golfers are also in for a treat as the National Comedy troupe Veterans of Comedy will be performing at the awards dinner immediately following. Actor/Comedians Will Clifton, B.J. Lange and Russ T. Nailz will be on hand to spice up the day.

"We play a mean golf game, but looking forward to sharing some post round laughs to all who help us support Us4Warriors," said Clifton.



Recently, Us4Warriors partnered with the Knights of Columbus to deliver 110 wheelchairs in one weekend to veterans in need. In 2016, their Food4Warriors events donated over 65 tons of food to our Armed Forces families.

"We have received a tremendous amount of support from people just wanting to help out," Stewart said.

Us4Warriors is a nonprofit that is dedicated to supporting the members of our Armed Forces, veteran's and their families. Unpaid Volunteers from Us4Warriors provide programs and services that support the veteran's community.

To register your team, visit www.Golf4Warriors.org or e-mail them at events@ us4warriors.org.



.....

Help US4Warriors, help them - In a fun-filled spirited way that raises funds to help our warriors, past and present. Visit our web site at www.us4warriors.org to register your team or to learn more about sponsorship opportunities. Thank you, because - You golf. They win.



Friday, March 3rd Admiral Baker Golf Course \$600/team of 4 \$160 for an individual





America ARG conducts Group Sail

PACIFIC OCEAN - The America Amphibious Ready Group (ARG) successfully completed a multi-ship training exercise, Group Sail, Feb. 10 off the coast of southern California.

Group Sail is one of the predeployment underways which allow the three ARG ships, USS *America* (LHA 6), USS *San Diego* (LPD 22) and USS *Pearl Harbor* (LSD 52) to exercise together in a maritime environment. Components of the 15th Marine Expeditionary Unit Air Combat Element are also participating in Group Sail, conducting air qualifications aboard America.

As part of the comprehensive pre-deployment training workups, the ships spent a week operating underway, performing highly technical evolutions in the three-ship ARG construct. Training evolutions included threat detection, air defense, and fast attack craft exercises, with additional evolution in flight quarters and replenishments-atsea. The synthesized training and real-world evolutions allowed the ships to practice the composite warfare concept, where each ship took a leading role in monitoring, protecting, and fighting the battleship elements.

skills are vital to the America ARG's progression through the preparation phase as the ARG readies for deployment later this year.

"Group Sail is about getting all three of the *America* ARG ships out to sea and flexing the composite warfare concept," said Capt. Homer Denius, commanding officer of Amphibious Squadron 3. "Pre-deployment training exercises allow us to operate in a safe, realistic environment. Once we understand how to operate the three ships together, we can then embark our Marine Corps team and train in a fully-integrated environment."

Honing and refining tactic

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Navy logistics, USS *Coronado* complete voyage repair availability

by MC2 Joshua Fulton

SINGAPORE - Commander, Logistics Group Western Pacific Ship Repair Unit and crew from Independence-class littoral combat ship USS *Coronado* (LCS 4) completed a successful voyage repair availability period in Singapore Feb. 10.

The seven-day repair period will enable *Coronado* to continue its mission, conduct cooperative security engagements with regional partner nations and enhance maritime security relationships during the ship's rotational deployment to the Indo-Asia-Pacific.

"The strategic location of the COMLOG WESTPAC SRU and the importance of work that is done here cannot be understated," said Sean Jermyn, project manager for *Coronado*. "Our location in Singapore enables us to sustain and provide timely voyage repairs for ships operating throughout this region."

The COMLOG WESTPAC SRU facilitated maintenance on *Coronado*'s main propulsion systems, the ship's lift platform, radars, and the ship's communication systems.

Additionally, repairs and preventative maintenance checks were performed on the ship's Collection Holding Transfer (CHT) tank, which required the deactivation of all ship's bathroom, shower and galley facilities for a five-day period. The repairs were accomplished while allowing *Coronado*'s crew to utilize local facilities as a substitute for the affected services due to the proximity of the ship's berthing at the Sembawang Wharf.

The synchronization between *Coronado*'s crew and the SRU was crucial to the success of the voyage repair availability, enhancing the Navy's ability to implement agile and adaptive logistical support throughout the Indo-Asia-Pacific.

"The ability to operate forward in the region is negated if we don't have the ability to perform maintenance repairs," said Terrence Burns, marine surveyor for *Coronado*. "Without these capabilities, ships would have to go all the way to Yokosuka or Guam to receive necessary repairs, meaning the ships would have to choose between executing their mission in a limited capacity or leaving the area for an extended time frame."

Located in Singapore since 1992, COMLOG WESTPAC is 7th Fleet's provider of combatready logistics, operating government-owned and contracted ships to keep units throughout 7th Fleet armed, fueled, and fed.



MCRD SAN DIEGO (Feb. 6, 2017) - New Marine Corps recruits receive their initial haircuts here. The recruits are assigned to Charlie Company, 1st Recruit Training Battalion. New recruits receive haircuts immediately after arriving to create uniformity. Marine Corps photo by Cpl. Angelica I. Annastas

PACIFIC OCEAN (Feb. 3, 2017) - USS Carl Vinson (CVN 70) participates in replenishment-at-sea with fleet replenishment oiler USNS Pecos (T-AO 197). The Carl Vinson **Carrier Strike Group is on** a Western Pacific deployment. Navy aircraft carrier strike groups have patrolled the Indo-Asia-Pacific regularly and routinely for more than 70 years. Navy photo by MC2 Sean M. Castellano

AT SEA (Jan. 30, 2017) -Sailors train to conduct vertical replenishments at sea on the flight deck of guided missile destroyer USS Wayne E. Meyer in the Pacific Ocean. Photo by Navy Petty Officer 3rd Class Kelsey L. Adams



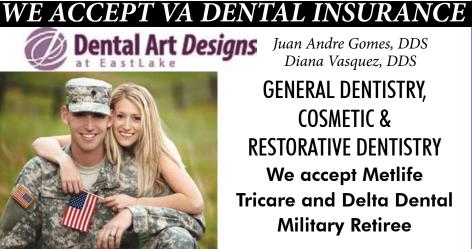




SAN DIEGO (Feb. 11, 2017) - Chief Hospital Corpsman Mario Gonzales grills hamburgers during the fifth annual Invincible Spirit Festival on board Naval Medical Center San Diego. The festival was held by the Gary Sinise Foundation to support wounded warriors, their family members and caregivers. Navy photo by MC1 Gilbert Bolibol



GULF OF ADEN (Feb. 12, 2017 - Aviation Boatswain's Mate_(Handling)_3rd_Class_Jalisa_Hill_signals_an Osprey, assigned to Marine Medium Tiltrotor Squadron (VMM) 163 (Reinforced), to take off from USS Makin Island (LHD 8). photo by MC3 Devin M. Langer



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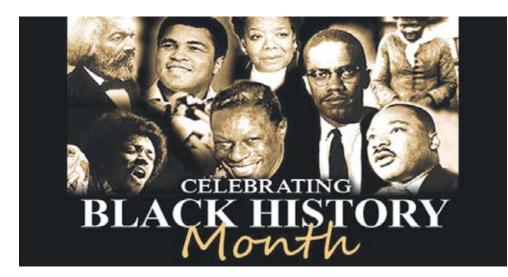
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SAN DIEGO (Feb. 11, 2017) - Chief Hospital Corpsman Sam Sanethavong receives a prize from celebrity chef Robert Irvine after winning a chicken wing eating contest onboard Naval Medical Center San Diego. Navy photo by MC2 Jesse L. Gonzalez



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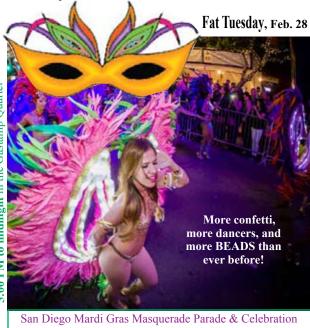
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Entertainment

2017 San Diego Mardi Gras Masquerade Parade & Celebration will be one for the books

San Diego's nationally recognized Mardi Gras celebration will be bringing over-the-top floats, live music, experiential entertainment, DJ's, BEADS and vivacious energy to San Diego's historic Gaslamp Quarter on Fat Tuesday, Feb. 28, 2017 from 5 p.m. to midnight. Celebrate with over 20,000 revelers at one of the biggest Mardi Gras parade festivals West of New Orleans!



The 2017 San Diego Mardi Gras Masquerade Parade & Celebration will be one for the books with the most extravagant parade we have offered in 23 years – More confetti, more dancers, and more BEADS than ever before! The streets will erupt with music and cheering crowds calling for as the parade kicks-off featuring awesome floats, stilt walkers, eye-candy cars, performers, sexy samba dancers. Be sure to catch the huge finale of the parade as the spectacular final float parks and becomes the roaring stage for the rest of the night.

In addition to our three stages, this year we are taking the party into your favorite Gaslamp hotspot restaurants and bars featuring entertainment, food, drinks, dancing and more! Mardi Gras party hubs will pop up throughout every block of the Gaslamp to keep your thirst quenched and the party going. Tickets to the Mardi Gras festivities start at only \$25 for General Admission and \$70 for VIP though January 27th! Upgrade your Mardi Gras experience by going VIP for an exclusive night on the town complete with VIP entry, 4 complementary drinks, \$1 off drinks at the VIP Lounge Bar, access to the exclusive VIP Lounge & Stage, VIP Restrooms, and VIP Parade Viewing!

Don't want to wait until Fat Tuesday to get your Mardi Gras festivities started? We have you covered with the Big Easy Bites & Booze Tour on Feb. 25 from 1-5pm! This tasting event with a NOLA is set to take vou on a tantelizing tour of delicious Mardi Gras inspired bites and sinful sips throughout Downtown San Diego. Indulge the offerings from 20 hotspots all while collecting BEADS, BEADS, and more BEADS just in time to deck yourself out for Fat Tuesday. Tickets for this delicious self guided stroll start at just \$25!

Tickets on sale now for big line up at Pala

UB40, featuring legendary founders Ali Campbell, Astro and Mickie Virtue with special guests Matisyahu and Raging Fyah will return to the Starlight Theater stage as part of the band's U.S. Summer Tour at 7:30 p.m., Thursday, July 27, at Pala Casino Spa & Resort. UB40's performance last August at Pala was a sellout.

UB40's new two-CD package, "Unplugged + Greatest Hits" was released in late November on UMC and already has gone Silver in the U.K. "Unplugged" offers an inventive new spin on UB40's early gems plus the huge hits with which they later wooed the world. Among the highlights on the album is a new version of "I Got You Babe," featuring Ali's 22-year-old daughter, Kaya Campbell, who sings the lyrics originally performed by Chrissie Hynde when the track topped the UK charts in 1985.

That pop standard is one of four number-one singles on "Unplugged", which also contains new takes of "(I Can't Help) Falling In Love With You," "Red, Red Wine" – complete with a fresh Astro talk-over in an acoustic style – and a new version of "Baby Come Back" featuring Pato Banton, the

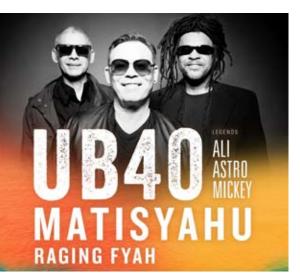
Birmingham reggae star who took the song to the top of the charts with UB40 in 1994.

Since reuniting three years ago, lead vocalist Campbell, Astro and Mickey have developed into a formidable touring outfit with an 11-piece touring ensemble, complete with a three-piece horn section.

Formed in 1979, UB40 helped define reggae music for a generation, transforming its working class roots into a global clarion call. The pioneering reggae troupe topped the UK singles chart on three

occasions, earned multiple Grammy nominations and sold 70 million records worldwide as it took its smooth, yet rootsy, musical blend to all corners of the globe.

UB40 featuring Ali Campbell, Astro, Mickey Virtue With Special Guests Matisyahu, Raging Fyah 7:30 P.M., Thur., July 27.



Starlight Theater at Pala Casino Spa & Resort. Tickets \$65, \$55, \$45. Tickets on sale, at the Pala Box Office in the casino, call 1-877-WIN PALA (1-877-946-7252), or visit www.palacasino.com. Tickets also are available at Star Tickets, www. startickets.com and 1-800-585-3737.

Pala is located in Northern San Diego County; from San Diego/Riverside, take I-15 to Highway 76 east five miles; from Los Angeles County and Orange County, take I-5 south to Highway 76 east, then travel 23 miles. Pala is 15 miles north of Escondido, 12 miles south of Temecula.



San Diego Taco Fest – Waterfront Park – May 20 |

Organizers announced today San Diego Taco Fest is set to return to Waterfront Park on May 20. Dubbed San Diego's Largest Taco Festival - featuring 30 of San Diego's best taco-centric restaurants, a fun lineup of local and national concert acts, live Lucha Libre wrestling matches, a Chihuahua beauty pageant and race, and interactive experiences. San Diego Taco Fest is open to anyone ages 21 and up.

In 2016, Taco Fest sold out and entertained more than 7,000 fans who consumed more than 20,000 tacos in the one-day event. A video highlighting all the fun can be found at www. SDTacoFest.com.

Event set for May 20 at the Waterfront Park in downtown

San Diego, 11 a.m. to 10 p.m. 21+ event.

> **Concert entertainment** includes:

Vanilla Ice – Ice Ice Baby was the first hip hop single to top the Billboard Charts.

Mix Master Mike - Named one of the greatest DJs of all time by the USA Today and a member of the Beastie Boys.

Vokab Kompany – San Diego natives and winners of several San Diego Music Awards.

Sweet & Tender Hooligans - The ultimate tribute to Morrissev and The Smiths.

Fayuca – Modern reggae melodies with Latin percussion

and featured on multiple TV networks Jarabe Mexicano – Honoring

the past while embracing the fu-

ture with traditional Latin music while mixing in Cumbia, Reggae and Rock & Roll.

Participating restaurants will consist of a mix of the best tacocentric establishments from the San Diego region. Restaurants will offer their signature tacos with prices ranging from \$2 to \$4 as well as one additional item from their in-store menu.

Lucha Libre wrestling will take place throughout the day between band performances. Baja Stars, a Tijuana based pro wrestling organization founded in 1988, will organize and conduct the matches

A new additional to this year's Taco Fest includes a partnership with the Chihuahua Rescue of

San Diego. Dogs will participate in a beauty pageant and the exciting Chihuahua Races.

Tickets are available online at SDTacoFest.com - \$25 in advance through April 20; \$25 from April 21 to May 19; and \$30 day of show. General Admission includes entrance to the festival and all the amazing music. Tacos and beverages are an additional cost.

VIP tickets include beverages, taco bar, private restrooms and front row access to the concerts - \$125 in advance.

Sikes Satuday Series events for February

Family Fun on Bikes Saturday, February 25th - 10 am Family Ride with San Diego Mountain Biking Association. Learn from this biking association some skill training and then head out for an easy ride with points of interest like the Battle of Mull Hill and our Coast to Crest Trail. Only \$5 per ticket! Space is limited for this event so early registration is encouraged. To register go to www.sikesadobe.org. Located at Sikes Adobe Historic Farmstead-12655 Sunset Drive, Escondido, CA 92025/858-674-2275

Celebrating the Humble Honey Bees Saturday, February 25th - 1:00 PM Hosted by Claire Winnick, Owner and Beekeeper of RFB Family Farms and Apiaries. Bees enable the production many crops in North America, playing a vital role in keeping fruits, nuts, and vegetables in our diet. However, Honey Bees are disappearing at an alarming rate, due in part to a phenomenon referred to as Colony Collapse Disorder. In this session, you will learn about the Honey Bee lifecycle, the beekeeper's role, how hive products are produced, and what can be done to help support local bee populations. . Only \$5 per ticket! Space is limited for this event so early registration is encouraged. To register go to www.sikesadobe.org. Located at Sikes Adobe Historic Farmstead- 12655 Sunset Drive, Escondido, CA 92025/858-674-2275

2017 California Open Wildlife Art Festival

The Pacific Southwest Wild-

life Arts group presents the 44th Annual California Open

Wildlife Art Festival on Feb.

18 & 19, in Liberty Station,

Pt. Loma. Fees are \$5 for the

weekend, children under 12

The California Open Wildlife

Art festival features more than

100 carvers from the United

States, Canada, Europe and

Japan, as well as many premier

are free.

wildlife artists and photographers. The PSWA has dedicated forty-four years to bringing this one-of-a-kind wildlife event to the City of San Diego.

It is for this reason, that with heavy hearts, we announce that our 44th California Open will be our last!

Since this will be the final California Open, the PSWA wants to end our journey by inviting the City of San Diego to join us in celebrating the amazing art of woodcarving surrounded by spectacular wildlife painting, photography and sculpture.

So, set your calendars for Saturday and Sunday, Feb. 18 & 19, from 9:30am to 4 pm and experience the end of this forty-four year journey with us at the 44th Annual California Open Wildlife Art Festival.

The 44th annual CALIFOR-NIA OPEN WILDLIFE ART FESTIVAL is sponsored by Pacific Southwest Wildlife Arts, Inc. PSWA is a 501 (c)(3) nonprofit organization founded to support and promote wildlife art, in particular the original art form of carved hunting decoys.

For more information, visit the PSWA website at www. pswa.net.

orecast Omarr's weekly AStrological ୪**∏**ଡ $\mathbb{M} \cap \mathbb{M} \nearrow$ ж н

ARIES (March 21-April 19): If you had a nickel for every step you took you would be rich. In the week to come your active lifestyle could put you at the head of the class. Money making activities might be at the top of your to-do list.

TAURUS (April 20-May 20): The hardest steel is created by the hottest fire. In the week to come your energy levels may be higher than usual so you can get an incredible amount accomplished. You can be as tough as nails when occasions call for strength.

GEMINI (May 21-June 20): Watch and learn. Someone close may set a sterling example of cautious planning. Don't be fooled into thinking you can achieve something without hard work this week. You can attain your dreams by paying attention

CANCER (June 21-July 22): A partner may keep you in line in the week to come. Charming new friends could put pressure on you to do more than your fair share. Someone may fire up your enthusiasm so much that you forget to put on the brakes.

LEO (July 23-Aug. 22): Put your dreams to the test this week. If a little experience is useful then just imagine how far you can go with a lot of experience. You may be surprised to find that you have a creative talent if you try something new.

VIRGO (Aug. 23-Sept. 22): What you see isn't always what you get. You may be disappointed if you follow through on a family member's idea in the week to come. However, if you work hard and study you can accomplish a great deal.

LIBRA (Sept. 23-Oct. 22): Stay on an even keel. Find a life preserver just in case you go overboard this week. In your

enthusiasm to keep up with new acquaintances or to try something new you may spend more money than you should.

SCORPIO (Oct. 23-Nov. 21): Some competition makes you complete. Your energies should be funneled into areas where you can show off imagination and vision. For the best success stick to conservative financial strategies as this week unfolds.

SAGITTARIUS (Nov. 22-Dec. 21): The more you have the more you want. This week you can enjoy what you have and avoid obsessing about what you don't have. Protect your nest egg by avoiding unnecessary speculations or tweaking.

CAPRICORN (Dec. 22-Jan. 19): Fire on all cylinders. Work hard to make all your dreams come true this week. If the bills get paid there is plenty of time left to partake of the joys of life. Don't let ambitions blind you to things of real value.

AQUARIUS (Jan. 20-Feb. 18): Balance between caution and exuberance in the week

from

ahead. The thrill derived from gambling might outweigh common sense. You should restrain yourself from too quickly becoming involved in a relationship.

PISCES (Feb. 19-March 20): Perform a reality check. "Don't look a gift horse in the mouth" may not mean much to the jet set. Accept anything that given freely in the week ahead but be cautious about investments and major purchases.





Sports & Events

San Diego Padres spring training schedule 2017

Stadium

Complex

Stadium

prise Stadium

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.

Pitchers and catchers report: Feb. 14. First full squad workout: Feb. 18.

Peoria Sports Complex: 16101 N. 83rd Ave, Peoria, AZ 85382. Tickets: Go to padres.com.

San Diego Padres schedule

Saturday, Feb. 25 - Mariners at Padres, 1:10 p.m., Peoria Sports Complex

Sunday, Feb. 26 - Padres at Mariners, 1:10 p.m., Peoria Sports Complex

Monday, Feb. 27 - Mariners at Angels, 1:05 p.m., Tempe Diablo Stadium

Tuesday, Feb. 28 - Giants at Padres, 1:10 p.m., Peoria Sports

Complex Wednesday, March 1 - A's at Padres (ss), 1:10 p.m., Peoria Sports Complex

Wednesday, March 1 - Padres (ss) at Rockies, 1:10 p.m., Salt **River Fields**

Thursday, March 2 - Padres at Diamondbacks, 1:10 p.m., Salt **River Fields**

Friday, March 3 - White Sox at Padres, 6:40 p.m., Peoria Sports Complex

Saturday, March 4 - Diamondbacks at Padres, 1:10 p.m., Peoria Sports Complex

Sunday, March 5 - Padres at Indians, 1:05 p.m., Goodyear Ballpark

Monday, March 6 - Padres at White Sox, 1:05 p.m., Camelback Ranch

Tuesday, March 7 - Mexico at Padres, 1:10 p.m., Peoria Sports Complex

Wednesday, March 8 - Off Thursday, March 9 - Brew-

ers at Padres, 7:10 p.m., Peoria Sports Complex

Friday, March 10 - Padres at Angels, 1:10 p.m., Tempe Diablo Stadium

Saturday, March 11 - Padres at Brewers, 1:05 p.m., Maryvale Baseball Park

Sunday, March 12 - Indians at Padres, 1:10 p.m., Peoria Sports Complex

Monday, March 13 - Cubs at Padres, 1:10 p.m., Peoria Sports Complex

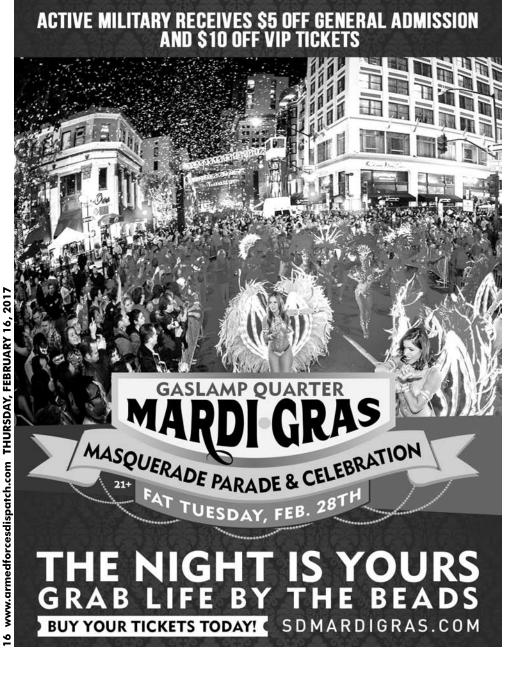
Tuesday, March 14 - Off

Wednesday, March 15 - Mariners at Reds, 1:-05 p.m., Goodvear Ballpark

Thursday, March 16 - Royals (ss) at Padres, 1:10 p.m., Peoria Sports Complex

Friday, March 17 - Dodgers (ss) at Padres, 1:10 p.m., Peoria Sports Complex

Saturday, March 18 - Padres at A's, 1:05 p.m., Hohokam



The Marine Corps Trials will and The United Kingdom.

take place 7-15 March 2017 at Camp Pendleton.

Sunday, March 19 - Reds at

Monday, March 20 - Rang-

Tuesday, March 21 - Padres

Wednesday, March 22 - Pa-

dres at Royals, 1:05 p.m., Sur-

at Giants, 1:05 p.m., Scottsdale

ers at Padres, 1:10 p.m., Peoria

Padres, 1:10 p.m., Peoria Sports

The Warrior Athlete Reconditioning Program (WAR-P) provides opportunities for wounded, ill, and injured Marines to engage in both physical and cognitive activities outside the traditional therapy setting.

Around 325 athletes will compete, vying for a spot in the 2017 Warrior Games. We are expect-ing between 7-14 International Teams who will be returning to the Trials this year. This year's trials will include 100 Marine athletes from the west coast, 100 Marines from the east coast, 25 veterans, and 100 international athletes from the following countries:

· Australia Canada, Columbia, France, Georgia, Germany, Italy, Mexico, The Netherlands, New Zealand, Norway, Peru, Spain,

Thursday, March 23 - Angels at Padres, 1:10 p.m., Peoria Sports Complex

Friday, March 24 - Padres at Rangers, 1:05 p.m., Surprise Stadium

Saturday, March 25 - Padres at Giants, 1:05 p.m., Scottsdale Stadium

Sunday, March 26 - Rockies (ss) at Padres (ss), 1:10 p.m., Peoria Sports Complex Sunday, March 26 - Padres (ss) at Cubs (ss), 1:05 p.m.,

Hohokam Stadiumk

Monday, March 27 - Mariners at Padres, 1:10 p.m., Peoria Sports Complex

Tuesday, March 28 - Padres at Dodgers (ss), 1:05 p.m., Camelback Ranch

Wednesday, March 29 - Padres at White Sox (ss), 1:05 p.m., Camelback Ranch

Thursday, March 30 - Rockies at Padres, 12:10 p.m., Peoria Sports Complex

USO San Diego and the Marine Corps Trials

The Trials will facilitate the

emotional and physical reha-

bilitation of these 325 wounded,

ill and injured service members

as they train and compete in

eight Paralympic events. Sports

include archery, cycling, track

and field, shooting, swimming,

sitting volleyball and wheelchair

Competitors include active-

duty Marines and Sailors, medi-

cally retired combat veterans

and healing heroes from the ten

to fourteen Allied Nations. The

American will be competing for

40 coveted positions in the 2017

For the seventh consecutive vear. USO San Diego has been

asked to serve as the lead non-

profit organization supporting

National Warrior Games

basketball.

most of these athletes. It will host a free meal, beverages, computers and a place to relax.

USO San Diego will provide the Opening Dinner for approximately 450 athletes, coaches, sponsors and support staff. We will also provide The Great American Experience; a day of sightseeing with lunch to welcome our foreign competitors.

More than 125 volunteers will support the MCTs. These Marine Corps Trials foster resolve in a team setting and is an integral part of their recovery from wounds, amputations and other traumatic injuries. We hope you will be able to come out to some of the events.



by Mark Andrews

Feb. 16: ON THIS DATE in 1804, U.S. Navy Lt. Stephen Decatur led a successful raid into Tripoli Harbor to burn the U.S. frigate Philadelphia, which had fallen into the hands of pirates. In 1948, NBC began airing its first nightly newscast, "The Camel Newsreel Theatre," which consisted of Fox Movietone newsreels and an anchor/moderator.

Feb. 17: ON THIS DATE in 1947, the Voice of America began broadcasting to the Soviet Union. In 1972, President Nixon departed on his historic trip to China.

Feb. 18: ON THIS DATE in 1861. Jefferson Davis was sworn in as president of the Confederate States of America in Montgomery, Ala. In 1930, the ninth planet of our solar system, Pluto, was discovered; it later was demoted from planetary status.



San Diego National City Mission Bay Park Westfield Plaza Bonita Feb 2 - 13 Feb 16 - 27 UY NOW!CircusVargas.com

AutoMatters & More: IOM R/C Sailboat Racing; Sherlock Holmes & Art in Motion at The Fleet

AutoMatters™&More

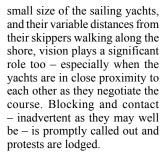


by Jan Wagner

"2017 San Diego Argonauts Mid-Winter Regatta″

In February, under the auspices of the San Diego Argonauts Model Yacht Club. 34 competitors raced IOM (International One Metre) scale model radiocontrolled (R/C) sailing yachts at the Mission Bay Model Yacht Pond. One Metre refers to the hull length. The skippers came to race from across the United States.

There are very detailed, specific rules governing IOM scale model R/C sailing yachts. As is explained in the One Metre section of the International Radio Sailing Association (IRSA) website at https://www.radiosailing. org/classes/one-metre, the IOM is the most popular R/C racing yacht in the world and is raced



The yachts must sail around

Ebey (sailing #193: "britPOP!") was declared the overall victor, although only by a single point over his nearest competitor, Mark Gollison (sailing #55: "V9"). This is a very competitive sport. For Bob Wells' race report, including complete results from this regatta, go to http://www.iomusa.org/wpcontent/uploads/2016/07/2017-Midwinter-report.pdf.

The USA IOM National Class





in over 30 countries.

R/C sailing yachts tack back and forth along the racecourse. propelled by the ever-changing wind – a significant variable out of the skippers' control. Over the course of the weekend many races (14) were run, in an effort to produce fair and equitable overall results. Points were awarded based upon finishing positions in each race. They were added together for each skipper, and then the worst two race scores were thrown out. The lower the total score, the better.

Since the Mission Bay Model Yacht Pond is relatively narrow, the fleet was divided in two and the races were run in pairs of heats

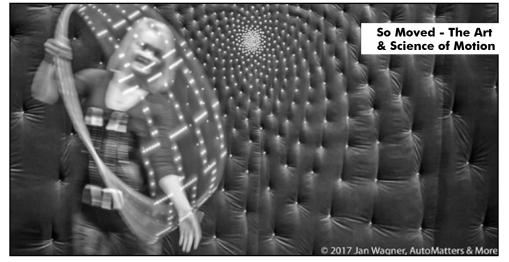
There is a great deal of skill involved, including designing, building and fine-tuning the R/C sailing yachts; strategy, reading the wind and controlling the sails. Considering the relatively

the floating white markers, which is easier said than done in the congestion and shifting winds

The relative familiarity of the California skippers with the wind and the pond seemed to provide a home court advantage. At the awards ceremony John

Association serves to "promote the design, construction and racing of IOM sailboats and manage measurement, registration, ranking and regattas for IOM sailing vachts throughout the United States." Yachts are available both in kit form and ready to sail. Several used boats were advertised for sale on





the association's website, with prices in the \$1,000 to \$3,000 range. To learn more about this challenging sport, visit http:// www.iomusa.org

"Sherlock Holmes and the Clocktower Mystery"

The staff of The Fleet Science Center in San Diego's Balboa Park never seem to run out of great ideas for new exhibits. This time they have devised not one but two of them. "Sherlock Holmes and the Clocktower Mystery," open through June 4, 2017, is an ingenious 'Who done it?' murder mystery. Accept the challenge and as an amateur sleuth you will investigate the scene of the murder, experiencing the sights, sounds and smells of Victorian London. You will

follow in the path of Dr. Watson, making observations, gathering clues and using your deductive reasoning to try to solve the baffling crime. To help you, pick up a "Visitor Guide to Solving the Crime." It contains tips, as well as spaces organized by chapter for you to make notes. Whether or not you are successful at solving the crime, all will be made clear to you in the study at the end

'So Moved: The Art and Science of Motion"

This exhibit at The Fleet explores motion and movement through interactive science exhibits and 15 works of art presented by contemporary San Diego artists. Types of motion considered include rotational

and circular, back-and-forth, wave, random and the illusion of motion. As an example, in the "Autonomous Mass Assembly," small magnetic spheres that have been cut into pieces reassemble themselves back into those spheres as they are aggressively shaken in a machine, through "the random motion of molecules – called Brownian motion, which is a function of temperature, or kinetic energy." Experience this and much more through June 11th.

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

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127 N. EL CAMINO REAL 5604 BALBOA AVE. Expires 1/31/17 Bring in this pass and we'll fire up a free pizza with the purchase of any regularly priced a must be of equal or lesser value than the one you bought. Sorry, not valid for online orders. Cannot be combined with other offers. Pass must be presented and surrendered to recement to be the presented and surrendered to recement the presented and surrendered to recement to the presented and surrendered to recement the presented and surrendered to recement to the presented and surrendered to recement to the presented and surrendered by the presented and surrendered to recement to the presented and surrendered by the presented and izza. Free pizza must be of equal or le to cash value. Cannot be combined w lid only at these locations. 122 ____



TV Listings

WEEKDAY MORNING/AFTERNOON WData© ▼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 G KFMB G KGTV G Court Diego ne 700 Clu udge Faith Programs ne Doctors udge N Living Pro CBS This Morning The Price Is Right CBS News 8 at 11AM The Talk Dr. Phil Judge Judy Bold/Beautiful The Young and the Restless Judge Judy Judge Judy Good Morning America LIVE with Kelly The View 10News Midday The Chew General Hospital T.D. Jakes RightThis-RightThis-Minute 10News: The Now Sar Jiego Odd Squad Odd Squad Nature Cat Daniel Tiger Daniel Tiger Super Why! Wild Kratts Nature Cat KPBS Ready Jet Curious Splash and Sesame Dinosaur Varied Thomas & Sesame Dinosaur Train Arthur Ready Jet KNSD Train Programs NBC 7 News Midday Days of our Lives Go! George Bubbles Street Street Go! Today's Take NBC 7 News at 4 Today Foday Access Hollywood Live Steve Harvey The Ellen DeGeneres Sh œ tuck in the Mickey Mouse ried Prog Doc Mr Suite Life of Zack Star vs Forces /aried Programs ofia the F J Masks P.I Mas Suite Life of Phineas and Girl Meet DISN Middle World Mouse Zack Ferb Programs Outside the NFL Insiders NFL Live SportsCenter With Michael First Take NBA: The College Basketball SportsCenter SportsNation Questionable Around the Pardon the Interruption ESPN and Jemele Around the ines Jump Horn Varied Programs Pardon the Interruption Varied Prog SportsCenter SportsCenter The Dan Le Batard Show First Take Varied Programs . NFL Live NBA: The College Basketball ESPN2 With Stugotz Jump Varied Programs Horn What Not to Varied Programs Say Yes: ATL Say Yes: ATL Hoard-Buried Varied Mv 600-Lb. Life Hoard-Buried Varied Long Island Medium Long Island Medium Long Island Medium Varied TLC Wear Programs Programs Programs aried Program USA



Genre: Adventure, Comedy **Cast:** Luke Wilson, Eddie Izzard, J.K. Simmons

Get Out

Now that Chris and his girlfriend, Rose, have reached the meet-the-parents milestone of dating, she invites him for a weekend getaway upstate with Missy and Dean. At first, Chris reads the family's overly accommodating behavior as nervous attempts to deal with their daughter's interracial relationship but as the workend progresses a series of relationship, but as the weekend progresses, a series of increasingly disturbing discoveries lead him to a truth that he never could have imagined.

Genre: Horror, Thriller Cast: Daniel Kaluuya, Allison Williams, Catherine Keener

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| XETV 6 | The Insider (N) ① | The Middle (CC) | Mike & Molly ① | Molly O Molly O G | | 2 Broke Girls () | Supernatura double cross | | Riverdale (N) (CC) | | CW6 News | at 10pm (N) | Seinfeld (CC) | Seinfeld (CC) |
| KFMB | CBS News 8 (N) (CC) | 3 at 5pm | Evening News | News | Ent. Tonight | Inside Edi- tion (N) | Big Bang Theory | The Great Indoors | Mom (N) (CC) | Life in Pieces (N) | Training Day Time" (N) O | | News | Late-Colbert |
| | | | 10News at 6pm (N) | World News | 10News at 7pm (N) | The List (N) (CC) | | | Scandal Cyrus faces his biggest challenge. | | How to Get Murder (N) | | 10News at 11pm | Jimmy Kimmel |
| KPBS | KPBS Evening | Nightly World News Business | | KPBS Evening | PBS NewsH (CC) | our (N) | Ken Kramer's | Reflect (N) | Savor San Diego (N) | Kings of the Craft | | on Masterpiec ling suicide. | | Mineral Explorers |
| KNSD 69 | NBC 7 News at 5 | Nightly News | NBC 7 News | IBC 7 News at 6 (N) K | | Jeopardy! (N) (CC) | Superstore Powerless (N) (N) (CC) | | Chicago Med "Cold Front" (N) O | | The Blacklis tect" (N) (CC | t "The Archi- C) | NBC 7 News | (Off Air) |
| DISN | Liv and L & M: Cali Maddie Style | | Bunk'd û (CC) | Bizaard- vark 🛈 | K.C. Under- cover | Good- Charlie | Stuck/ Middle | Good- Charlie | Liv and Liv and Maddie | | Bunk'd (CC) | Bunk'd (CC) | Jessie (CC) | Jessie O (CC) |
| ESPN | College Bas | ketball | | ketball Utah a a in Eugene, (| | om Matthew | SportsCente (CC) | r (N) (Live) | SportsCente (CC) | r (N) (Live) | SportsCente (CC) | er (N) (Live) | SportsCente (CC) | er (N) (Live) |
| ESPN2 | College Bas | ketball | | ketball Memp ilion in Storrs | | ticut. From | NFL Live (N) | (CC) | 30 for 30 | | | Basketball | 30 for 30 (C | C) |
| TLC | Project Dad Back for Goo | | My 600-Lb. I Story" 🏟 (C0 | _ife "Marla's C) | My 600-Lb. I Story" (CC) | Life "Chad's | | Life: Supersiz d body; inside | ed "Diana's S er facts. (N) | tory" Diana | Extreme We "Brandi" () | | My 600-Lb. sized 0 | Life: Super- |
| USA | Law & Order Victims Unit | | Law & Order Victims Unit | | Law & Order Victims Unit | | Law & Order Victims Unit | | Law & Orde Victims Unit | | Colony "Fall (DVS) | out" (N) (CC) | Law & Orde Victims Unit | |
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| XETV | The Insider (N) ① | The Middle (CC) | Mike & Molly ① | Mike & Molly ① | 2 Broke Girls () | 2 Broke Girls () | The Vampire (CC) | Diaries (N) | for a traitor. (N) | | CW6 News a | at 10pm (N) | Seinfeld (CC) | Seinfeld (CC) |
| KFMB | CBS News 8 (N) (CC) | at 5pm | Evening News | News | Ent. Tonight | Inside Edi- tion (N) | MacGyver "H (CC) | look" (N) | Hawaii Five- Na Pilikua N | | Blue Bloods Bargain" (N) | | News | Late-Colbert |
| | 10News at 5 | pm (N) (CC) | 10News at 6pm (N) | World News | 10News at 7pm (N) | The List (N) (CC) | Last Man Standing | Dr. Ken (N) (CC) | Shark Tank (DVS) | (N) • (CC) | 20/20 (N) A | (CC) | 10News at 11pm | Jimmy Kimmel |
| KPBS | KPBS Evening | Nightly Business | World News | KPBS Evening | PBS NewsH (CC) | our (N) | Washington Week | Roundtable | The Coroner "Napoleon's Violin" (N) ① | | The Tunnel | 0 (CC) | Live at the B | elly Up (N) |
| KNSD | NBC 7 News at 5 | Nightly News | NBC 7 News | s at 6 (N) | Wheel of Fortune | Jeopardy! (N) (CC) | Grimm "Blind (CC) (DVS | | Emerald City Winter" (N) (| | Dateline NB | C (N) 🐽 (CC) | NBC 7 News | Tonight Show |
| DISN | Liv and Maddie | L & M: Cali Style | Bunk'd (CC) | Bizaard- vark 🛈 | K.C. Under- cover | Good- Charlie | Stuck/ Middle | Pup Star (20 Maher, Jed I | | | Stuck/ Middle | Bunk'd O (CC) | Jessie (CC) | Jessie () (CC) |
| ESPN | 2017 NBA All-Star Celek | | PBA Bowling Los Angeles | | celebrity Invita | elebrity Invitational. From | | SportsCenter (N) (Live) (CC) | | SportsCenter (N) (Live) (CC) | | r (N) (Live) | SportsCente (CC) | r (N) (Live) |
| ESPN2 | | | | ketball VCU a chmond, Va. (| | From Robins | Outside the | Lines (CC) | NFL Live (N) (CC) | | Outside the | Lines (CC) | 30 for 30 (C | C) |
| TLC | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Paranormal "Waverly Hil | | Paranormal | Lockdown | Paranormal | Lockdown (N |) 0 | | Paranormal | Lockdown |
| USA | B CBS News 8 at 5pm (N) (CC) IV 10News at 5pm (N) (Cl IN 10News at 5pm (N) (Cl IN Evening B KPBS NBC 7 Nightly News at 5 News IN NC7 Naddie Style IV 2017 NBA All-Star Celer rig Game (N) College Basketball Valparaiso at Oakland. College Basketball Valparaiso at Oakland. Casy Yes, Dress Law & Order, Special Law & Order, Special | | Modern Family ① | Modern Family | Modern Family ① | Modern Family ① | Modern Modern Family () Family () | | Modern Family ① | Modern Family ① | Modern Family ① | Modern Family ① | Modern Family ① | Modern Family |

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| XET | Dog Whis- perer | CW6 News in | the Morning W | eekend (N) | | Save Our Shelter (N) | Vacation Creation | Dinner Spin- ner ① | Save to Win (N) | Paid Program | Wall Street Secrets | Paid Program | Hair Growth Secrets! | Wall Street Secrets | Top Cooker | Wall Street Secrets | Perricone MD | Championship | p Wrestling | |
| KFM | Dr. Chris: Pet Vet (N) | Innovation Nation | The Inspec- tors | Hidden Heroes (N) | The Open Road | | etball Kansas a co, Texas. (N) | t Baylor. From (Live) (CC) | | PGA Tour Golf Genesis Open, Third Round. From Riviera Country Club in Pacific Palisades, Calif. (N) (Live) (CC) | | | | | | Top Cooker | Inside Edition | Judge Judy (CC) | Judge Judy (CC) | |
| KGT | Good Morn- ing | | 10News This Morning at Bam Saturday (N) (CC) Jack Hanna Ocean Treks Sea Re (N) | | | | | Rock the Park (N) | Outback Adventures | Paid Program | | World of X Games (N) | World of X Games | Skating & Gy | nnastics Spect | acular (N) ᡝ (C | CC) | Castle A man named Kriss Kringle is killed. 0 | | |
| KPB CD | Daniel Tiger | Splash and Bubbles | Curious George | Nature Cat (CC) | | | | | | | Ask This Old House | Scandinavian | The Mind of a Chef | Test Kitchen | Martha Bakes (N) | Pati's Mexi- can Table | Savor San Diego | R. Steves' Europe | Crossing South | |
| KNS | NBC 7 News To | The Voyager | Wilderness Vet (N) | Journey- Dreyer | Naturally, Danny Seo | FIS Alpine Sk Women's Sla | iing World Cha om. 🛈 (CC) | mpionships: | | Four Continen Republic of Kore | | hips. From | Action Sports Emirates. (N) | bi, United Arab | L King Report | Fortunes in Flipping | On the Money (N) | Give (N) (EI) | | |
| DISN | The Lion Guard ① | Roadster- Racers | Roadster- Racers | Elena of Avalor 🛈 | Zhu Zhu Pets | Gravity Falls (CC) | Star vs. Forces | Stuck in the Middle | K.C. Under- cover 0 | Pup Star (2016, Comedy) Kaitlyn Maher, L & M: Cali L & M: Cali Stuck in the Jed Rees. 0 Middle | | | | | | Jessie (CC) | Jessie (CC) | Jessie "G.I. Jessie" | Jessie "G.I. Jessie" | |
| ESPI | SportsCenter (N) | College Game (CC) | Day (N) (Live) | | etball Notre Dai ena in Raleigh, | me at North Carolina State. College Basketball Florida at M N.C. (N) (Live) phrey Coliseum in Starkville, M | | | | | | College Baske Mackey Arena | | | | | etball Kentucky thens, Ga. (N) | | om Stegeman | |
| ESPN | 2 30 for 30 | SportsCenter (N) (Live) (CC) College Basketball Northe Charles Koch Arena in Wi | | | | | State. From | | etball Texas Te m in Morgantov | ch at West Virgi /n, W.Va. (N) | | College Baske Petersen Ever | etball Florida St nts Center in Pi | | gh. From | | etball Southern ilion in Houston | Methodist at Houston. From n. (N) (Live) | | |
| TLC | Extreme Couponing | Extreme Couponing | Extreme Couponing | Extreme Couponing | Extreme Couponing | Extreme Couponing | Extreme Couponing | Extreme Couponing | Extreme Couponing | | Extreme Couponing | 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 Work- out! | Paid Program | Colony The F reaches out to | | 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 | |

| | | ſ | SA | FURD | | ENIN | G | | | | | | | FEBF | UAR | 18, 2 | 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 |
| 7 | | | XETV 6 | American Ni (CC) | nja Warrior | American Ninja Warrior (CC) | | The Insider (N) ① | | | Mike & Molly 0 | | 2 Broke Girls 0 | CW6 News a | at 10pm (N) | Tonight in S | c . |
| 9 | | | | CBS News 8 (CC) | 3 at 5pm (N) | Weekend News | News | Entertainmer (N) (CC) | nt Tonight | Ransom "Re (N) (CC) | generation" | NCIS: New ("Suspicious | | 48 Hours (N |) 🛈 (CC) | News | Blue Bloods |
| | | | KGTV | 10News at 5pm | World News | 10News at 6pm | | | | *** Flush Hugh Jackm | | 06, Comedy) ' slet. 🛈 | Voices of | 20/20 A (CC | C) | 10News at 11pm | Sports XTRA |
| | | | | NewsHour Wk | KPBS Spectrum | The Lawrend Show (CC) | ce Welk | Keeping Up | Ceeping Up Keeping Up T | | | Classical Re cal masterpi | evind 2 (My M eces. ① (CC) | | R. Steves' Europe | Globe Trekk edifices in L | |
| | | | | Heart of a Champion | Nightly News | NBC 7 News at 6 | Paid Pro- gram | Wheel of Fortune | Jeopardy! | Dateline NB | C (N) 🐽 (CC) | 1 | | Saturday Night Live (CC) | | NBC 7 News | Saturday Night Live |
| | | ſ | DISN | Jessie (CC) | Jessie (CC) | Jessie (CC) | Bunk'd () (CC) | Stuck/ Middle | Liv and Maddie | K.C. Under- cover | Bizaard- vark 🛈 | ** ½ Diary of Zachary Gor | of a Wimpy K rdon. 🛈 | id (2010) | K.C. Under- cover | K.C. Under- cover | Bizaard- vark 0 |
| | 8 | | | College Bas (Live) | ketball Virgini | a at North Ca | rolina. (N) | SportsCente (CC) | r (N) (Live) | SportsCente (CC) | r (N) (Live) | SportsCente (CC) | er (N) (Live) | SportsCente (CC) | er (N) (Live) | SportsCente (CC) | er (N) (Live) |
| 0 | <u> </u> | | ESPN2 | College Bas Alaska Airlin | ketball Arizon es Arena in S | a at Washing eattle. (N) | | College Bas riott Center i | | Mary's at BYL n. (N) | J. From Mar- | Basketball | The Fab Five | e (CC) | | | College Basketball |
| 3 | | | TIC | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress | Say Yes, Dress |
| | | | | Chrisley Knows | Chrisley Knows | Chrisley Knows | Chrisley Knows | Chrisley Chrisley | | Chrisley Knows Knows | | | | Chrisley Knows | Chrisley Knows | Colony "Fall (DVS) | out" (CC) |

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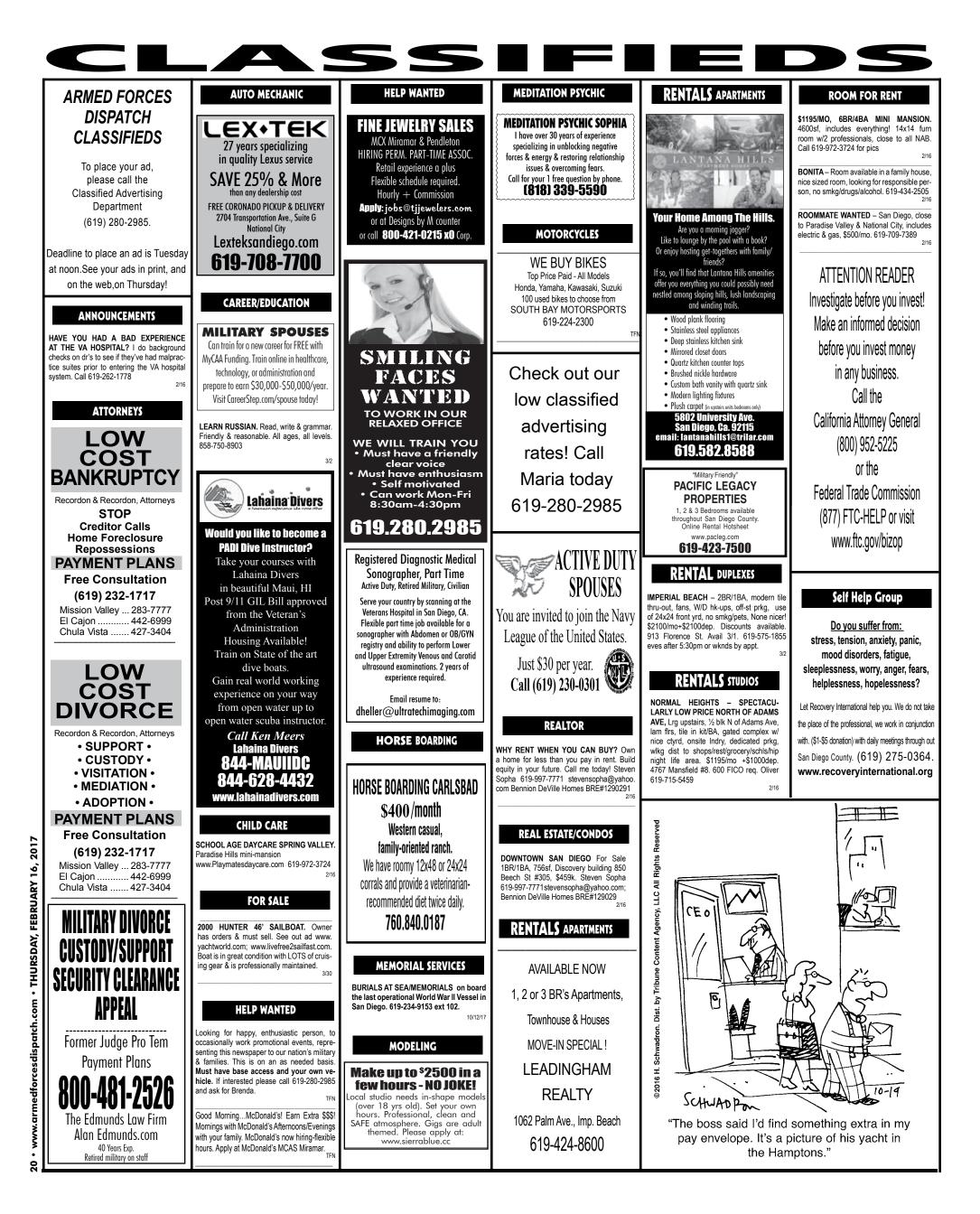
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TV Listings

| Data© | ▼7:30 | ▼8 am | ▼8:30 | AFTERI 0 ▼ 9 am | V9:30 | 710 am | | :30 ▼1 | - | | ▼12 pm | ▼12:30 | ▼1 pm | | | - | 72:30 | ▼ 3 | pm | ▼3:30 | RY 19, ▼4 pm | ▼4:3 |
|--|---|--|--|--|--|---|--|---|---|--|--|--|---|--|--------------------------|---------------------------|--------------------------|-------------------|-----------------------------|----------------------------|--|---------------------------------------|
| ЕТV 6 | Country Heat Dance | CW6 News i | in the Mornin | g Weekend (N) | Pa | aid Progra | m Paid Pro | ogram Paid | Program Pai | | The Neigh- oorhood SD | Paid Program | Lifestyles Sa Diego | an Flat and Se Abs! | xy Just for Laughs | Jus Lau | t for Ighs | Just fo Laughs | | ist for aughs | Raw Travel (N) (CC) | Raw Trav (N) (CC) |
| -MB 8 | CBS News Su (N) | unday Morning | g Face the Nation (N) | PBR Bull Ric | | | | yland at Wis . (N) (Live) (| sconsin. From | | PGA Tour Golf Live) (CC) | Genesis Ope | n, Final Roun | nd. From Rivier | a Country C | Club in Pac | ific Palisa | ades, Cali | f. (N) Pa | aid Program | Laura McK- enzie | Face the Nation (N |
| GTV | Good Morn- | 10News Thi | s Morning at | This Week V | Vith George Jo | oel Osteen | | | Program Mir | racle F | Paid Program | Paid Program | Paid Progra | | | e a Pressu | ire | Paid P | rogram Pa | aid Program | Castle A dive | orce attorney |
| D PBS | ing Daniel Tiger | 8am Sunday Splash and | (N) (CC) Curious | Stephanopor Nature Cat | | CC) /ashington | KPBS B | ound- Char | | ikeup! ide CA | Start Up (N) | Travelscope | Sny in the W | Ever! Vild: A Nature | Cooker | ? he Wild: A | Nature | Sny in | the Wild: A | ANature | murdered. (0 Ken Kramer' | |
| Б | - | Bubbles | George | (CC) | Go! 6 (El) W | /eek 🐧 | table | | Ed | ucation |) (CC) | | Miniseries (0 | CC) | Miniseri | es (CC) | | Minise | ries (CC) | | S.D. | toric Place |
| NSD 3D | NBC 7 News To | Meet the Pre | ess (N) (CC) | Hockey Day | NHL Hockey Was Square Garden in | | | | angers. From | | NHL Hockey D Pittsburgh. (N) | | | rgh Penguins. | From PPG | Paints Are | na in | Top Co | | olitically beaking | Access Holly (CC) | /wood (N) |
| ISN | The Lion | Roadster- | Roadster- | Elena of | Zhu Zhu Pets G | iravity Falls | Star vs. | Stuck | | C. Under- | *** Camp Ro | ock (2008, Mu | , | | Bunk'd | | nk'd 🛈 | Bunk'd | O Bu | unk'd û | Bunk'd 0 | Bunk'd |
| | Guard | Racers | Racers | Avalor 🛈 | | CC) BA Bowling | Forces | Middl ent of Cham | le cov pions. From S | | loe Jonas, Kev Basketball | vin Jonas. 🋈 | College Bas | (CC) sketball Conned | (CC) | (CC | , | (CC) | | C) (Live) (CC) | (CC) | (CC) |
| SPN | | | | | O | kla. (N) (Li | ve) | | | , | | | Liacouras C | enter in Philad | elphia. (N) | (Live) | | | . , | | | |
| PN2 | 2 Sports Reporters | 30 for 30 | | | | | | etball Temp Tampa, Fla | le at South F . (N) | | Vomen's Colle From Mizzou A | | | ina at Missouri. | | 's College e Carrier D | | | | /racuse. | FIFA Ultimat pionship | .e Team Cha |
| LC | | Say Yes: AT | L Say Yes: / | ATL Say Yes: AT | L Say Yes: ATL Sa | | | | | | | | | TL Say Yes: A | | | | | | ay Yes: ATL | Long Island | |
| | David Jer- | In Touch | Joel Ostee | en Suits Harvey | and Mike La | aw & Orde | r: Special | law | & Order: Spe | cial I | aw & Order: S | Special | Law & Order | er: Special | law & C | Order: Spec | cial | Law & | Order: Sp | ecial | Medium | Medium (|
| SA | emiah 0 | in rough | (CC) | partner. (CC | | ictims Unit | | | ns Unit "Lega | | /ictims Unit A | poola | Victims Unit | | | Unit "Desig | | | S Unit "Rip | | Victims Unit | |
| ~ r | 2060 | | | DUZ | 71 6 | | SU | NDAY | EVE | NING | | | | | | | | | FEB | RUAF | RY 19, | , 201 |
| - F | 1033 | 5000 | RD | PUZ | | | TVData© | ▼5 pm | | ▼6 pm | | ▼ 7 pm | ▼7:30 | ▼8 pm | ▼8:30 | ▼ 9 p | | | | | 0 ▼ 11 p | |
| 1 | 2 3 | 4 | 5*6 | 7 * | 8 9 | 10 | XETV | Horizon | Just for Laughs | Just for Laughs | Just for Laughs | Just for Laughs | The Middle (CC) | | Mike & Molly ① | 2 Broke Girls 0 | 2 Br Girls | | CW6 New | s at 10pm (N | Seinfeld (CC) | Seinfeld (CC) |
| 11 | ╋╋ | 12 | + | | 13* | _ | KFMB | | 8 at 5pm (N) | Weekend | News | 60 Minutes | | The Good Fig | ght "Inaugu- | | | | | y "Rekt in R | | Blue Blo |
| - | ++ | | | | | | | (CC) 10News at | World News | News s 10News at | RightThis- | America's F | unniest | ration" | | "Paybac pices of Ma | | | Life" (N) (C To Tell the | | 10News a | at Sports |
| 14 | | 15 | 344 | 16 | | | Ø | 5pm | | 6pm | Minute (N) | Home Video | os (N) û | Zachary Levi | . Premiere. | 0 | | | (CC) | () | 11pm | XTRA |
| | 17 | | | 18 | | | | NewsHour Wk | SciTech Now (N) | Victoria on (CC) | Masterpiece | Home Fires piece (CC | | Mercy Street reunion. (N) | | Victoria (N) ① (C | on Maste | | Tales Fron Wardrobe | n the Royal | Secrets c (CC) | of the Six W |
| 19 | 20 * | (e | And I all | 21 | * 22 | 23* | KNSD | Talk Stoop | Nightly | NBC 7 | Paid Pro- | | BC (N) ♠ (CC) |) The Paley Ce | enter Salute | | | | | | NBC 7 | Jerome |
| 24* | | Y | the party | 1 and | | | 69 | Dueld-L A | News | News at 6 | 0 | of a 14/1 | (14 (0010) | celebrated. (| , , , | ible !! | 10: | Jz/ | | i D | News | Sports ler- Bizaard |
| | | TEN | and all | 1 million | 25 | | DISN | Bunk'd (CC) | Bunk'd (CC) | Bunk'd "Fog'd In" | Zachary Go | of a Wimpy K rdon. 0 | (2010) | Alexander and rible, No Goo | | | Stuc Mido | | L & M: Cal Style | "Fog'd In | K.C. Und cover | vark û |
| 26 | | pr- | 12 | 11 | 27 | | ESPN | Outside the | Lines (CC) | 30 for 30 (| CC) | | | SportsCenter | (N) (Live) (| (CC) | Spo | rtsCenter | (CC) | | SportsCe | enter (CC) |
| 28 | 29 | | The second | 30 | 31 | | | Crossfit Gar | mes (CC) | Crossfit Ga | ames From | Crossfit Gar | mes From | Crossfit Gam | es From | Rugby A | mericas | Champior | nship Ca | anada vs | ESPN FC | C (N) |
| | 32 | 33 | | 34* | * | | ESPN2 | | | Carson, Ca | alif. (CC) | Carson, Cal | · · / | Carson, Calif | () | United S | states. (N | Same-da | iy Tape) | | | |
| | | – | | | | | | Island Medium | Island Medium | Island Medium | Island Medium | Long Island New Seasor | | Long Island M "Star Studded | | Long Lo: | st Family | A womar | 1 searches | for her siste | | nd Medium |
| 35 | 36* | | 37 3 | 8 | 39 | 40 * | | Law & Orde | r: Special | Law & Ord | er: Special | Law & Orde | r: Special | Law & Order: | Special | Law & O | rder: Spe | | | ler: Special | Modern | Moderr |
| 41 | | 42 | | | 43 * | | USA | Victims Unit | t "Savant" | Victims Un | it "Users" | Victims Unit | "Mask" | Victims Unit | <u>n</u> | Victims I | Unit | | Victims Ur | nit O | Family () | Family |
| 44 | ╋╋ | 45 | | | 46 | _ | МО | NDA | Y EVE | NING | | | | | | | | | FEB | RUAF | RY 20, | , 201 |
| T 1 | | <i>.</i> | | | | | | | ▼5:30 | | ▼6:30 | ▼7 pm | ▼7:30 | ▼8 pm | ▼8:30 | ▼ 9 p | m 🔻 | | | | i0 ▼11 p | |
| | | | | | found within ie TV Challer | | | The Insider | The Middle | Mike & | Mike & | 2 Broke | 2 Broke | Supergirl "Mr | | | | Chapter | CW6 News | s at 10pm (N | | |
| uns | scramble th | | | | within the puz | | | (N) CBS News | (CC) 8 at 5pm | Molly Key All Key All Key Al | Molly ① News | Girls () Ent. Tonight | Girls 0 | Mxyzptlk" (N) Kevin Can | . , | Fifty-Six | | oke | Scorpion (| N) (CC) | (CC) News | (CC) Late-C |
| | ROSS "Dataling | ** | | 6. Very long | time Shuť"; Tom Cru | line | 8 | (N) (CC) | • | News | | | tion (N) | Wait (N) | Plan (N) | Donuts (| | s (N) | | | | |
| 4. | "Dateline Summer | | | novie | Shut; Tom Cru | lise | | 10News at \$ | 5pm (N) (CC) |) 10News at 6pm (N) | World News | 7pm (N) | The List (N) (CC) | The Bachelor | r (N) 🚯 (CC | ;) | | | Quantico " TER" (N) (| EPICSHEL- | 10News a 11pm | at Jimmy Kimme |
| | " Smart" | | | | ned Gnorm"; 19 | 990 | KPBS | | Nightly | World New | | PBS NewsH | 1. / | Antiques Roa | | Antiques | | ow | The Talk - | - Race in An | nerica Safety | |
| | Motorists' as "About | | 5) | 9. Sushi bar | ach family film offering | | | Evening NBC 7 | Business Nightly | NBC 7 Nev | Evening | (CC) Wheel of | Jeopardy! | "Palm Spring American Nir | | | rs" 🛈 (CC | | Hispanic c Timeless 1 | hildren. (N) | • (CC) NBC 7 | Tonigh |
| | Prefix for na | | sical | 10. "Sesame | | | | News at 5 | News | | ws at 0 (14) | Fortune | (N) (CC) | by Matt and A | | | 1001115 50 | | | nn to 1954. | News | Show |
| | Actress on t | | | 15. 1988-92 J (2) | Judd Hirsch seri | ies | | Judy | | and the Ter | | Stuck in the | Middle 0 | | Stuck/ | | | | | medy) Joey | | |
| | "MacGyver" Susan of "L. | . , | | 16. " <u>Hall</u> o | f Fame"; long- | | | Moody College Bas | , , | iood, Very B | ad Day () Isketball Texas | (CC) (DVS) | inia From | Middle SportsCenter | Middle (N) (Live) | | | | Corbett. | ter (N) (Live | (CC)) SportsCe | (CC) enter (N) (Li |
| 18. | Hanna; " | "NCIS: Los | ι. | running a 19. Sara and | nthology series | | ESPN | at Virginia. (| (N) | WVU Colis | eum in Morga | ntown, W.Va. | | (ĊC) | | Van Pelt | | | (ĊC) | | (CC) | |
| | Angeles" rol Rudolph, for | | | 20. "The Sun | Rises"; Tyro | one | | Women's C Basketball | ollege | Women's ((Live) | College Basket | tball Baylor at | Texas. (N) | Basketball | 30 for 30 | | | | NFL Live (| CC) | Nación E | SPN |
| | Peggy and I | | | Power film | | | то | My 600-Lb. | | My 600-Lb | . Life "Laura's | | | My 600-Lb. L | ife "June's | | | | " Everyone | celebrates | | On "The B |
| | Prefix for log | | ai | 22. "Queen o 23. John Len | non's youngers | son | | thia's Story" Chrisley | (CC) Chrisley | Story" O Chrisley | Chrisley | Story" (C Chrisley | C) Chrisley | Story" (CC) WWE Monda | | | wedding. | | | | Day" 🛈 | ight Tykes " |
| | Sabrina I " the Wor | | | 29. Pack anin | | | | Knows | Knows | Knows | Knows | Knows | Knows | | ly Night HA | w (N Saine | e-uay rap | |) | | the Adult | |
| 27. | " Femme | e Nikita" | | Actress K Dinner for | elly Mister Ed, perf | hans | | | | | | | | | | | | | | | | 004 |
| 28. 30. | Han; "Sta | ar Wars" cl All Seasons | naracter | 34. "Pretty in | "; 1986 Molly | | | | Y EVE | | | | 77.00 | 70 | 70.00 | | | | | | RY 21, | - |
| | JFK's assas | | | Ringwald | | ort | | | The Middle | | V6:30 Mike & | 2 Broke | ▼7:30 2 Broke | V8 pm The Flash "At | | V9 p DC's Let | gends of | | | s at 10pm (N | 0 ▼11 p) Seinfeld | |
| 34. | "Semi"; 2 | | errell | 36 Brass; | Tempe, for sho role on "CSI" | | 6 | (N) û | (CC) | Molly 0 | Molly ① | Girls 0 | Girls () | Gorilla City" (| N) (CC) | row (N) | (CC) | | | | (CC) | (CC) |
| | movie Michaela's p | portrayer o | | 37. Cry of mo | ock surprise | | | CBS News (N) (CC) | 8 at 5pm | Evening News | News | Ent. Tonight | t Inside Edi- tion (N) | NCIS "A Man dored Thing" | | | assists ir ghter tria | | NCIS: Nev of the Line | v Orleans "E " (N) | nd News | Late-C |
| | to Get Away | y with Murc | ler" (3) | Bernie, fo Capture | r one | | KGTV | | 5pm (N) (CC) |) 10News at | World News | 10News at | The List (N) | The Middle | American | Fresh O | ff The | Real | Marvel's A | gents of | | at Jimmy |
| | Actor Alasta "Less Pe | | | 40. Seventh l | etter | | KPBS | KPBS | Nightly | 6pm (N) World New | | 7pm (N) PBS NewsH | (CC) | (N) American Ma | Housewife sters "Maya | | | | | D. (N) (CC) Detainee is | 11pm Beyond t | Kimme he Mirage: |
| 43. | Actress Cha | arlotte | | | Jerry Spri | | Ð | Evening | Business | | Evening | • (CC) | | activist Maya | Angelou. (I | N) 0 (CC) | | 1 | released fr | rom prison. | Future of | |
| | Thurman | | ne'c | | oituloS | NO | | NBC 7 News at 5 | Nightly News | NBC 7 Nev | ws at 6 (N) | Wheel of Fortune | Jeopardy! (N) (CC) | The Wall "Asl Xandi" ① (CC | | This Is U | Js "Memp | | Chicago F (N) ① | ire "Purgato | ry" NBC 7 News | Tonigl Show |
| | " it to me" "Laugh-In" li | | 105 | K V B E N B V E | AHT MI DOSAN | | | Liv and | | Bunk'd 0 | Bizaard- | K.C. Under- | () () | | Good- | Liv and | Liv a | | Bunk'd O | Bunk'd | | |
| 16. | Rebecca's h | hubby on | | P R O | | | DISN | Maddie | Style | | vark 🛈 | cover | Charlie | Middle | Charlie | Maddie | Mad | die | (CC) | (CC) | (CC) | (CC) |
| | "Breaking A WN | MINISH | | N V W V V T W | 0 F 0 2 1 | S V | ESPN | College Bas | sketball | | isketball Indiar Arena in Iowa (| | | SportsCenter (CC) | . (N) (Live) | SportsC Van Pelt | | | SportsCen (CC) | ter (N) (Live |) SportsCe (CC) | enter (N) (L |
| 1. | "Emerald Po | | 83-84) | T T E E Z | | ΙI | | College Bas | | College Ba | sketball Missi | | | NFL Live (N) | (CC) | Basketb | all Jale | n & | E:60 (CC) | | Mike: ICYMI | |
| | Cry from the Actor John o | | uck" | WVS | DEL | | | Oklahoma a Say Yes, | at Baylor. Say Yes, | (N) (Live) Say Yes, | Say Yes, | My Big Eat | Fabulous Life | My Big Fat Fa | abulous Life | . My Ria P | Jaco Fat Fabulo | , | Tattoo Cirl | (N) (CC) | My Rig F | Jacob at Fabulou |
| | Grant | | aun | A B O E O | V N D B I N V V V B O | VV | TLC | Dress | Dress | Dress | Dress | "Baby Fat" | <u>n</u> | Extra Fabulo | us | (N) 0 | | | Divided" (N | N) 🛈 🤺 | Life 0 | |
| 5. | Slugger's sta | tat. | | EGET | BCCKE S0 | IN Ap2it | | Law & Orde Victims Unit | | Law & Ord Victims Un | | Law & Orde Victims Unit | | WWE Smack | Down! (N S | Same-day 1 | Tape) 🛈 (| | Chrisley Knows | Chrisley Knows | Modern Family 0 | Mode Famile |
| | | | | | | | | | | | | | | · | | | | | | | | |
| | | DAY | | NG | | | | | | | EBRU | | | | 2 | 1 | F | 7 | 0 | | 6 0 | $\overline{\mathbf{a}}$ |
| | DNES | | V6 pm | | 7 pm ▼7:30 | | | | | | 10 pm 🔻 | | | | 3 | | 5 | / | 9 | 4 | 6 8 | 8 2 |
| ata© | 9 ▼5 pm | ▼5:30 | | Mil 0 | oke 2 Broke | Arrow " (N) ① (| The Sin-Ea CC) | | e 100 Abby gu est for answer | | V6 News at 10 | pm (N) Seii (CC | | nfeld () C) | 9 | 8 | 6 | 2 | 1 | 3 | 4 7 | 7 १ |
| ata© TV | The Insider | ▼5:30 The Middle | Vike & | Mike & 2 Br Molly () Girls | s û Girls û | . , . | | | minal Minds " | | oubt Sadie's ca | | , , | e-Colbert | | | | | | | | |
| ata© TV 5) MB | V5 pm The Insider T (N) 0 (i) CBS News 8 a | V5:30The Middle(CC)at 5pm | Mike & I Molly ① I Evening I | Molly 0 Girls | Tonight Inside Edi- | - Hunted | | | | | | | | 1 | 7 | | \sim | | · • | | | . |
| ata© TV 5 MB 8 | V5 pm The Insider T (N) 0 CBS News 8 a (N) (CC) | V5:30The Middle(CC)at 5pm | Mike & Molly ① Evening News | Molly Girls News Ent. | Tonight Inside Edi- tion (N) | | | ΄ Οοι | urse" (N) n | in۱ | olves Isaiah's | friend. | lews at lim | imv | 7 | 4 | 2 | 5 | 8 | 6 | - T S | 9 3 |
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Love is a four legged word





Looking for a date for Valentine's Day? Ginger is your gal! Ginger is an eight years young spayed Chihuahua/Dachshund mix who weighs 12 lbs. Well behaved, portable, and always smiling, this happy girl will gladly accompany you on all of your journeys. Meet Ginger by asking for ID#A1421862 Tag#C419. She can be adopted for the Senior Fee of just \$35, which is waived for Seniors looking to adopt senior pets.

Phantom is an eleven years young neutered black/white cat who weighs 9.7 lbs. This handsome guy arrived to the shelter as a stray and needs a compassionate home to care for him in his golden years. He's a low-maintenance companion who would love to keep you company while you binge watch

all of your favorite shows - as long as you can multi-task and also give him lots of scratches! Meet Phantom by asking for ID#A1759996 Tag#C159. He can be adopted for the Senior Fee of \$35.

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



Picking the right collar for your dog

Q: Our lab/pit mix puppy is now 8 months old and we got a metal choke collars to stop her from pulling when we walk her. However even with it on she will pull ahead of us until she actually starts to choke and cough and yet she never seems to get the idea. How is this supposed to work? Does it not bother her when it gets so tight around her neck? - Brad Williams, Macon, GA

A: A choke collar actually should be called a training collar. The objective with it is not to choke the dog but to get its attention when they start to pull away. It needs to be put on the dog so that when you give it a yank it tightens up and then quickly releases. You do not want it to tighten around the neck.

Personally, one should only use these collars when they have the time, the patience and the knowledge to use them properly.

I think a better solution for your dog is a gentle leader or head halter. These collars go around the face as a halter and the leash is attached to a ring under the dog's jaw. If the halter is fitted correctly then when the dog pulls ahead the lead turns him or her around so that the dog is now facing you.

Be sure to get the type of gentle leader that attached to the dog's collar. Some dogs have been able to get the leaders off themselves. It also helps if you first practice with the gentle leader on the dog indoors until you and the dog are comfortable.

The only problem that I have seen with the gentle leader is it resembles a muzzle to some people, so you may get some funny looks as you walk the dog but your shoulders will be thanking you.

Q: My bunny and guinea pig seem to shed constantly. In the past I have seen that you advised giving flax seed oil to dogs and cats to cut down on shedding. Does this work on bunnies and guinea pigs as well? - Jennifer Castro. Allentown. PA

A: I actually have tried this on my own small mammal pets - I sprayed the oil on their salad greens to see if it makes a difference. However, when I sprayed the flaxseed oil on the greens the bunnies and guinea pigs would either eat around the oil or not touch the greens at all

Thus far it seems that the only thing I can do to make a difference is to comb and brush them every single day. If any other readers out there have found another solution to the shedding issue of bunnies and guinea pigs, I would be happy to hear from you.



6:30 PM 8:17 PM xXx: Return of Xander Cage (3D) PG-13

6:30 PM 8:05 PM Patriots Day (FREE for AD/Ret/Res)-R

6:30 PM 8:49 PM *Fences PG-13

6:30 PM 8:38 PM *La La Land PG-13

22-Feb Wed

23-Feb Thurs

Whe Bases Lowry Theater – NASNI, 619-545-8479, Bldg. 650 Thursday, February 16 6:00 PM Sing (PG) 8:10 PM Patriots Day (R) Friday, February 17 6PM xXx: The Return of Xander Cage (PG-13) 8:10 PM Split (PG-13) Saturday, February 18 1:00 PM xXx: The Return of Xander Cage - 3D (PG-13) 3:20 PM Underworld: Blood Wars - 3D (R) 5:50 PM Split (PG-13) 8:20 PM Sleepless (R) Sunday, February 19 1:00 PM Monster Trucks (PG) 3:10 PM La La Land (PG-13) 6:00 PM xXx: The Return of Xander Cage (PG-13) 8:10 PM Hidden Figures (PG) Monday, February 20 6:00 PM Split (PG-13) 8:20 PM xXx: The Return of Xander Cage (PG-13) Tuesday, February 21 6:00 PM Fences (PG-13) 8:40 PM Live By Night (R) Wednesday, February 22 6:00 PM xXx: The Return of Xander Cage (PG-13) 8:10 PM Why Him? (R) Thursday, February 23 5:50 PM La La Land (PG-13) 8:10 PM Theater Closed for NBC's Got Talent Set Up





Drama | 139 min | PG-13 A working-class African-American father tries to raise his family in the 1950s, while coming to terms with the events of his life

Naval Base Theater - NBSD, 619-556-5568, Bldg. 71 Thursday, February 16 6:00 PM Underworld: Blood Wars (R) 8:00 PM The Bye Bye Man (PG-13) Friday, February 17 5:50 PM Split (PG-13) 8:20 PM xXx: The Return of Xander Cage (PG-13) Saturday, February 18 12:50 PM Monster Trucks (PG) 3:00 PM xXx: The Return of Xander Cage (PG-13) 5:50 PM Monster Trucks (PG) 8:00 PM Split (PG-13) Sunday, February 19 12:50 PM Monster Trucks - 3-D (PG) 3:00 PM Split (PG-13) 5:50 PM xXx: The Return of Xander Cage - 3D (PG-13) 8:00 PM The Bye Bye Man (PG-13) Monday, February 20 6:00 PM xXx: The Return of Xander Cage (PG-13) Tuesday, February 21 6:00 PM Split (PG-13) Wednesday, February 22 6:00 PM xXx: The Return of Xander Cage (PG-13) Thursday, February 23 5:50 PM Monster Trucks - 3D (PG) 20-Feb Mon

8:00 PM Split (PG-13)



★ Underworld: Blood Wars [2D] Action, Horror Vampire death dealer, Selene (Kate Beckinsale) fights to end the

eternal war between the Lycan clan and the Vampire faction that betrayed her. "R" for strong bloody violence, and some sexuality.

Around Town

Events subject to change. Please confirm details before attending! **VA Loan Seminar.** Thurs, Feb 16, 3:30-5pm. Free. Learn how to get the most out of your hard-earned benefit! Use your BAH towards a personal investment and stop wasting money on rent. VFW Post 2422, 557 Orange Ave, Coronado

San Diego Sockers vs. El Paso Coyotes. Thurs, Feb 16, 7:35pm. \$11-\$27. The Sockers pursue another Ron Newman Cup. Valley View Casino Center, 3500 Sports Arena Blvd, San Diego

Harlem Globetrotters. Fri, Feb 17, 7pm. \$16-\$147. New this season, for the first time ever, the Globetrotters debut basketball's first 4-point line. Valley View Casino Center, 3500 Sports Arena Blvd, San Diego **Junk Bonanza Vintage Market**. Fri-Sat, Feb 17-18 (Fri 10am-5pm; Sat 9am-5pm). \$10-\$30. Vintage finds, antiques, architectural salvage and artisan-repurposed, up cycled, and handcrafted goods. Del Mar Fairgrounds. 2260 Jimmy Durante Blvd. Del Mar

San Diego Comic Fest. Fri-Mon, Feb 17-20 (Fri 5-10pm; Sat-Sun 10am-11pm; Mon 10am-5pm). \$25-\$50. Friendly comic convention with a casual atmosphere. Four Points by Sheraton, 8110 Aero Dr, San Diego

Monster Jam. Sat, Feb 18, 7pm. \$15. Petco Park, 100 Park Blvd, San Diego

Bird Oak Grove Loop. Sat, Feb 18, 8-10am. Free. Bring binoculars and bird book if available. Meet in front of Visitor Center. Mission Trails Regional Park, One Father Junípero Serra Trail, San Carlos

Discover Daley Ranch. Sat, Feb 18, 7am. Free. Meet Naturalist William Sherrard for a slow to moderately paced hike on the trails. Daley Ranch, 3024 La Honda Dr, Escondido.

Bird Walk. Sat, Feb 18, 8am. Free. Walk around the Visitor Center vicinity looking for the common birds of our desert. All birding levels welcome. Meet in the Visitor Center parking lot. 200 Palm Canyon Dr, Borrego Springs

5K Paw Walk in the Garden. Sat, Feb 18, 8am-12pm. \$14-\$21. Dogs are encouraged to bring their owners to enjoy the 5K walk as well as pet products, doggie treats, and more. San Diego Botanic Garden, 230 Quail Gardens Dr, Encinitas.

The Ultimate Wine Run. Sat, Feb 18, 2-9pm. Come and enjoy wine, a rocking live DJ, a dance floor, amazing food trucks, and intriguing, fun rides. NTC Park, 2455 Cushing Rd, San Diego

Winter Brew Fest. Sat, Feb 18, 7-10pm. \$50. 21+. Live local music, food, and other vendors. The San Diego Hall of Champions in Balboa

20

Park, 2131 Pan American Plaza, San Diego

Furry Friends Hike. Sat, Feb 18, 9am-12pm. Free. Bring your dogs and join other animal lovers for an easy and family-friendly hike. San Dieguito Lagoon Boardwalk & Trail, San Andres Drive at Via De La Valle, Del Mar

SD Fixit Clinic. Sat, Feb 18, 12-2pm. Free. Bring your broken, nonfunctioning items for diagnosis and possible repair. Second Chance Beer Co., 15378 Ave of Science #222, San Diego

Rockstar Beer Festival. Sat, Feb 18, 6-10pm. \$35. 21+. Craft beer and live music, poolside and all over. Unlimited samples of 50 craft beers. Lafayette Hotel, Swim Club & Bungalows, 2223 El Cajon Blvd, San Diego

The San Diego Pet Con. Sat-Sun, Feb 18-19 (Sat 10am-5pm; Sun 11am-4pm). Free. Bring Your Pet! Tons of Exhibitors, Prize Giveaways & Fun, Discounted Vaccinations, and SO MUCH MORE! Del Mar Fairgrounds, 2260 Jimmy Durante Blvd, Del Mar

Jump Start Your Heart 5K Walk/Run. Sun, Feb 19, 7:30am-1:30pm. The annual 5K Run/Walk to raise research funds and awareness for the Children's Heart Foundation. Tecolote Shores North Park, 1740 E Mission Bay Dr, San Diego

WWE Live. Mon, Feb 20, 7:30pm. \$20-\$105. WWE Championship Triple Threat Match featuring John Cena vs. Baron Corbinvs WWE World Champion AJ Styles. Valley View Casino Center, 3500 Sports Arena Blvd, San Diego

Qualcomm Stadium Swap Meet. Wed, Feb 22, 2-10pm. \$1-\$2. Open air swap meet and farmer's market. Qualcomm Stadium, 9449 Friars Rd, San Diego

Bird Festival. Thurs-Sun, Feb 23-26, 10am-3pm. Entertainment, eco fair, demonstrations, and live birds. Marina Village Conference Center, 1936 Quivira Way, San Diego

Family Fun Friday. Fri, Feb 24, 2-6pm. Free. There will be shopping from over 20 local vendors plus a bounce house for the kids. 1275 Broadway, El Cajon

San Diego Gulls vs. Texas Stars. Fri, Feb 24, 7pm. Valley View Casino Center, 3500 Sports Arena Blvd, San Diego

Montgomery Waller Community Park Carnival. Fri-Sun, Feb 24-26 (Fri 5-11pm; Sat-Sun 1-11pm). Carnival rides, games, snacks, and a computer portrait novelty booth. Montgomery Waller Community Park, 3020 Coronado Ave, San Diego

Run/Walk For Independence. Sat, Feb 25, 8am-12pm. \$20-\$40.

Family fun zone, music, face painting, field day games, children's play area, and more. De Anza Cove, 3000 North Mission Bay Dr, San Diego

Run To The Max 5k. Sat, Feb 25, 9-11am. \$20-\$30. Join us for a run or walk, some music, games, opportunity drawing, and community Balboa Park. Morley Field Sports Complex, 2221 Morley Field Dr, San Diego

Karamu. Sat, Feb 25, 1-3pm. Free. A celebration of African-American History Month. Crafts, performances and more. Spring Valley Library, 836 Kempton St, Spring Valley

Barkhappy. Sat, Feb 25, 3-6pm. \$15. Awards for Best Dressed and Best Dog Trick, a schwag bag full of goodies, and red carpet photos. Feel free to dress your pup up. Fred's Mexican Cafe Old Town, 2470 San Diego Ave, San Diego

Walk for Animals. Sat, Feb 25, 7am-12pm. You and your canine companions will have a great time as we celebrate our love for animals. Kit Carson Park, 3333 Bear Valley Pkwy, Escondido

City of Champions 5K Fun Run & Walk. Sat, Feb 25, 9am-12pm. Free-\$25. After the run, enjoy a family fun event. U.S. Olympic Training Center, 2800 Olympic Pkwy, Chula Vista

Tater Tots & Beer Festival. Sat, Feb 25, 3-6pm. Come and sample dozens of domestic, imported and crafted beers and sample delicious tater tot creations. Balboa Park lawn area at Park Blvd & Presidents Way.

Mardi Gras Masquerade Parade & Celebration. Tues, Feb 28, 5pm-12am. Over-the-top floats, live music, experiential entertainment, DJ's, BEADS and vivacious energy. Gaslamp Quarter, San Diego

Story Time & Craft. Ongoing until Thurs, Feb 23, 10:30-11:30am. Free. Preschoolers are invited to a story time, then a fun craft right afterwards. Mission Valley Library, 2123 Fenton Pkwy, San Diego **Preschool Storytime.** Ongoing until Thurs, March 2, 10:30am. Free.

Stories, crafts, finger plays, and songs. University Community Library, 4155 Governor Dr, San Diego

Video Game Friday. Ongoing until Fri, March 3, 4pm. Free. Wii gaming with your friends. University Community Library, 4155 Governor Dr, San Diego

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

Garden Tours. Ongoing Saturdays 10:30-11:30am. Free. Tour the lush, charming, and water-wise garden with a knowledgeable docent to hear what makes our garden special. Water Conservation Garden, 12122 Cuyamaca College Drive West, Rancho San Diego



TICKETS ON SALE NOW

-ONCEPTIE

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

February

Bone Thugs N Harmony. Thurs, Feb 16, 8pm. Rap/Hip-Hop. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

Erykah Badu. Fri, Feb 17, 8pm. Neo Soul/Hip-Hop. Observatory North Park, 2891 University Ave, San Diego. (619) 239-8836.

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

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

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

Circa Survive. Wed, Feb 21, 6:30pm. Alternative/Rock. House of Blues, 1055 Fifth Ave., San Dieqo. (619) 299-2583.

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

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

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

Easton Corbin. Sun, Feb 26, 7pm. Country. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

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

March

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

eao 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 The-

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

Andrew McMahon. Mon, March 13, 7pm. Alternative/Pop. House of Blues, 1055 Fifth Ave., San Dieqo. (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. Àlan 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.hondacenter.com

Vince Gill. Fri, March 31, 7:30pm. Country. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido.

(760) 839-4438.

Èric 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-The Damned. Fri, April 7, 6pm.

Punk/Gothic. House of Blues, 1055 Fifth Ave., San Diego. (619)

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.

Desiigner. 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. humphreys bythebay.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

Colette The journey inward is the most challenging you will ever face. It is also the most rewarding.

Weekly

Inspiration

-Jennifer Grant

Train Amphitheatre, 2050 Entertainment Cir, Chula Vista. (619) 671-3600. Hamilton, Keith Anthony

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.

Mav

Leela James. Wed, May 3, 7nm. 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-

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