Space 'A' travel schedule

View the most recent departure schedule from NAS North Island.

See page 4

Weekly Contest

Win a pair of tickets to see The Naked Magicians at Balboa Theatre, downtown.

See page 5

AutoMatters & More

Jan Wagner takes you into the world of Beauty and the Beast.

See page 17

Navy Marine Corps Coast Guard Army Air Force

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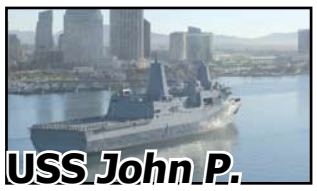

USS *John P. Murtha* open to the public

SAN DIEGO - USS *John P. Murtha* (LPD 26) is scheduled to be open for public visits at B Street Pier this weekend. The visit will provide members of the public an opportunity to take a tour of the ship and talk with America's Sailors.

Public tours of the ship are scheduled for Fri., March 17 from 2 p.m. to 4 p.m., Sat., March 18 from 8 a.m. to 4 p.m., and Sun., March 19 from 8 a.m. to 4 p.m. The *John P. Murtha* team will have ship merchandise available for cash sales only.

B Street Pier is located on North Harbor Dr. in downtown San Diego.

USS *John P. Murtha*, homeported here, is the 10th San Antonio-class amphibious transport dock ship and is named in honor of John P. Murtha, who served the 12th District of Pennsylvania for 36 years in the House of Representatives.

Visitors should expect security screenings prior to boarding. When touring the ship, visitors are encouraged to bring as few items as possible and flat-heeled, closed-toe shoes are recommended. High-heel shoes, flip-flops and improper attire (i.e. bathing suits) are not permitted.

The ship is not handicapped accessible.

New inside our pages this week...

SOCIAL SECURITY MATTERS

... page 5

Take part in supporting our military and their families

This annual Navy-hosted event includes the public in raising money for the Navy's Morale Welfare and Recreation programs. MWR provides Quality of Life programs for more than 500,000 active duty and retired military, reservists, their family members and civilian employees who make up our San Diego military family. This unique 4-mile run/walk has a one of a kind spectacular panoramic view as participants make their way to Coronado's beautiful Tidelands Park from downtown San Diego over the Coronado Bay Bridge. During the finish line celebration, runners receive a special Finisher's Medal and event shirt to commemorate our 31st year, plus complimentary transportation back to downtown. See you on the bridge.

THE NAVY'S 31st BAY BRIDGE RUN · WALK

Mattis: Social media misconduct by DoD personnel won't be tolerated

by Terri Moon Cronk

WASHINGTON - The purported actions of civilian and military personnel on social media websites, including some associated with the "Marines United" group and possibly others, represent egregious violations of the fundamental values that are upheld at the Department of Defense, Defense Secretary Jim Mattis said March 10 in a statement.

"The chain of command is taking all appropriate action to investigate potential misconduct and to maintain good order and discipline throughout our armed forces," Mattis said.

"Lack of respect for the dignity and humanity of fellow members of the Department of Defense is unacceptable and harmful to the unit cohesion necessary to battlefield victory," the secretary continued. "We will not excuse or tolerate such behavior if we are to uphold our values and maintain our ability to defeat the enemy on the battlefield."

Defense press director Capt. Jeff Davis told reporters March 10 that Mattis spoke several times during his confirmation process about military service and unit cohesion and how those are predicated on the core values of trust and mutual respect.

"Our leaders at all levels of the chain of command will be held accountable to ensure that each member of our military can excel in an environment that maximizes their talents and [will have] no patience for those who would degrade or diminish another service member," said Davis.

The secretary will meet with uniformed and civilian leaders in the days ahead and ensure that they are taking all appropriate actions to maintain good order and discipline, the captain said.

"NCIS is investigating … web sites and other services are looking into the matter, as well," Davis said.

"Our values extend on- and off-duty, and we want personnel experiencing or witnessing online misconduct to promptly report matters to their chain of command," the captain said.

Davis said service members who might feel uncomfortable reporting alleged online misconduct to their chain of command have alternative avenues that include family support services, equal opportunity offices, Sexual Assault Prevention and Response program, the inspector general and law enforcement.

Pacific Fleet: 2016 Sailors of the Year

by MC2 Brian M. Wilbur,

PEARL HARBOR - Adm. Scott Swift, commander of Pacific Fleet, announced Interior Communications Electrician 1st Class Brent Schermerhorn and Naval Air Crewman (Avionics) 1st Class David Matuska as the Sea and Shore Sailors of the Year during a luncheon in Honolulu March 10.

Swift and Pacific Fleet Master Chief Suz Whitman praised the 14 finalists for their excellence, integrity, teamwork, and leadership.

"This is an extraordinary group of hard-working Sailors that I had the pleasure of interacting with this week," said Swift. "SOY week is a great reminder of the importance of our most valuable resource, people."

Representing USS *Preble* (DDG 88), Schermerhorn will fly to Washington, D.C., and will be meritoriously promoted to chief petty officer. Schermerhorn was truly surprised and excited to hear his name announced as the Sailor of the Year.

"From the start I never expected to be here, I just work and take care of my Sailors," said Schermerhorn. "Being selected is so incredibly amazing that it's almost surreal. It hasn't set in yet and I don't think it will until I go back to my command and talk to my peers and junior Sailors."

Matuska, representing Patrol and Reconnaissance Wing 10, will continue his journey by traveling to Washington

and competing in the Chief of Naval Operations Shore Sailor of the Year competition.

see **SOYs, page 12**

Pacific allies, partners meet for region's first F-35 Symposium

JOINT BASE PEARL HARBOR-HICKAM, Hawaii - The F-35 Lightning II joint strike fighter aircraft takes center stage this week during Pacific Air Forces' inaugural F-35 Symposium.

The two-day conference marks the largest gathering of the region's F-35 experts, including senior officers and warfighters from Japan, Australia and South Korea as well as the U.S. Navy, U.S. Marine Corps and U.S. Air Force, PACAF officials said.

Japan, Australia and South Korea are among the 11 international partners in the F-35 program and represent the future of fifth-generation aviation in the Indo-Asia-Pacific region, officials said. The symposium will feature a series of open discussions and briefings with the objective of enhancing F-35 operations in the Pacific, sharing fifth-generation lessons learned and building a foundation for future F-35 bilateral and multilateral engagements, they noted, and topics will include bed down, integration, logistics, sustainment and combat operations.

"This symposium marks an exciting new chapter in Pacific combat capability," said Air Force Brig. Gen. Craig Wills, PACAF's strategy, plans and programs director. "Together, our joint and international partners have introduced the most capable combat aircraft in the world to the Pacific."

The F-35 combines advanced stealth with speed, agility and the capability to rapidly fuse information regionally across multiple domains. The Lightning II is the backbone for future combat operations, PACAF officials said, adding that this symposium provides an ideal venue to enhance interoperability and cooperation among the nations in the F-35 community.

Two Australian F-35A Lightning II joint strike fighters arrive on the Hickam Air Force Base ramp at Joint Base Pearl Harbor-Hickam, Hawaii, Feb. 23. Hickam was the last stop en route to the Avalon air show in Victoria, Australia. Air Force photo by Capt. Nicole White

U.S. F-35s have reached initial operational capability, with Marines and airmen both flying operational and combat-ready aircraft. In addition to the F-35A's with the 34th Fighter Squadron at Hill Air Force Base, Utah, 10 F-35B's from the Marine Fighter Attack Squadron 121, 3rd Marine Aircraft Wing out of MCAS Yuma, Ariz., are deployed to MCAS Iwakuni, Japan, with six more scheduled to arrive later this year.

Japan started its pilot training program in late 2016, South Korea is scheduled to receive its first aircraft in 2018, and Australia has been training pilots in two Royal Australian Air Force F-35s in Arizona since late 2014.

"Together with our Pacific allies and partners, we're sending a clear message to our neighbors and friends in the region," Wills said. "We'll continue to invest in combat capability required to assure our ability to defend freedom and uphold the rules-based international order."

The Australian F-35 made its first appearance in Australia at the 2017 Australian International Airshow. The aircraft stopped here on its way, symbolically emphasizing the importance of the global partnerships.

Spacecraft training

PEARL HARBOR (March 7, 2016) - Pararescuemen and Combat Rescue Officers with the New York Air National Guard's 103rd Rescue Squadron, 106th Rescue Wing, supported by the Hawaii Air National Guard's 154th Wing, 204th Airlift Squadron, jump from a C-17 into the waters off Joint Base Pearl Harbor-Hickam as they conduct training to test new spacecraft recovery techniques and equipment that will be used to recover the crew module of NASA's Orion spacecraft. The Airmen were in Hawai for two weeks as part of Operation Ardent Sentry. Air National Guard photo by Staff Sgt. Christopher Muncy

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Dunford: Americans should be proud of role U.S. troops play in Iraq, Syria

by Jim Garamone

WASHINGTON - Indigenous Iraqi and Syrian forces have made tremendous progress taking the fight to the Islamic State of Iraq and Syria, and Americans should be very proud of the role played in the effort by a small number of U.S. troops, the chairman of the Joint Chiefs of Staff said March 12 during an interview.

When Marine Corps Gen. Joe Dunford took over as chairman in October 2015, ISIS had taken vast portions of Iraq and Syria and sought to establish a caliphate. The counter-ISIS strategy he inherited sought to train local forces to combat the terror organization.

This meant small numbers of American and coalition troops would work with Iraqi and vetted Syrian forces. Coalition air assets, special operators and artillery units would support the campaign.

"The Iraqis have to be very proud of their forces," Dunford said. "But I think we have to be very proud of the coalition, and what U.S. forces have accomplished."

> **"The Iraqis have to be very proud of their forces. But I think we have to be very proud of the coalition, and what U.S. forces have accomplished."**
>
> Gen. Joe Dunford

Iraqi forces pushed back ISIS in Ramadi and Beiji and are now pushing into western Mosul - the largest city taken by ISIS. The strategy is working, the chairman said, and it's because young American service members are doing the hard work every day to make it happen.

"If you think of the relatively small number of Americans that had deployed to Iraq over the past 18 to 24 months," he said, "… if you think about how hard they had to work in conjunction with Iraqi security forces to make sure we learned the lessons from Ramadi and Anbar province … and applied those lessons with the right capabilities in Mosul; I'll just tell you I am proud of the force that has done that."

There still remains much to do in Iraq, the general said, and he is taking nothing for granted.

In Syria, indigenous forces are isolating Raqqa and pushing back well dug-in ISIS forces on all fronts. There, the progress has been dependent on an even smaller number of Americans who worked to recruit, train and strengthen counter-ISIS forces.

"We sent those guys into an incredibly complex environment," Dunford said. "We told them to go in collect intelligence, develop relationships, vet people and identify people willing to take the fight to the enemy, train those people, equip those people, support those people, and win."

And those special operations forces and U.S. Air Force personnel did it - day after day, little by little, and under extreme circumstances, the chairman said.

"The fact that we are now talking about divergent political challenges, the fact that we are now addressing questions of what happens after Mosul or Raqqa, we shouldn't lose sight of the fact that it is a reflection of the members of the joint force that have actually enabled the indigenous force to take the fight to the enemy," Dunford said. "Now we have the political opportunities that we didn't have two years ago to establish the framework for long-term peace and stability, and we owe it to them."

Patrol Squadron 47 commanding officer relieved

KANEOHE BAY, Hawaii - Commander, Patrol and Reconnaissance Wing 10, relieved the commanding officer of Patrol Squadron (VP) 47 March 8, citing a loss of confidence in his ability to command.

After allegations of misconduct, Cmdr. Ryan Cech was relieved of command by Capt. Robert Patrick. Capt. Kevin Long has temporarily assumed command of the squadron. Cech has been temporarily reassigned to CPRW 2 staff.

The decision to relieve Cech was based on actions that demonstrated poor judgment and lack of professionalism, calling into question Cech's leadership which undermined his credibility to continue to serve effectively in command.

Commanding officers have a great deal of responsibility for their units, their Sailors and their mission. Standards of performance for commanding officers are extremely high.

The "Golden Swordsmen of VP 47 operate the P-3C Orion, and currently supports detachments in the 7th Fleet area of operations based at Kadena Air Force Base, Okinawa, Japan, and U.S. 4th Fleet area of operations based at Comalapa, El Salvador. After deployment, VP-47 will move to Naval Air Station Whidbey Island and transition to the P-8A Poseidon.

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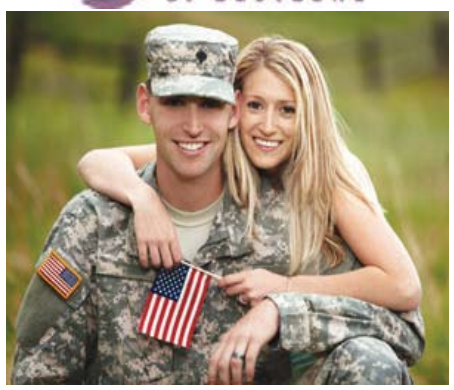

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Fleet Forces: 2016 USFF Fleet Sea, Shore Sailors of the Year

by MC2 Michael Fiorillo

NORFOLK - Adm. Phil Davidson, commander, U.S. Fleet Forces (USFF) announced the 2016 USFF Fleet Sea and Shore Sailors of the Year (SOY) during a ceremony hosted by the Hampton Roads Navy League at the Half Moone Cruise Center in Norfolk, March 10.

Cryptologic Technician (Technical) 1st Class Courtney Evers of Navy Information Operations Det. Kaneohe Bay was named the 2016 Sea Sailor of the Year and Personnel Specialist 1st Class Aliscia Malone of Navy Expeditionary Combat Command won Shore Sailor of the Year.

"All the Sailor of the Year candidates represent the best the Navy has to offer. They all exemplify the attributes of integrity, initiative, accountability, and toughness. The selection process was not an easy one," said Davidson. "Petty Officers Evers and Malone are role models for the rest of the fleet."

The two winners were called on stage with the admiral to be recognized as the crowd, including those whom they competed against, applauded.

Evers was honored by her selection, turning to her fellow nominees she shared these words "You guys are all amazing, we wouldn't be here if we weren't helping each other out and having each other's backs."

The candidates spent the week participating in several Navy heritage events as well as being interviewed by a panel of master chief petty officers as the final winners were determined.

Malone was proud to have been selected and recognized that she was up against the best in the fleet. She also thanked her biggest supporter, her husband. "No one person can be here alone. This is such an honor."

Evers will travel to Washington, D.C., and be meritoriously promoted to chief petty officer by the Chief of Naval Operations. Malone will advance to the final selection process for the Chief of Naval Operations Shore Sailor of the Year.

The Sailor of the Year Program was established in 1972 by Chief of Naval Operations Admiral Elmo Zumwalt and Master Chief Petty Officer of the Navy John Whittet. The intent of the competition is to recognize individual Sailors who best represented the ideals of the professional Sailor and the Navy. Initially only Atlantic and Pacific Fleet Sailors on sea duty were recognized. Within 10 years, however, the SOY program was expanded to include shore duty and Navy Reserve Sailors.

Finalists for Fleet Sea Sailor of the Year:

Hospital Corpsman 1st Class (FMF/SW/AW) Benjamin Foy
Marine Corps Forces Command (MARFORCOM), 2nd Battalion 6th Marines, 2D Marine Division

Electricians Mate 1st Class (EXW/SW) Kelelu Kromah
Navy Expeditionary Combat Command, Explosive Ordnance Disposal (EOD) Expeditionary Support Unit (ESU) 2

Sonar Technician (Submarine) 1st Class (SS) Thomas Hudgins
Submarine Force Atlantic (SUBLANT), USS Florida (SSGN-728) (BLUE)

Intelligence Specialist 1st Class (IW/AW/EXW/SW) Kevin Pulley
U.S. Naval Forces Europe-Africa / U.S. 6th Fleet, Maritime Coordination Committee for Tomahawk Land Attack Missile Strike Coordination Detachment, Naples, Italy

Finalists for Fleet Shore Sailor of the Year:

Adm. Phil Davidson, commander of Fleet Forces Command, with Fleet Forces Sea and Shore Sailors of the Year, Cryptologic Technician (Technical) 1st Class Courtney Evers, left, and Personnel Specialist 1st Class Aliscia Malone after the award announcement. Evers will travel to Washington, D.C to be promoted to CPO. Malone will advance to the final section process for the CNO Shore SOY. Navy photo by MC2 Stacy M. Atkins Ricks

Aviation Aerographer's Mate 1st Class (IW/EXW) Brittany Burris
United States Fleet Forces, United States Fleet Forces Command

Aviation Ordnanceman 1st Class (AW/SW) Christopher Carter
Naval Air Force Atlantic (AIRLANT), Helicopter Maritime Strike Squadron 40

Operations Specialist 1st Class (SW/AW) Circia Howe
Naval Surface Force Atlantic (SURFLANT), Afloat Training Group

Yeoman 1st Class (SS) Fausto Viera
Submarine Force Atlantic (SUBLANT), Submarine Squadron 16

Cryptologic Technician Technical 1st Class (IW/SW/AW) Jaxi Sehorn
Naval Information Forces (NAVIFOR), Farragut Technical Analysis Center

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CNV 4401	C40	12:32	WHIDBEY(121)

FRIDAY, MARCH 17, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4445	C40	09:00	FALLON(121), OCEANA(53)
CNV 4421	C40	09:30	PANAMA CITY, FL(121), OCEANA(106)
CNV 4022	C40	13:14	WHIDBEY(69)

SATURDAY, MARCH 18, 2017

Flt #	A/C Type	Time(L)	Destinations(Seats Available)
CNV 4301	C40	12:49	FT WORTH(69)
CNV 4083	C40	13:24	HICKAM(22)

SUNDAY, MARCH 19, 2017 — NO SPACE "A" DEPARTURES
MONDAY, MARCH 20, 2017 — NO SPACE "A" DEPARTURES

TUESDAY, MARCH 21, 2017

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CNV 2988	C20	09:00	JACKSONVILLE(20)

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New 'Swift Boats at War in Vietnam' exhibit to open at Maritime Museum

Maritime Museum of San Diego, home to one of the world's finest collections of historic vessels, announces the opening of the new Swift Boats at War in Vietnam exhibit and book release in the steam ferry Berkeley Compass Gallery April 29.

The book, edited by Guy Gugliotta, John Yeoman and Neva Sullaway, is a compilation of 38 firsthand accounts of men who served on Patrol Craft Fast (PCF), also known as Swift Boats.

The exhibit expands the narrative with official and candid photographs. It also includes paintings by combat artist John Steele, on loan from the Navy Art Collection in Washington, D.C.

"We are honored to offer visitors this new educational immersive journey commemorating the 50th Anniversary of the Vietnam War," said Dr. Ray Ashley, president/CEO of the Maritime Museum of San Diego.

The exhibit, open through Veteran's Day, is included with general admission to the Maritime Museum of San Diego. On weekends, for an additional $10, visitors can board the Museum's PCF 816 and feel the power of its twin 12-cylinder Detroit engines on a high-speed 75-minute Naval History Bay Cruise.

American Navy patrol in the Mekong Delta during the Vietnam War. Navy photo

The authors of Swift Boats at War in Vietnam are donating all proceeds from book sales to support PCF 816.

For more information visit *sdmaritime.org* or call (619) 234-9153, ext. 101.

Swift Boats acted as an inner barrier of the naval blockade of South Vietnam to prevent the infiltration of weapons, ammunition, and war material from North Vietnam via sampans, junks, and trawlers.

In July 1968, U.S. Swift Boats shifted to patrolling rivers, canals, and the Mekong Delta's 3,000-mile labyrinth of waterways. Not since the Civil War had the Navy combat vessels fought in such close quarters with naval blockades, upriver and in narrow canals.

From 1965 through 1970, about 3,600 men served on and supported Swift Boat operations in Vietnam. Four hundred were wounded; 50 died. In 2012, PCF 816 made the long journey from Malta to the Maritime Museum of San Diego.

Social Security Matters

by Russell Gloor

Ask Rusty - Remarried ex-spouse

Dear Rusty: I was married to my husband for six years when we divorced in May of 1996. Over the next year or so we felt we had resolved our differences and decided to re-marry in July of 1997. Although we both tried hard, we simply couldn't make it work and so we divorced again for good in September 2000. I've never re-married, but I'm now nearly 62 years of age and wondering: since my ex-husband always made much more money than me, can I collect Social Security as his divorced spouse or do I need to take Social Security based upon my own work record? Signed: Wondering

Dear Wondering: Social Security's rules state that a divorcee who wants to collect retirement benefits from their ex-spouse's work record must have been married to that person for at least 10 years, must be divorced for at least two years (unless your ex-spouse is already collecting benefits), must not now be married, and both the divorcee and their ex-spouse must be at least 62 years old. Your ex-spouse need not already be actually receiving benefits, but he must at least be eligible to receive either Social Security retirement or disability benefits.

Your situation is somewhat unique because you meet most of the criteria, but the total length of time you were actually married to your ex-spouse in your two marriages is only nine years - six the first time and three the second time - leaving you apparently short of the 10-years-married rule. But here's some good news: Social Security's rules for divorced spouses also say that if you and your ex-spouse remarry before the end of the year which follows the year you were first divorced, the period of time between marriages counts toward the 10-years-married requirement. Since you first divorced in May of 1996 and then remarried in July of 1997, the time between those dates counts as though you were still married during that time, so the 10-years-married rule is satisfied. In other words, having met all of the criteria, you will be eligible to collect reduced benefits as a divorced spouse when you apply at age 62.

For information, the way Social Security will calculate the benefit you are entitled to will be to first determine what you're entitled to on your own work record. Since you are also eligible for divorced spouse benefits, and if your own benefit is less than you are entitled to as a divorced spouse, you would be "deemed" to be filing for the divorced spouse benefit too, and your benefit amount will be raised ("boosted") to that which you are entitled to on your ex-spouse's record. When you apply, be sure to take with you proof of both marriages to, and divorces from, your ex-husband. And be aware that if you claim your benefit at age 62, it will be permanently reduced for the rest of your life.

The information presented in this article is intended for general information purposes only. The opinions and interpretations expressed in this article are the viewpoints of the AMAC Foundation's Social Security Advisory staff, trained and accredited under the National Social Security Advisors program of the National Social Security Association, LLC (NSSA). NSSA, the AMAC Foundation, and the Foundation's Social Security Advisors are not affiliated with or endorsed by the United States Government, the Social Security Administration, or any other state government. Furthermore, the AMAC Foundation and its staff do not provide legal or accounting services. The Foundation welcomes questions from readers regarding Social Security issues.

To submit a request, contact the Foundation at info@amac-foundation.com.

Russell Gloor is a certified social security advisor for the Association of Mature American Citizens

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Escondido M-F: 8 a.m. - 5 p.m. 649 W. Mission Ave, Phone: (760) 740-5572	Mission Valley Thurs. & Fri. appointments only 8898 Rio San Diego, Phone: (858) 694-3222	El Cajon 201 E. Douglas 2nd & 4th Mon. monthly Phone: (619) 588-3718
Fallbrook 2nd Fri. & 4th Wed. monthly 135 S Mission Road. Phone(760) 723-7570	Oceanside VA Clinic M-F: 8 a.m - 4 p.m. 1300 Rancho Del Oro Dr. Phone: (760) 643-2049	Julian County Library Thurs. (by appt. only) Phone: (760) 765-0370

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Call Jay Lott at 619-230-0301 or email him at jay@navyleague-sd.com for more information.

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Rules: Fill out the entry form below and send it to us at: Dispatch Newspaper/The Naked Magicians, P.O. Box 600600, San Diego, CA 92160. Entries must be in our office by Wed., March 22, 2017. One entry per family. Must show ID upon pickup. Entries may also be submitted via e-mail to *contest@navydispatch.com,* Subj: The Naked Magicians. Include all information requested below in online entries. Winners notified by telephone.

Armed Forces Dispatch Newspaper/The Naked Magicians
Wednesday, March 22, at noon.
Please answer all questions to be eligible.

name _____

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What radio station do you listen to?_____

❑ Active duty military (which base):

_____

❑ Military spouse/family member ☛

❑ Civilian

❑ Retired military

Rating expert? Your knowledge is needed to write advancement exams

by Ed Barker

Active duty Navy chiefs (E7 - E9) interested in shaping the future of their ratings are needed to serve as Subject Matter Experts (SMEs) for upcoming Advancement Examination Readiness Reviews (AERRs).

Naval Administrative Message (NAVADMIN) 058/17, released on March 8, announced the AERR schedule for April to Sept. 2017. Based on this schedule, AERR panel members working as fleet SMEs for their respective ratings develop E4 - E7 rating advancement exams for future cycles. Navy chiefs (E7 to E9) on active duty, Full Time Support (FTS) and reservists on Active Duty for Special Work (ADSW) are encouraged to apply and take part in the process.

"The knowledge that our fleet experts bring to the reviews is invaluable, as that's what makes the exams relevant and identifies a Sailor with the right skills to select for advancement," said Naval Education and Training Professional Development Center (NETPDC) Command Master Chief, Master Chief Electronics Technician, Nuclear Power (SS) James Berhalter. "AERRs give chiefs direct input toward shaping their community - participants have a say in what their reliefs need to know."

AERRs vary in length between one-to-two weeks and exam readiness reviews are held throughout the year with each specific rating being reviewed on an annual basis. The reviews are held at NETPDC at Saufley Field in Pensacola, Fla. AERR Participants receive temporary additional duty (TAD) orders from their parent command, paid for by NETPDC.

Master Chief Culinary Specialist (SW/SS) Stephen Boos, lead instructor for the Navy Field Management Team at the Fleet Logistics Center Norfolk is currently participating in his second Culinary Specialist AERR.

"There is no more rewarding thing you can do than write the Navy exam," said Boos. "To be able to give back to the junior Sailors and basically hand-select the next generation of your reliefs - writing exams is the way to do that."

To take part in the AERR process, log into NKO then use the following link: https://www.nko.navy.mil/group/navy-advancement-center/mycpo.

This link provides the scheduled dates for each rating, including eligibility and nomination package requirements, and other pertinent information regarding AERR events. Nominations to participate in AERRs must be endorsed by the command master chief, senior chief or chief of the boat as well as the commanding officer or officer in charge for submission to NETPDC.

NAVADMIN 058/17 provides additional information and a listing of ratings scheduled for the next six months.

Normally, four-to-eight nominees will be selected for each AERR conference. NETPDC coordinates with respective rating learning centers and community sponsors to select the best nominees. Selections of fleet SMEs for the AERRs will be made 45 days prior to each review and selectees will be notified by NETPDC via e-mail.

NETPDC's mission is to provide products and services that enable and enhance education, training, career development, and personnel advancement throughout the Navy. Primary elements of the command include the Voluntary Education (VOLED) Department, the Navy Advancement Center (NAC) and the Resources Management Department.

For more information about the Navy Advancement Center and the Navy Enlisted Advancement System, visit https://www.facebook.com/Navy-Advancement-Center/

VITA sites offer FREE self service tax assistance

The Volunteer Income Tax Assistance (VITA) program connects service members and families to free, electronic tax filing services, helping them avoid fees and maximize returns. Read NAVADMIN 271/16 (http://www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMINS/NAV2016/NAV16271.txt) and find a Region Legal Service Office(http://www.jag.navy.mil/legal_services/legal_services_locator_rlso.htm) today!

Navy foreign language opportunities announced

Navy Language, Regional Expertise, and Culture Office (LREC) is highlighting a new opportunity for Sailors looking to exercise their language skills and expand expertise across the service.

Navy is requesting four to six Sailors who will participate in the Defense Language Institute Foreign Language Center standard setting panel for the Hindi language. This panel will be held March 21-24 in Baltimore, MD.

Navy applicants must meet criteria of being active duty, achieve an Interagency Language Roundtable score of level 3 in English listening and reading, and are current within two years for a Defense Language Proficiency Test, or over the phone test with a score of 3 and above in Hindi.

Recommendations will be accepted from up to 17 members on a first-come-first-serve basis. Panelist should consist of both native speakers of English with high level of proficiency in Hindi, and native or heritage speakers of Hindi with strong English skills.

"These panels are important for developing the standards by which language is tested across the services," said Master Chief Petty Officer Kenneth Paulsen, Navy LREC Office. "Sailors would help review each test question and make a recommendation on how difficult they would be for a non-native speaker, essentially giving the test the accuracy that will help develop the best language professionals we need."

The Defense Language Institute will pay temporary duty assignment (TDY) expenses for qualified service members. Participation in the standard-setting study is on a first-come-first-served basis.

Sailors may benefit from foreign language testing regardless of the individual's eligibility for a foreign language proficiency bonus. The American Council on Education recommends college credits for certain languages based on proficiency levels achieved on the Defense Language Proficiency Test (DLPT). Details are available via your local Navy college office.

DLIFLC will pay TDY expenses for active service members. Recommended panelists who are active service members are advised to contact Ms. Jungeun Youn at Jungeun.youn@dliflc.edu for information regarding their TDY to the Hindi study.

Enlisted Sailors who attain scores of L1+/R1+ or better, via DLPT (S1+ or better via oral proficiency interview) also earn a Navy enlisted classification code to document the language skill(s) in their personnel records.

Sailors interested in taking a language test must schedule a testing time through their local DLPT testing center.

Please send your recommendations and requests Master Chief Kenneth Paulsen, Kenneth.paulsen@navy.mil.

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Se Habla Espanol

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On Base & On Board

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

NEW Boga Aqua Fitness Fun at Naval Base San Diego Monday/Wednesday 6-6:45 am and 4:30-5:15 pm Work your core like never before! FREE for active duty, dependents and DoD, $3 per guest. For more information, stop by the NBSD Admiral Prout Pool, Bldg. 3279, or call 619-520-3048.

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

St. Patty's Day 5K Proudly presented by MWR 5-Star and USAA Friday, March 17 • 11 am • FREE Grab your tennis shoes and do a little Irish gig! Register online at www.navylifesw.com. Run starts at the Balboa Athletic Complex, NMCSD, Bldg. 12 Softball Field. For more details call 619-532-6080.

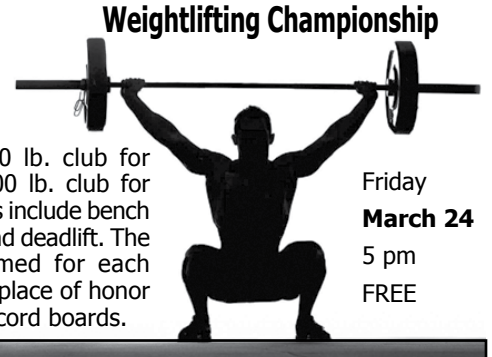
2nd Annual St Patrick's Day Command Cardboard Boat Regatta Friday, March 17 Head over to the NBSD Admiral Prout Pool, Bldg. 3279, to sign up your command team today! For more information call 619-556-7444.

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

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

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

Strong Person Challenge Wednesday, March 29 • 11 am-Noon It's a relay of three timed events: 20-yard tire toss, 80-yard weighted slide push and a 50-pound sand bag dash. Can you finish the fastest? Prizes awarded to division winners! • Men's Division 1 = 200 lbs. and below • Men's Division 2 = 200 lbs. and above • Women's Open Division. For more information visit the VADM Martin Fitness Center NASNI, Bldg. 1507, or call 619-545-0237.



Comedy Show Friday, March 31, 7 pm, FREE (18 yrs.+) Sea 'N Air 19th Hole, NASNI, Bldg. 800 Tickle your funny bone with MWR! $5 appetizer special. Registration required: 619-437-3190

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

The Lights Fest Saturday, April 1, 3:45-10:30 pm, $50 (12 yrs.+) It's a magical night experience of music, food and memories ending by lighting up the sky with your own lantern. Fee includes transportation, snacks on the bus, lantern, marker and key chain flashlight. Event subject to change due to weather conditions. Pick up locations: 3:45 pm Silver Strand Youth Center/4:15 pm Admiral Baker Picnic Area. Registration required: NAB 619-437-3190, NBSD 619-556-9597, NBPL 619-553-9138

All-Hands Car Show 2016 Saturday, April 8 • 10 am-2 pm • FREE Calling all cars, motorcycles, trucks and SUVs! Enter MWR's 2017 All-Hands Car Show today! Event takes place at the Naval Base San Diego Admiral Prout Picnic Area during Spring Fling Family Festival. Register online at www.navylifesw.com. Entry open to all MWR patrons. For more information call 619-556-7009. Car Show proudly sponsored by MWR, Armed Forces Dispatch, National City Miles of Cars and USAA.

Spring Fling Presented by MWR and the San Diego Zoo and San Diego Zoo Safari Park Saturday, April 8 • 10 am–2 pm • FREE NBSD, Admiral Prout Fields Have a hoppin' good time at the Navy's best family spring festival featuring egg hunts for all ages. Enjoy amusement rides, bounce houses, an "All-Hands Car Show," arts and crafts and more. Don't miss the special presentations by San Diego Zoo and San Diego Zoo Safari Park, at 11 am and 1 pm, and the Navy Armed Forces Kids Run. For details call 619-284-4054/556-7444. Event proudly sponsored by Lincoln Military Housing, USAA, Penn State World Campus, Navy Exchange, Armed Forces Dispatch, EDCO Disposal and SeaWorld San Diego.

Joshua Tree Climbing & Camping Trip Friday-Sunday, April 21-23, $135 MWR patron/$115 Liberty Depart from NBPL, Main Base, The Clubhouse, Bldg. 546 Get ready for an epic adventure as we spend a day rock climbing and the rest of the time exploring the world-renowned beauty of Joshua Tree National Park. Cost includes transportation, instruction, rock climbing gear, guides, and five meals Registration required: NBPL 619-553-9138, NBSD 619-556-9597, NAB 619-437-3190

HAPPENINGS LISTED FROM PREVIOUS ISSUES....

GOLF

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 Red Pin 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.

For pity's sake

by Lisa Smith Molinari

Trailing tissues behind, I burst through the base clinic doors five minutes past my appointment time. "Sorry, I'm late," I croaked raspily to the corpsman in blueberries at the family practice desk. He directed me to the waiting area.

Fishing another crumpled tissue from my pocket, I nestled in to read juicy gossip about "The Bachelor" from a dog-eared waiting room copy of US magazine, just as "Lisa Molinari?" bellowed from behind me.

Dang.

With my legs dangling like a child from the papered examining table, I waited patiently for the doctor's arrival, mulling over the possible outcomes.

"With this terrible cough, sore throat, and congestion, it must be very serious. One listen to my chest and surely, she will prescribe antibiotics and steroid treatments. Hmm… she might very well diagnose pneumonia and order me to spend a week in the hospital under an oxygen tent, so I'd better think of someone who could stop by to walk the dog," I thought.

As I envisioned myself securely ensconced in sterile plastic while friends and family visited with chocolate milkshakes, the doctor entered the room in a hurried swish.

"Hello, Mrs. Molinari. What brings you in today?"

the meat and potatoes of life

I am one of those people who feel that all stories should be told properly. Even the tiniest detail can be essential in painting the right picture, conveying the correct tone, and maintaining complete accuracy.

"Well, Doc, it all started last Monday," I began. I told her all about how my husband Francis has been gone, how tired I've been lately, that I may have picked something up at our daughter's school which is a veritable petri dish by the way, that my ToDo list is a mile long, etcetera, etcetera.

Much to my surprise, the doctor didn't seem to be listening. As I was detailing the issues I'd been having with my mini-van's steering, she asked with her back to me, "What color is your sputum?"

Ahem. Answering that question requires admitting to shamelessly inspecting the unmentionable globs I'd spit into a sink or blown into tissues. Everyone has done it, but can't the doctor just take my word for it that I am very sick? Assuming she needed another detailed explanation, I went on, "Well, let's see, I blew my nose in church on Sunday, and wasn't able to take a look until I got home, and…"

Halfway through explaining a particular shade of olive green, the doctor turned around and came at me with a reflex hammer, repeatedly rapping at my face with the pointed end. "Does this hurt?" she asked between blows. For a split second, I pondered how one might answer such a stupid question.

"Hell yes!" was just too obvious, and asking "I don't know, does this hurt?" and kicking her in the shin seemed too hostile, so I went for, "Is the Pope a Catholic?"

By now, I could tell that this doctor operated with the fundamental belief that all patients are hypochondriacs, wimps and liars with nothing better to do than to spend hours in base clinics feigning illnesses just so they can wait again in the pharmacy for antibiotics they don't need, which will eventually result in the spread of antibiotic-resistant "super-bugs" that will soon infect and destroy all of mankind.

As I began to snort and suck at the back of my throat in an attempt to bring up or down some kind of concrete proof to make my case, the doctor said, "Your chest sounds clear, so I'll treat you for viral bronchitis. Pump the fluids and Mucinex." And she was gone in a swish.

I wondered if she'd question her Hippocratic Oath when she discovered that I had to be airlifted to the ER for intravenous antibiotics later that night.

No such luck. Five days later, the raspiness in my voice, the sore throat, the barking cough and the technicolor phlegm had all but disappeared. I had to admit, the doc was right. Still, base clinic doctors should realize that, sometimes, the proper treatment for military spouses who are alone and sick is simply a little sympathy.

Free community Easter EGGstravaganza

Event March 25 at Concordia Church and School from 9am-12pm, 1695 Discovery Falls Drive, Chula Vista, CA 91915. Join us for a day of family fun including Easter Egg hunts, bounce houses, face painting and many more activities.

Navy Lodge PCS promotion can save families money

For the 11th year in a row, the Navy Lodge Program is offering permanent change of station (PCS) families a way to save money during their move. The PCS scratch-off card gives families on PCS orders the opportunity to save 10, 15, 25 or 100 percent off their PCS stay, up to 20 days, at a Navy Lodge within the continental United States.

The scratch-off card may be used at the guest's detaching command location and/or the reporting command location at any Navy Lodge in the continental U.S. All stays must be completed by February 28, 2018.

Chief Mark Mendoza, Fleet Readiness Center Northwest, Whidbey Island, Wash., and his family, Carmela, Mark Lawrence and Melayna, were on PCS and stayed at Navy Lodge Whidbey Island, Wash. Their PCS scratch-off revealed they received 20 nights free during their PCS move.

For families on PCS, the Navy Lodge offers guests value with room rates at an average of 45 percent below comparable civilian hotels. Navy Lodge family suites offer guests oversized rooms with living and dining areas, fully equipped kitchen, flat screen televisions with cable and DVD players and soft and firm pillow options, perfect for a PCS family.

Navy Lodges offer guests free Wi-Fi, breakfast, a weekly manager's reception. Many locations also feature guest laundry facilities, vending machines and children's outside play area and workout room. Every Navy Lodge is handicapped accessible. As an added convenience, dogs and cats up to 50 pounds in weight can stay at many Navy Lodges when traveling with its owner. Guests need to contact the specific Navy Lodge regarding its pet policies.

Navy Lodge scratch-off cards are available on base at PSD, the housing office, household good and the personal property office as well as the local NEX Customer Service desk. As an added convenience, guests can call 800-628-9466 to have a card mailed to them.

Places of Worship

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4292 Balboa Avenue, San Diego 92117 (Located near the corner of Balboa Avenue and Clairemont Drive) (858) 273-5140
www.canyonview.org Email:cvoffice@canyonview.org

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5512 Pennsylvania Lane, La Mesa, CA. 91942 (619) 460-2210
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

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

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

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

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website: www.st-lukes-la-mesa.org
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Pastor: Mark Menacher, PhD.
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5930 Division Street
San Diego, CA 92114
Reverend Ray Smith is pastor
Services start at 11am, Sunday school 9:30am,
Bible study Tuesday at 6:30pm (dinner provided).
We are a BIBLE based Church.
For more information, please call 619-230-5332

NME challenges everyone to 'Think Ahead' of brain injuries - An all-ages threat

by MC2 Stephane Belcher

March is Brain Injury Awareness Month. Navy Medicine East staff and its health care facilities across the eastern hemisphere are encouraging the Navy and Marine Corps family to "Think Ahead: Be Safe. Know the signs. Get help," the Defense and Veterans Brain Injury Center theme for 2017.

"Traumatic brain injuries can happen to anyone, so it's especially important we think ahead when it comes to the prevention of brain injuries -- whether driving your kids to school, enjoying a recreational activity, or playing a sport," said Capt. Gail H. Manos, NME wounded, ill and injured, psychological health, and traumatic brain injury (TBI) program manager. "Everyone should learn the signs and symptoms of brain injury and when to get checked out. Early detection, evaluation, and treatment will shorten recovery time."

According to the Centers for Disease and Prevention (CDC), every year 1.7 million people are diagnosed with traumatic brain injury -- a blow or jolt to the head which disrupts the normal function of the brain. Eighty percent of TBIs are mild, commonly called concussion, making it the most common form of brain injury for U.S. Armed Forces personnel. However, most TBIs are not combat related, even in military members.

Common symptoms following a concussion include headache, dizziness, sleep disturbances, vision changes, balance changes, fatigue, attention and memory problems, irritability and mood changes.

Most people who have a concussion recover quickly, with symptoms disappearing within a few hours to a few weeks.

TBI symptoms can last for days, weeks, or longer. Recovery may be slower for older adults, young children, and teens. In severe cases, a TBI can lead to coma and even death.

NME hospitals and clinics are involved in various activities to help advance the understanding of TBI prevention and treatment.

Naval Hospital Pensacola's neurology team went to a local elementary school to demonstrate bicycle helmet fittings and gave helmets to the children. NH Camp Lejeune's Intrepid Spirit Concussion Recovery Center staff members will present at the TBI Research Symposium -- an exchange of data and ideas to advance research and treatment. NH Jacksonville's mental health team is hosting a TBI awareness booth in front of its installation commissary.

Military Health System is the national leader in TBI treatment and research, and has been instrumental in the advancement of various breakthroughs which are improving the lives of patients who have experienced brain injuries. The Department of Defense also offers a variety of products such as clinical recommendations, tool kits, and mobile applications to assist health care providers in the diagnosis, evaluation, and treatment of patients with mild TBI.

For individuals who do sustain head injuries and get help, most can expect to fully recover. For more information on how to prevent TBI, visit http://1.usa.gov/21rvSMO.

NME oversees the delivery of medical, dental and other health care services to approximately 1 million patients across almost 100 facilities in the eastern hemisphere -- including the Tidewater Enhanced Multi-Service Market which brings together Naval Medical Center Portsmouth, McDonald Army Health Center, and U.S. Air Force Hospital Langley. Plus, its public health activities extend globally.

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

For more news from Navy Medicine East, visit www.navy.mil/local/navmedeast/ or www.med.navy.mil/sites/nme.

HAMBANTOTA, Sri Lanka (March 9, 2017) Hospital Corpsman Katie Yost teaches two local nursing students how to properly check a pulse during a basic life savings skills course at the Nurse Training School in Hambantota, Sri Lanka, during Pacific Partnership 2017. Pacific Partnership is the largest annual multilateral humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Asia-Pacific and aims to enhance regional coordination in areas such as medical readiness and preparedness for manmade and natural disasters. U.S. Navy photo by MC1 Micah Blechner

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Due to popular demand, Navy HHG increases move webinars

by Suzanna Brugler

SAN DIEGO - Naval Supply Systems Command Global Logistics Support (NAVSUP GLS) Household Goods (HHG) added 15 more webinars to its series of live, interactive webinars that assist Sailors and their families in facilitating military moves March 10.

The total number of webinars offered since Jan. 10 is 65, up from the original 50 scheduled early this year.

"Due to popular demand, we made the strategic decision to increase the number of live webinars we are offering in order to better accommodate our Sailors and their families' schedules," said Deborah McGlennon, NAVSUP GLS HHG program manager.

In addition to the HHG webinar schedule, NAVSUP GLS is offering customized webinars for individual commands which have a mass of 20 or more Sailors moving within the same three to six month window through the rest of the calendar year.

"We're very customer service-oriented; if there's a need and a demand, we'll develop customized webinars for individual commands who are interested in receiving them," said McGlennon.

Commands interested in receiving customized webinars should contact Deloma Miley via e-mail at *deloma.miley1@navy.mil.*

Navy family members relax on their front lawn while movers deliver household goods to their new home. The Navy has customized webinars for individual commands. Navy photo by Petty First Class William Goodwin

The webinars, part of an ongoing effort to help educate Sailors and their families of the HHG process in order to make moves go smoothly, cover moves which are part of a permanent change of station, a retirement, or separation orders.

The webinars, available via personal phone, tablet, and computer - including government computers - are scheduled from now through June, during peak HHG season.

"This is a terrific initiative for our members, families, and partner organizations," said Paul Brown, director of warfighter and family readiness for NAVSUP GLS.

"It provides our customers with valuable knowledge and support - each person can attend at a time and location convenient for them," said Brown. "This service is interactive, tailored and flexible, and is well designed for the needs of our members and today's environment."

Below follows the schedule and a short description for each type of move covered in the webinars. Times given are in Pacific Standard Time:

- First-time movers (basic terminology, what can be shipped, your responsibilities, moving company responsibilities, etc.): April 11 at 7 a.m. and 6 p.m., May 9 at 7 a.m., 2 p.m. and 6 p.m., June 13 at 7 a.m. and 2 p.m.

- Retirees (final move preparation, storage, etc.): March 21 and April 18 at 7 a.m. and 6 p.m. PST, May 16 at 7 a.m., 2 p.m. and 6 p.m., June 20 at 7 a.m. and 2 p.m.

- Moving overseas (what can and cannot be shipped, shipping or storing a vehicle, storage, etc.): April 19 at 7 a.m. and 6 p.m., May 17 at 7 a.m., 2 p.m. and 6 p.m., June 21 at 7 a.m. and 2 p.m.

- Separating from the military (final move entitlement, storage, etc.): March 28 and April 25 at 7 a.m. and 6 p.m., May 23 at 7 a.m., 2 p.m. and 6 p.m., June 27 at 7 a.m. and 2 p.m.

- Moving question and answer (opportunity to ask any move question): March 23 and April 27 at 7 a.m. and 6 p.m., May 25 at 7 a.m., 2 p.m. and 6 p.m., June 29 at 7 a.m. and 2 p.m.

To access the webinars, follow the guidelines provided below:

- For personal phone or tablet users: Download the online GoToMeeting web application, launch the application and use session id number 166349037.

- For personal computer users: The URL is *https://global.gotomeeting.com/join/166349037*.

- Government computer users: Google Chrome is the recommended browser; the URL is *https://global.gotomeeting.com/join/166349037*.

For more guidance, go to the HHG website at: *https://www.navsup.navy.mil*. Once ready to create your application(s), visit *http://www.move.mil*.

If you have information on a website that contains questionable material involving Marines, contact your local PAO or Inspector General.

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Seal Beach Sailors, civilians celebrate 'Best in the Navy' award

by Gregg Smith

SEAL BEACH - Naval Weapons Station Seal Beach was formally recognized as the best small base command in the Navy during an awards presentation in front of the command building, March 9.

The Navy Installations Command Installation Excellence Award recognizes Navy bases for outstanding and innovative efforts to improve and create efficiencies in a wide range of areas.

The naval weapons station won in the Small Installation category, which included the headquarters command in Seal Beach and detachments in Fallbrook and Norco, Calif.

Rear Adm. Yancy Lindsey, commander of Navy Region Southwest, was on hand to present an award pennant to base Commanding Officer Capt. Noel Dahlke.

"This recognition comes as no surprise to me," said Lindsey. "The staff here has a long and proud history of efficiency and innovation. Whether it involves support to the fleet, quality of life, or environmental sustainability, I can count on the Seal Beach team to lead the way."

In December, the command celebrated winning the Navy Region Southwest Installation Excellence Award for Small Installations. The weapons station then competed against the best small bases from 11 other Navy regions around the world to determine the overall Navy-wide winner.

"This is a very proud moment for everyone here and at our detachments," said Dahlke. "Each and every Sailor and civilian employee owns a part of this honor. I see our talent, our drive, and our determination every day."

In recent years, base personnel have championed programs which reduced water usage by 30 percent since 2014, and reduced energy use by more than 11 percent since 2015.

"I believe that this is only the beginning," said Dahlke. "We have projects under study or underway to increase our renewable energy usage, improve our munitions storage capabilities, and build a replacement ammunition wharf. I'm looking forward to even greater accomplishments as we move forward."

SOYs

continued from page 1

"Being selected as the Pacific Fleet Shore Sailor of the Year is absolutely humbling," said Matuska. "I'm excited to get the opportunity to go to D.C. to compete and potentially put on anchors."

During the past week, the 14 finalists spent time in Pearl Harbor experiencing some of the richest naval history and heritage the Pacific has to offer with visits to the Battleship Missouri Memorial, the National Memorial Cemetery of the Pacific, and the USS Arizona Memorial, as well as a meeting with Medal of Honor recipient Charles Hagemeister. During their time aboard the Arizona Memorial, they honored the Sailors who lost their lives in the attack on Pearl Harbor by laying wreath.

Their journey to Hawaii included stiff competitions and boards at each echelon of command, leading up to this week, to identify the top sea and shore Sailors.

"Today we celebrate and recognize these Sailors of the Year finalists for their many contributions and accomplishments," said Whitman. - To view the entire story, go to *http://navydispatch.com/local_news.htm.*

Passing of the sword: sharing the legacy

Sgt. Maj. Michael Pritchard passes the noncommissioned officer sword to Sgt. Maj. Chad Butts, the incoming sergeant major of MAG-39. photo by Lance Cpl. Liah Kitchen

by Lance Cpl. Liah Kitchen

CAMP PENDLETON - It was a sunny day here March 6 as Marine Aircraft Group (MAG) 39 sergeant major changed hands from Sgt. Maj. Michael Pritchard to Sgt. Maj. Chad Butts.

"The relationship that exists between a sergeant major and a commander is a special relationship," said Col. Michael Borgschulte, commanding officer of MAG-39. "As a commander, you don't get to choose your sergeant major, but I would choose to have Sgt. Maj. Pritchard as my sergeant major, time and time again."

Pritchard has served in the Corps since 1992. During his career, he's been stationed all over the world in places like Iwakuni and Okinawa, Japan, Cherry Point, N.C., Parris Island and Beaufort, S.C. and here. Throughout his 25 years of service, Pritchard has deployed six times in support of five operations. He's leaving MAG-39 to take the post of sergeant major for the 1st Marine Aircraft Wing, located in Okinawa. This is the first time Pritchard will serve under a general officer.

During the ceremony, he was awarded the Meritorious Service Medal. The medal citation highlighted Pritchard's achievements while with MAG-39, which also includes initiating the MAG-39 corporal's course that has graduated more than 700 corporals.

"In establishing our corporal's course, he was really an engaged leader," said Borgshulte. "He trained the instructors, gave classes in the course, set up spaces for the Marines to train and stayed late after work to grade exams."

"The Marines standing here are truly exceptional," said Pritchard. "Watching them succeed and beat every metric and expectation, has been the highlight of my tour."

"I'm excited to lead the Marines of MAG-39," said Butts. "My goal is to carry on with the great things that Sgt. Maj. Pritchard has started from scratch here."

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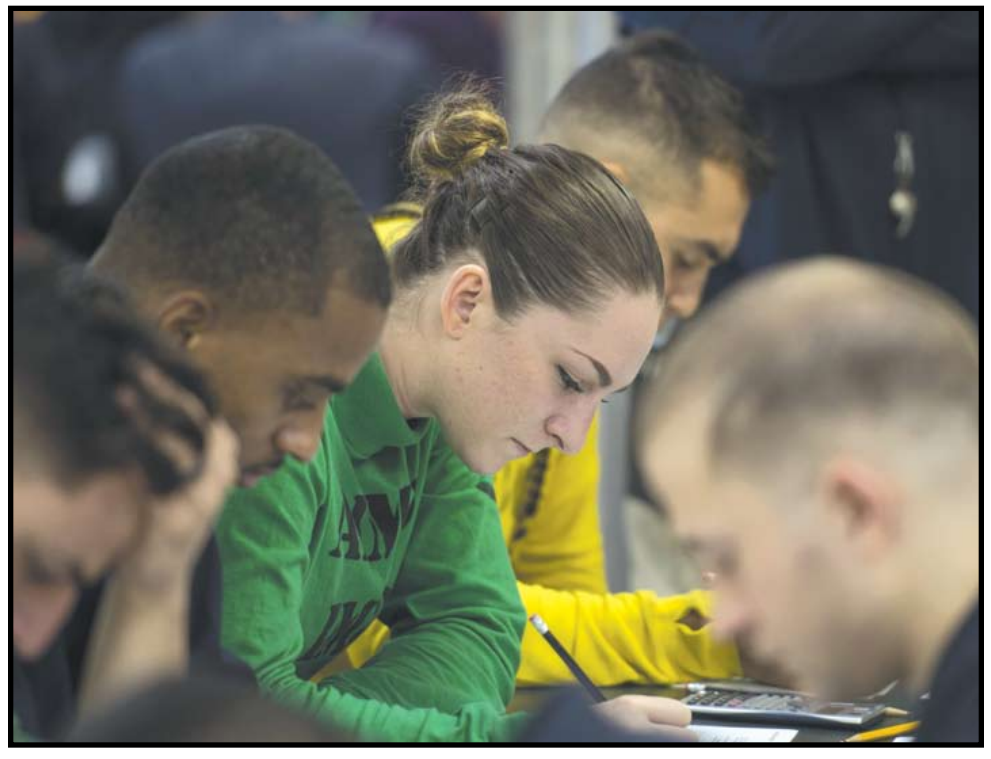
ARABIAN SEA (March 3, 2017) - Electronics Technician 2nd Class Cepriano Trejo fires an M4A1 carbine during a low-light gun qualification aboard USS *Makin Island* (LHD 8). The ship is deployed in the U.S. 5th Fleet area of operations in support of maritime security operations designed to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region. Navy photo by MC3 Devin M. Langer

CAMP PENDLETON (March 9, 2017) - The Marine Corps Silent Drill Platoon, Battle Color Detachment, Marine Barracks Washington, D.C., perform during the Battle Color Ceremony here. The ceremony featured "The Commandant's Own," the U.S. Marine Drum & Bugle Corps, the Silent Drill Platoon, and the Official Color Guard of the Marine Corps. photo by Sgt. Tabitha Markovich



5TH FLEET AREA OF OPERATIONS (March 9, 2017) - Aviation Electronics Technician 3rd Class Krista Frederick takes the 2nd class petty officer advancement exam aboard USS *Makin Island* (LHD 8).

Navy photo by MC3 Asher Allen

SEA OF JAPAN (March 12, 2017) An F/A-18C Hornet assigned to the Blue Blasters of Strike Fighter Squadron (VFA) 34 takes off from USS *Carl Vinson* (CVN 70). The ship and its carrier strike group are on a Western Pacific deployment. Navy photo by MC2 Sean M. Castellano

WATERS EAST OF THE KOREAN PENINSULA (March 12, 2017) - Executive officer of USS *Carl Vinson* (CVN 70) Capt. Eric Anduze, left, explains flight operations to distinguished visitors from the Republic of Korea Joint Chiefs of Staff during a visitor embark.

Navy photo by MCC Amanda Dunford

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All Day Orca Play will provide a non-stop series of events and programs that will introduce guests to each whale and their unique personalities. Look forward to:

- Live chats with orca trainers and educators
- An in-depth look at SeaWorld's killer whale family and their trainers
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If you have ever had questions about killer whales, All Day Orca Play is here to answer them. Come learn about these awe-inspiring mammals with an experience only SeaWorld could provide.

San Diego Bridal Show supports local military and veteran couples

The San Diego Bridal Show will be hosting their 39th Bridal Show & Wedding Event on Saturday, March 18th, 2017 from 10am - 2pm at The Westin San Diego / 400 W Broadway, San Diego, CA 92101. Purchase 2 for 1 tickets and VIP Experience online at www.thesandiegobridalshow.com.

Military and Veterans receive 2 complimentary tickets as our honored guest.

The San Diego Bridal Show proudly supports military and Veterans. Active military, dependents and Veterans receive 2 free general admission tickets to the Winter Wonderland Bridal Show (proper ID is required day of event for free tickets).

The show additionally supports and works closely with The San Diego Arts, supporting "The Arts" and Community in San Diego.

This Bridal Show & Wedding Event offers an elegant fashion show, food tasting, multiple prizes , Gift Certificates and more! First 100 brides or grooms at the door receive a free gift. Show sponsored in part by, Dinner4Two, Exquisite Weddings Magazine, Paradise Cruise & Travel and San Diego Arts.

For more information, call (760) 735-2171 or email info@thesandiegobridalshow.com

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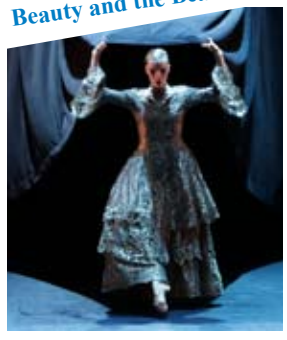
Malandain Ballet Biarritz: Beauty and the Beast



La Jolla Music Society's 2016-17 Season Dance Series continues with Malandain Ballet Biarritz: Beauty and the Beast at Civic Theatre on Saturday, March 18 at 8 pm. La Jolla Music Society welcomes the return of this award-winning dance company, this time with a new full-length production of the much-loved 18th century French fairy tale Beauty and the Beast. Set to music by Tchaikovsky, Thierry Malandain's choreography was inspired by the rich and complex symbolism of the well-known story. Featuring a troupe of 22 classically trained dancers, Monsieur Malandain's Beauty and the Beast tells a rite-of-passage story aimed at resolving the duality of humanity: Beauty, representing the soul; and the Beast, the vital force and instincts.

Photo Credit: Olivier Houeix

Bonita-Sunnyside Library hosts 3rd annual Mad Hatter costume tea party

This spring break, go MAD at the Bonita Library! The library's community room and adjacent patios will transform into Wonderland, where attendees can "paint the roses red," pin the smile on the Cheshire cat, play flamingo croquet, and make their very own keepsake Rad Hatter hat craft! All ages are invited to dress up in their favorite costume and attend this free event, Tuesday, March 28 between 1 p.m. and 3 p.m. at the Bonita-Sunnyside Library, 4375 Bonita Rd, Bonita, CA 91902. The tea party will feature fun activities including balloon twisting, costumed characters, party games, and photobooths. Light refreshments will also be served. Attendees are welcome to

drop-in at any time during the 2-hour party. Fun activities will be ongoing, concluding with a costume parade through the library! This is the third time the Bonita-Sunnyside branch library will provide this free tea party for the entire community. Last year it was an overwhelming success, with more than 400 people in attendance. "I'm so excited for the 2017 Mad Hatter Tea Party!" says Branch Manager, Marisa Lowe, "it is such a fun and creative way to draw the community together over spring break!" For more information, please contact Sara Coney at the Bonita-Sunnyside Library at 619-475-4642 or sara.coney@sdcounty.ca.gov.

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Navy's 31st Bay Bridge Run/Walk honors Gold Star Families

On Sunday, May 21, join the biggest party across the iconic Coronado Bay Bridge during the Navy's 31st Bay Bridge Run/Walk! This year's event is presented by SDG&E, Unified Port of San Diego and Leidos. It's your one chance each year to cross the Coronado Bay Bridge on foot! The event starts at 8 am and is capped at 10,000 participants. Register today! Visit www.navylifesw.com/bridgerun.

For the third year, the Navy's 31st Bay Bridge Run/Walk is proud to partner with the Navy Gold Star Program to honor Surviving Family Members of Service Members who lost their lives while on active duty. You too can show your appreciation for their sacrifice by participating in this year's "I Run to Remember" campaign. Write the name of a Fallen Service Member on the space provided on your race bib or honor all Fallen Service Members with a tribute. Then run/walk to support Gold Star Families, as well as current active duty military and their families.

The scenic 4-mile racecourse, sanctioned by the U.S.A. Track and Field Association, starts on Park Blvd. between the Hilton San Diego Bayfront and the San Diego Convention Center and finishes in Coronado's Tidelands Park.

The Navy Region Southwest Morale, Welfare, and Recreation Program (MWR) hosts this outstanding event that joins the San Diego community with the military for their shared enjoyment. Profits generated from the event directly support quality of life programs at San Diego Navy installations.

Race participants receive a finisher's medal and commemorative race shirt; transportation back to the Hilton San Diego Bayfront after the event via bus or ferry, compliments of Flagship Cruises & Events; access to the event's Runners Expo; LIVE entertainment and entry into prize drawings. Awards are presented for age group and team division winners.

The success of this event relies on the generous support of Navy MWR by presenting sponsors San Diego Gas & Electric, Unified Port of San Diego and Leidos.

Additional sponsors include Hilton San Diego Bayfront, Flagship Cruises & Events, Navy League of San Diego, Alaska Airlines, Armed Forces Dispatch, DECA, EDCO Disposal, KUSI News, Lincoln Military Housing, Navy Exchange, Old Town Trolley, Road Runner Sports, San Diego MTS, USAA, Hubert's Lemonade, Chiropractic Connection, Ampirical, Klinedinst PC, and Wawanesa General Insurance.

For more information, visit www.navylifesw.com/bridgerun or call (619) 532-4919.

Navy Gold Star (NGS) is a comprehensive Survivor assistance program designed for Families of Service Members who died while on active duty. The program provides long-term assistance and support to Survivors. Navy Gold Star Coordinators ensure Survivors are not forgotten and remain a part of the Navy Family for as long as they desire. NGS strives to help Families build resilience and offer continued support as they work to establish a new normal.

If you are a Survivor or would like more information about the Navy Gold Star Program visit www.navygoldstar.com

Padres agree to terms with 31 players on contracts for the 2017 season

— All players on the 40-man roster under contract for 2017 season —

The San Diego Padres today announced that they have agreed to terms with 31 players on contracts for the 2017 season. Executive Vice President/General Manager A.J. Preller made the announcement.

Agreeing to terms were right-handed pitchers Paul Clemens, Jarred Cosart, Miguel Diaz, Tyrell Jenkins, Zach Lee, Walker Lockett, Luis Perdomo, Kevin Quackenbush, Colin Rea, Jose Ruiz and Cesar Vargas; left-handed pitchers Buddy Baumann, Ryan Buchter, Robbie Erlin, Keith Hessler and Jose Torres; infielders Carlos Asuaje, Allen Cordoba, Javier Guerra, Jose Rondon, Luis Sardiñas, Ryan Schimpf and Cory Spangenberg; outfielders Franchy Cordero, Alex Dickerson, Travis Jankowski, Manuel Margot and Hunter Renfroe; and catchers Christian Bethancourt, Austin Hedges and Luis Torrens.

With the announcement, all players on the 40-man roster are now under contract for the 2017 season.

Lakeside's River Park Conservancy's San Diego River Run 5k

Lakeside's River Park Conservancy will hold the 10th annual San Diego River Run 5k on Saturday, May 6 from 8 am until 11 am, at the Lakeside River Park trail.

The San Diego River Run 5k will be held in the morning this year, with on-site registration beginning at 7 am and the race starting at 8 am. The event will take place at Lakeside's River Park located at 10398 Channel Road, Lakeside.

The run is officially sanctioned this year by USATF, for anyone who enjoys the competition as well as the fun of enjoying the beauty of our trail.

For more information, please visit our website at www.LakesideRiverPark.org or contact Christina Deleon, the Event Coordinator, at (619) 443-4770 or Events@LakesideRiverPark.org. We look forward to seeing our local community!

Lakeside's River Park Conservancy, founded in 2001, is dedicated to the restoration of the San Diego River here in Lakeside, from El Capitan Dam to the border of Santee. We protect critters, improve habitat, improve water quality, and develop recreation for residents of Lakeside, East County, and San Diego.

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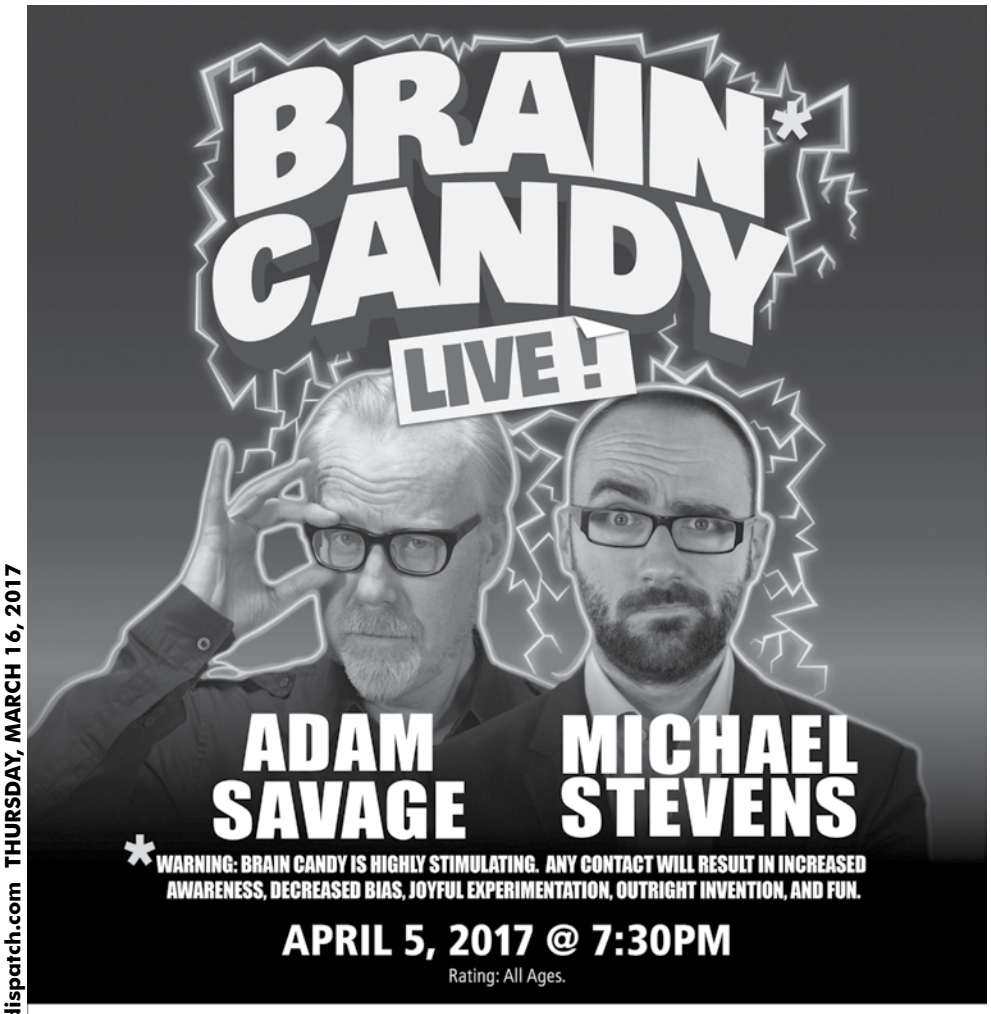

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AutoMatters™ & More

AutoMatters & More: 'Beauty and the Beast'

by Jan Wagner

At long last, Disney has produced a live action version of the classic 1991 animated film "Beauty and the Beast." Thankfully this "tale as old as time, song as old as rhyme" has been faithfully preserved and remains familiar, but Disney has added three more heartwarming, beautiful songs by composer Alan Menken, and the live action characters bring their own unique contributions to this classic story.

The story is timeless: an entitled, arrogant, rich Prince gets punished with a magical spell, meets the girl of his dreams but they encounter serious challenges to their relationship. Then, in an emotional, fairy tale ending, true love inevitably prevails. That much is a given. How we get there is the point of this new film.

There is a cognitive difference between live action and animated films. Animation leaves much to the imagination, encouraging a suspension of reality that is different from that in a live action film. However, this new film is not entirely live action either. Key characters are rendered with state-of-the-art computer graphics, imparting a unique charm to them.

There is the motherly Mrs. Potts (Emma Thompson); Lumiere (Ewan McGregor) – valet to the Prince, who helpfully shines his light on the goings-on; the ever-serving, unquestionably faithful and supportive head butler Cogsworth (Oscar-nominated and Tony Award and Golden Globe winning actor Ian McKellen, making his musical theater debut at the age of 76!); Plumette (Gugu Mbatha-Raw) – the ever busy, lighter than air feather duster; Maestro Cadenza (Stanley Tucci) – a harpsichord, who is a new character, along with his wife (Audra McDonald) – an Italian opera diva named Madame de Garderobe; and others.

Belle is a live action character, endearingly portrayed by the British actress Emma Watson (who played Hermione Granger in the "Harry Potter" films). Smart, sensitive, independent, charming and beautiful, she aspires to more than just finding a man, getting married and staying put in her own familiar world. Everyone – from the Beast to Gaston to we, the audience – is attracted to her.

Co-starring in the title role as the Beast, Dan Stevens portrays the rich, arrogant, unsympathetic Prince who is taught an important life lesson by a disguised enchantress (Hattie Morahan). Live action and exceptional makeup impart a harsh, cruel, gritty appearance to the Beast that was not present in the animated version. Through Stevens' well-crafted acting performance, we witness a subtle, progressive evolution in his character.

In the animated version, Gaston was and remained a pompous, yet somehow loveable, buffoon-like character. The live action Gaston (Welsh actor Luke Evans) started out that way too – quite likable actually – but in dramatic contrast he turned dark and sinister when he led the charge with the townsfolk to kill the beast! The live action was brutal, making the danger of this situation seem much more serious, life-threatening and real than in the animated version, where it was less likely to take this turn of events quite so seriously. This could upset little children.

Photo taken at Microsoft Store

Much has been made in the media about the controversial portrayal of the role of LeFou (Josh Gad), Gaston's aid and constant companion. The contention is that LeFou is openly gay, with critics suggesting that somehow detracts from and negatively impacts his role in the story. One theater has refused to screen the film because of his portrayal. Rather than in the animated version, where his character was a comic punching bag, LeFou is a likeable, more believable, more human being who helps to expose and reveal Gaston's character flaws.

As for the quaint, exquisite village set in the mid-18th century French countryside, this could (should?) be a no-brainer addition to a Disney theme park, just like Hogsmeade is in "The Wizarding World of Harry Potter" at Universal Studios.

Retail marketing and cross promotions abound. At the Microsoft Store, customers may have their photo taken with a character from the film in an augmented reality experience, use Microsoft computers to animate Lumiere using Moho Pro 12 and Surface Dial, and color a black & white graphic using "Sketchable."

Is the live action version of "Beauty and the Beast" a worthy successor to the original? Yes, absolutely. It is a truly beautiful, exquisitely crafted film, filled with emotion, suspense, warmth, humor, memorable characters, whimsy and pretty much everything else that was so beloved in the animated version – and more. It will surely become another Disney classic.

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

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TV Listings

WEEKDAY MORNING/AFTERNOON

TVData©	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
XETV 6	CW6 News in the AM			San Diego Living	Varied Programs	The 700 Club		The Doctors		Judge Faith	Paternity Court	Judge Mathis		The Robert Irvine Show		Maury		Maury	
KFMB 8	CBS This Morning			Let's Make a Deal		The Price Is Right		CBS News 8 at 11AM	Varied Programs	Judge Judy	Bold/Beautiful	The Young and the Restless		The Talk		Dr. Phil		Judge Judy	Judge Judy
KGTV 10	Good Morning America			LIVE with Kelly		The View		10News Midday		The Chew		General Hospital		T.D. Jakes		RightThis-Minute	RightThis-Minute	10News: The Now San Diego	
KPBS 15	Ready Jet Go!	Nature Cat	Curious George	Daniel Tiger	Daniel Tiger	Splash and Bubbles	Sesame Street	Dinosaur Train	Peg Plus Cat	Varied Programs			R. Steves' Europe	Wild Kratts	Arthur	Nature Cat	Ready Jet Go!	Odd Squad	Odd Squad
KNSD 39	Today			Today's Take		Today		NBC 7 News Midday		Days of our Lives		Access Hollywood Live		Steve Harvey		The Ellen DeGeneres Show		NBC 7 News at 4	
DISN	Stuck in the Middle	PJ Masks	Mickey Mouse	Mickey Mouse	Mickey Mouse	Roadster-Racers	The Lion Guard	Elena of Avalor	Sofia the First	Doc McStuffins	The Lion Guard	PJ Masks	PJ Masks	Suite Life of Zack	Suite Life of Zack	Phineas and Ferb	Star vs. Forces	Jessie	Girl Meets World
ESPN	First Take			SportsCenter		Outside the Lines	NFL Insiders	NFL Live		NBA: The Jump	SportsNation		Questionable	Around the Horn	Pardon the Interruption	SportsCenter With Michael and Jemele		Varied Programs	
ESPN2	SportsCenter	SportsCenter		The Dan Le Batard Show With Stugotz		First Take		Varied Programs								Special Olympics	Varied Programs		
TLC	Say Yes to the Dress	Varied Programs				Hoarding: Buried Alive		Hoarding: Buried Alive		My 600-Lb. Life		Varied Programs		Long Island Medium	Long Island Medium	Long Island Medium	Long Island Medium	Say Yes to the Dress	Say Yes to the Dress
USA	Varied Programs											Law & Order: Special Victims Unit		Varied Programs					

MOVIETIME

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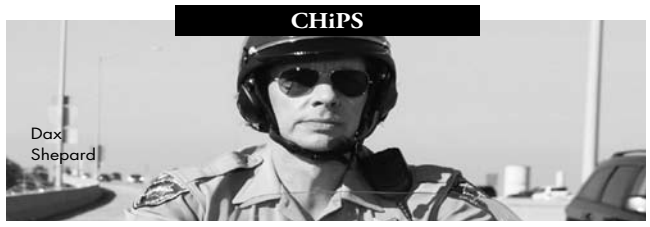
3/24 SABAN'S POWER RANGERS

CHiPS



Jon Baker and Frank "Ponch" Poncherello have just joined the California Highway Patrol in Los Angeles, but for very different reasons. Baker is a professional motorbike rider who's trying to put his life and marriage back together. Poncherello is a cocky, undercover FBI agent who's investigating a multimillion dollar heist that may be an inside job. Forced to work together, the inexperienced rookie and hardened veteran begin clashing instead of clicking while trying to nab the bad guys.

Genre: Action Comedy
Cast: Dax Shepherd, Michael Pe'na, Rosa Salazar

Saban's Power Rangers

Five ordinary teens must become something extraordinary when they learn that their small town of Angel Grove — and the world — is on the verge of being obliterated by an alien threat. Chosen by destiny, our heroes quickly discover they are the only ones who can save the planet. But to do so, they will have to overcome their real-life issues and before it's too late, band together as the Power Rangers.

Genre: Action Adventure Fantasy
Cast: Dacre Montgomery, Naomi Scott, RJ Cyler

THURSDAY EVENING — MARCH 16, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N) CC	The Middle (CC)	Mike & Molly CC	Mike & Molly CC	2 Broke Girls CC	2 Broke Girls CC	The Vampire Diaries "I Was Feeling Epic"		The Vampire Diaries "Forever Yours" CC		CW6 News at 10pm (N)		Seinfeld CC (CC)	Seinfeld CC (CC)
KFMB 8	2017 NCAA Basketball Tournament TBA vs. Villanova. (N) (Live)			2017 NCAA Basketball Tournament Virginia Tech vs. Wisconsin. (N) (Live) (CC)					CBS News 8 Special Edition		Ent. Tonight	Inside Edition CC	News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Grey's Anatomy (N) CC (CC)		Scandal "Extinction" (N) CC (CC)		The Catch An assassin hunts a new client.		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) CC (CC)		Visions of Italy, Southern Style An aerial view of southern Italy.		Hamilton's America The Broadway musical "Hamilton." (CC)				Rick Steves' Europe CC (Part 3 of 3) (CC)	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Superstore (N)	Trial & Error "Pilot"	Chicago Med "Monday Mourning" (N) CC		The Blacklist: Redemption (N) (CC)		NBC 7 News	Tonight Show
DISN	**Tangled Before Ever After** (2017) CC		Bunk'd CC (CC)	Bizaardvark CC	K.C. Undercover	Good-Charlie	Stuck/Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd CC (CC)	Bunk'd CC (CC)	Jessie CC (CC)	Jessie CC (CC)
ESPN	College Wrestling NCAA Championships, Second Round. From Scottrade Center in St. Louis. (N) (Live)				SportsCenter (N) (Live) (CC)				SportsCenter With Scott Van Pelt (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	ATP Tennis BNP Paribas Open, Quarterfinals. From Indian Wells, Calif. (N) (Live)								E:60 (CC)	Jalen & Jacoby	30 for 30 (CC)			NFL Live (N) (CC)
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My 600-Lb. Life "Laura's Story" CC		My 600-Lb. Life: Supersized "James K.'s Story" James travels to Texas; insider facts.				Skin Tight: Transformed (N) CC		My 600-Lb. Life: Supersized CC	
USA	Law & Order: Special Victims Unit "Trophy"		Law & Order: Special Victims Unit CC		Law & Order: Special Victims Unit CC		Law & Order: Special Victims Unit CC		Law & Order: Special Victims Unit CC		Colony "The Garden of Beasts" (N)		Law & Order: Special Victims Unit CC	

FRIDAY EVENING — MARCH 17, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N) CC	The Middle (CC)	Mike & Molly CC	Mike & Molly CC	2 Broke Girls CC	2 Broke Girls CC	The Originals "Gather up the Killers" (CC)		Reign Lord Darnley must prove his loyalty.		CW6 News at 10pm (N)		Seinfeld CC (CC)	Seinfeld CC (CC)
KFMB 8	2017 NCAA Basketball Tournament Wichita State vs. Dayton.			2017 NCAA Basketball Tournament Northern Kentucky at Kentucky. (N) (Live) (CC)					CBS News 8 Special Edition		Ent. Tonight	Inside Edition CC	News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Last Man Standing	Dr. Ken (N) (CC)	Truth and Lies: The Family Manson Charles Manson and his cult. (N) CC (CC)				10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) CC (CC)		Washington Week	Roundtable	**Eric Clapton: Slowhand at 70 -- Live at the Royal Albert Hall** CC		Eat to Live With Joel Fuhrman, MD CC (CC)			
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Grimm "Where the Wild Things Were" (N)		Dateline NBC (N) CC (CC)				NBC 7 News	Tonight Show
DISN	L & M: Cali Style	L & M: Cali Style	Bunk'd (N) CC	Bizaardvark CC	K.C. Undercover	K.C. Undercover	Stuck/Middle	**Tangled Before Ever After** (2017) CC	L & M: Cali Style	L & M: Cali Style	Stuck/Middle		Bunk'd CC (CC)	Jessie CC (CC)
ESPN	College Wrestling NCAA Championships, Semifinals. From Scottrade Center in St. Louis. (N) (Live)						SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	NCAA Women's Tournament			NCAA Update	ATP Tennis BNP Paribas Open, Women's Semifinals. From Indian Wells, Calif. (N) (Live)								College GameDay (N) (CC)	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Ghost Brothers "The Fitzpatrick Hotel" CC		Ghost Brothers "Thornhaven Manor"		Ghost Brothers Accidents attributed to apparitions. (N) CC				Ghost Brothers CC	
USA	Law & Order: Special Victims Unit "Pursuit"		Modern Family CC	Modern Family CC	Modern Family CC	Modern Family CC	Modern Family CC	Modern Family CC	Modern Family CC	Modern Family CC	Modern Family CC	Modern Family CC	Modern Family CC	Modern Family CC

SATURDAY MORNING/AFTERNOON — MARCH 18, 2017

TVData©	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
XETV 6	Dog Whisperer	Dog Whisperer	Dog Whisperer	Save Our Shelter CC	Vacation Creation CC	Dinner Spinner CC	Save to Win (CC)	Paid Program	Paid Program	Smile USA	Wall Street Secrets	Paid Program	Best Pan Ever!	Wall Street Secrets	Skincare Secrets	Wall Street Secrets	Paid Program	Championship Wrestling	
KFMB 8	Dr. Chris: Pet Vet	Innovation Nation	The Inspectors	2017 NCAA Basketball Tournament Second Round: Teams TBA. (N) (Live) (CC)				2017 NCAA Basketball Tournament Second Round: Teams TBA. (N) (Live) (CC)				2017 NCAA Basketball Tournament Second Round: Teams TBA. (N) (Live) (CC)						2017 NCAA Tournament	
KGTV 10	Good Morning	10News This Morning at 8am Saturday (N) (CC)		Jack Hanna	Ocean Treks	Sea Rescue CC (EI)	The Wildlife Docs	2017 Special Olympics World Games: Austria Opening Ceremony. (N) (Live)						Rock the Park CC (EI)	Outback Adventures	Paid Program	PiYo Craze!	Castle A DVD appears to kill its viewers. (CC)	
KPBS 15	Eat Fat, Get Thin With Dr. Mark Hyman (CC)		ADD and Loving It?! Challenges of ADD and ADHD; adult ADD. CC (CC)			National Park Symphony -- The Mighty Five CC		Black America Since MLK: And Still I Rise "Out of the Shadows; Move on Up" The struggle for black equality. CC (CC) (DVS)				Black America Since MLK: And Still I Rise "Keep Your Head Up; Touch the Sky" America's changing racial landscape. CC (CC) (DVS)					
KNSD 39	NBC 7 News To	The Voyager	Wilderness Vet CC (EI)	Journey-Dreyer	FIS Alpine Skiing World Cup Finals: Women's Slalom. From Aspen, Colo.			Arnold Palmer	PGA Tour Golf Arnold Palmer Invitational, Third Round. From Bay Hill Club & Lodge in Orlando, Fla. (N) CC (Live) (CC)							Paid Program	Open House (N)	Naturally, Danny Seo	Give (CC) (DVS)
DISN	The Lion Guard CC	Roadster-Racers	Roadster-Racers	Elena of Avalor (N)	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC	Liv and Maddie CC
ESPN	SportsCenter (N)	SportsCenter (N) (Live) (CC)		College Basketball NIT Tournament, Second Round: Teams TBA. (N) (Live)				ATP Tennis BNP Paribas Open, Semifinals. From Indian Wells, Calif. (N) (Live)										SportsCenter (N) (Live) (CC)	
ESPN2	College GameDay	2017 NCAA Women's Basketball Tournament First Round: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	2017 NCAA Women's Basketball Tournament First Round: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	2017 NCAA Women's Basketball Tournament First Round: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	2017 NCAA Women's Basketball Tournament First Round: Teams TBA.		
TLC	Four Weddings CC	Four Weddings "... And a Toast to Me" (CC)		Four Weddings Ashley's guests toss beach balls.		Four Weddings "... and a Thousand Cranes" CC		Four Weddings Uniting fish and family. CC (CC)		Four Weddings "... And a Rock Club" CC (CC)		Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress	Say Yes to the Dress
USA	Paid Program	PiYo Workout!	PiYo Workout!	NCIS An assassin targets a key witness. CC		NCIS Gibbs investigates a colleague's murder. CC		NCIS A Mexican drug cartel seeks revenge. CC		NCIS Gibbs must protect his loved ones. CC		NCIS Tony revisits his time in Baltimore. CC		NCIS Tracking the Port-to-Port killer. CC		NCIS The Port-to-Port killer is revealed. CC		NCIS Tony searches for answers. (CC) (DVS)	

SATURDAY EVENING — MARCH 18, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	American Ninja Warrior (CC)		American Ninja Warrior (CC)		The Middle (CC)	The Middle (CC)	Mike & Molly CC	Mike & Molly CC	2 Broke Girls CC	2 Broke Girls CC	Engagement	Engagement	Tonight in San Diego	
KFMB 8	2017 NCAA Basketball Tournament Second Round: Teams TBA. (N) (Live) (CC)				CBS News 8 Special Edition (N)		Entertainment Tonight (N) CC (CC)		Blue Bloods "Scorched Earth" CC		48 Hours CC (CC)		News	CSI: Miami (CC)
KGTV 10	NBA		NBA Basketball Cleveland Cavaliers at Los Angeles Clippers. From Staples Center in Los Angeles. (N) (CC)				News	World News	RightThis-Minute (N)	The List (N) (CC)	20/20 CC (CC)		10News at 11pm	Sports XTRA
KPBS 15	NewsHour Wk	KPBS Spectrum	Hamilton's America The Broadway musical "Hamilton." CC (CC)				California Dreamin': The Songs of the Mamas and the Papas (N)			ADD and Loving It?! Challenges of ADD and ADHD; adult ADD. CC			San Diego: Above and Beyond	
KNSD 39	Heart of a Champion	Nightly News	NBC 7 News at 6	Paid Program	Wheel of Fortune	Jeopardy! CC (CC)	★★½ **Fast Five** (2011, Action) Vin Diesel, Paul Walker, Jordana Brewster. Dom Toretto and company ramp up the action in Brazil. CC						NBC 7 News	Saturday Night Live
DISN	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie
ESPN	College Wrestling NCAA Championships, Final. From Scottrade Center in St. Louis. (N) (Live)						SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	NCAA Women's	NCAA Update	2017 NCAA Women's Basketball Tournament First Round: Teams TBA. (N) (CC)				E:60 (CC)	30 for 30 A look at the Chicago Bears on the 30th anniversary of their Super Bowl XX win.			College GameDay (N) (Live) (CC)		E:60 (CC)	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes to the Dress "The Shay Way" CC		Say Yes to the Dress Randy's mom visits for her birthday. (N) CC (CC)				Four Weddings CC (CC)		Say Yes to the Dress CC (CC)	
USA	NCIS "Alibi" CC (CC) (DVS)		NCIS The Secretary of Navy is bugged. CC		NCIS Ellie adjusts to being on the team. CC		NCIS "Troll" A Navy ensign is murdered.		NCIS A terrorist group buys bombs.		NCIS The team suffers an emotional loss.		Colony "The Garden of Beasts"	

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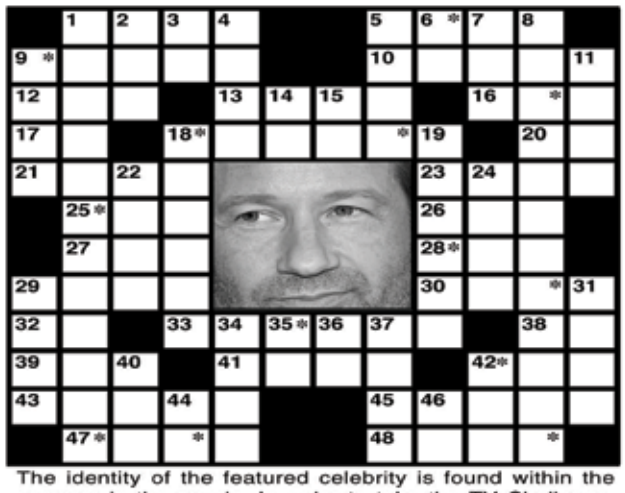
TV Listings

SUNDAY MORNING/AFTERNOON — MARCH 19, 2017

TVData©	▼7:30	▼8 am	▼8:30	▼9 am	▼9:30	▼10 am	▼10:30	▼11 am	▼11:30	▼12 pm	▼12:30	▼1 pm	▼1:30	▼2 pm	▼2:30	▼3 pm	▼3:30	▼4 pm	▼4:30
XETV 6	Paid Program	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	Paid Program	Paid Program	Paid Program	Paid Program	The Neighborhood SD	Paid Program	Lifestyles San Diego	Top Cooker	The Incredible Dog Challenge (N) (CC)		Just for Laughs	Just for Laughs	Raw Travel (CC)	Raw Travel (CC)
KFMB 8	CBS News Sunday Morning (N) (CC)		Face the Nation (N)	2017 NCAA Basketball Tournament Second Round: Teams TBA. (N) (Live) (CC)					2017 NCAA Basketball Tournament Second Round: Teams TBA. (N) (Live) (CC)					2017 NCAA Basketball Tournament Second Round: Teams TBA. (N) (Live) (CC)				Inside Edition (N)	Judge Judy (CC)
KGTV 10	Good Morning	10News This Morning at 8am Sunday (N) (CC)		This Week With George Stephanopoulos (N)		Joel Osteen (CC)	Paid Program	Paid Program	Paid Program	Paid Program	Paid Program	2017 Special Olympics World Games: Austria		Winter X Games Norway. Action from the Winter X Games in Norway. (Taped)				Castle A murder is traced to an Irish gang.	
KPBS 15	Eat to Live With Joel	Suze Orman's Financial Solutions for You Finding financial solutions. (CC)				R. Steves' Europe	Easy Yoga for Easing Pain (CC)		California Dreamin': The Songs of the Mamas and the Papas (CC)			National Park Symphony -- The Mighty Five		ADD and Loving It?! Challenges of ADD and ADHD; adult ADD. (CC)			**Eric Clapton: Slowhand at 70 -- Live at the Royal Albert Hall** (2015)		
KNSD 39	NBC 7 News To	Meet the Press (N) (CC)		Politically Speaking	English Premier League Soccer Manchester City FC vs Liverpool FC. (N) (Live) (CC)				PGA Tour Golf Arnold Palmer Invitational, Final Round. From Bay Hill Club & Lodge in Orlando, Fla. (N) (Live) (CC)							BEST Solar	Graham Bensinger	Access Hollywood (N) (CC)	
DISN	The Lion Guard	Roadster-Racers	Roadster-Racers	Elena of Avalor	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie	Liv and Maddie
ESPN	SportsCenter (N)	SportsCenter (N) (Live) (CC)		College Basketball NIT Tournament, Second Round: Teams TBA. (N) (Live)				ATP Tennis BNP Paribas Open, Men's and Women's Finals. From Indian Wells, Calif. (N) (Live)								SportsCenter (N) (Live) (CC)		NCAA Women's Tournament	
ESPN2	Sports Reporters	College GameDay (CC)		2017 NCAA Women's Basketball Tournament Second Round: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	2017 NCAA Women's Basketball Tournament Second Round: Teams TBA. (N) (Live) (CC)				NCAA Studio Update	College Basketball NIT Tournament, Second Round: Teams TBA. (N) (Live)				NCAA Women's Tournament	
TLC	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	Say Yes: ATL	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 (CC)	
USA	David Jeremiah	In Touch	Joel Osteen (CC)	Chrisley Knows	Chrisley Knows	Law & Order: Special Victims Unit "Rotten"		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit "Strain"		Law & Order: Special Victims Unit "Raw"		Law & Order: Special Victims Unit "Outsider"		Law & Order: Special Victims Unit "Cold"		Law & Order: Special Victims Unit "Baggage"	

CROSSWORD PUZZLE



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

ACROSS
1. "__ the Boss?"
5. Ma, for one (hyph.)
9. Ross or Rigg
10. Way too heavy
12. "__ My Children"
13. "You __?"; Lurch's line
16. "Sister __"; film for Whoopi
17. Lansing's initials
18. Neil Patrick or Ed
20. Word in the title of Roma Downey's series
21. Kojak's first name
23. When tripled, 1970 Martin Balsam war film
25. Unit of elec. current
26. "A Nightmare on __ Street"; Johnny Depp movie
27. Cold sore spot
28. By way of
29. "The Magic of Belle __"; 2012 Morgan Freeman film
30. Finishes
32. "Night __ the Museum"; 2006 Ben Stiller movie
33. Joan or Melissa
38. "Whose Line Is __ Anyway?"
39. "How I __ Your Mother"
41. Classic Verdi opera
42. "McFarland, __"; film for Kevin Costner
43. __ Hotchner; "Criminal Minds" role
45. Grand home
47. "Happy __"
48. "__ City"

DOWN
1. Role on "Chicago Med" (2)
2. __ Linden
3. "Studio 60 __ the Sunset Strip" (2006-07)
4. Rue or Gilbert
5. Boo Boo's buddy
6. Initials for actor Bean
7. Affirmative vote
8. Role on "The Odd Couple" (2)
9. Move suddenly
11. Sicilian gusher
14. Setting for "Evening Shade": abbr.
15. First Lady Reagan's initials
18. Actor Dennis __
19. Martin and Harvey
22. Oscar-winner Jannings
24. Actor Ken
29. "__ __ __ Rock"; Simon & Garfunkel hit
31. "__ Search"; Ed McMahon series
34. McShane and McKellen
35. "Star Trek __: The Undiscovered Country"
36. Actor O'Neill
37. Los Angeles team
40. Refrain syllable
42. Prefix for form or sex
44. Comment from Fran Fine on "The Nanny"
46. UPI competitor

Solution
David Duchovny

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SUNDAY EVENING — MARCH 19, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	Horizon	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	Seinfeld (CC)	Seinfeld "The Pie"	The King of Queens	Tosh.0 (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)		Weekend News	News	60 Minutes (N) (CC)		NCIS: Los Angeles "Getaway" (N)		Madam Secretary "Swept Away" (N)		Elementary "The Ballad of Lady Frances"		News	Blue Bloods
KGTV 10	10News at 5pm	World News	10News at 6pm	RightThisMinute (N)	America's Funniest Home Videos (N)		Once Upon a Time "Ill-Boding Patterns"		Time After Time "Secrets Stolen" (N)		American Crime (N) (CC)		10News at 11pm	Sports XTRA
KPBS 15	NewsHour Wk	SciTech Now (N)	Visions of Italy, Southern Style An aerial view of southern Italy.		Rick Steves' Guide to Cuba (CC)		Rock, Rhythm and Doo Wop Little Richard and others perform. (CC)				National Park Symphony -- Mighty Five		R. Steves' Europe	
KNSD 39	George	Nightly News	NBC 7 News at 6	Paid Program	Little Big Shots "Little Barber Shop" (CC)		Little Big Shots "New Sheriff in Town" (N)		Chicago Justice "Friendly Fire" (N)		Shades of Blue "Ghost Hunt" (N)		NBC 7 News	Jerome Sports
DISN	Liv and Maddie	Liv and Maddie	L & M: Cali Style	L & M: Cali Style	L & M: Cali Style	L & M: Cali Style	L & M: Cali Style	L & M: Cali Style	L & M: Cali Style	L & M: Cali Style	L & M: Cali Style	L & M: Cali Style	L & M: Cali Style	L & M: Cali Style
ESPN	NCAA Women's Tournament		2017 NCAA Women's Basketball Tournament Second Round: Teams TBA. (N) (CC)				SportsCenter (N) (Live) (CC)			SportsCenter (CC)			SportsCenter (CC)	
ESPN2	NCAA Women's Tournament		2017 NCAA Women's Basketball Tournament Second Round: Teams TBA. (N) (CC)				E:60 (CC)	SC Featured (N)	ESPN FC (N)		College GameDay (N) (Live) (CC)		2017 Special Olympics World Games	
TLC	Say Yes to the Dress "The Shay Way"		Say Yes to the Dress (CC)		Long Island Medium "The Biopsy is Back"		Long Island Medium "An MRI for Larry"		Long Lost Family (N)		Who Do You Think You Are? (N) (CC)		Long Island Medium "An MRI for Larry"	
USA	Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Law & Order: Special Victims Unit		Modern Family	Modern Family

MONDAY EVENING — MARCH 20, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N)	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	Supergirl Maggie tries to help Winn. (N)		Jane the Virgin "Chapter Fifty-Eight"		CW6 News at 10pm (N)		Seinfeld (CC)	Seinfeld (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Kevin Can Wait (N)	Man With a Plan (N)	Superior Donuts (N)	2 Broke Girls (N)	Scorpion "Broken Wind" (N) (CC)		News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	Dancing With the Stars (Season Premiere) (N Same-day Tape) (CC)				Quantico "LNWILT" (N) (CC)		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		Antiques Roadshow "Albuquerque" (CC)		Suze Orman's Financial Solutions for You Finding financial solutions. (CC)				Easy Yoga for Easing Pain (CC)	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "Battles Premiere" Mentors include Luke Bryan. (N) (Part 1 of 2) (CC)				Taken Asha's apartment is broken into.		NBC 7 News	Tonight Show
DISN	Liv and Maddie	L & M: Cali Style	Bunk'd "Fog'd In"	Bizaardvark	K.C. Undercover	Good-Charlie	Stuck/Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd (CC)	Bunk'd (CC)	**Tangled Before Ever After** (2017)	
ESPN	College Basketball		College Basketball NIT Tournament, Second Round: Teams TBA. (N) (Live)				SportsCenter (N) (Live) (CC)		SportsCenter With Scott Van Pelt (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	NCAA Women's	NCAA Update	2017 NCAA Women's Basketball Tournament Second Round: Teams TBA. (N) (CC)				NCAA Update	College Basketball NIT Tournament, Second Round: Teams TBA. (N) (Live)				Baseball Tonight	Jalen & Jacoby	Special Olympics
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Extreme Weight Loss "Cassie" A 39-year-old woman works to get fit. (CC)				Extreme Weight Loss An engaged couple work to get in shape. (CC)				Extreme Weight Loss "Cassie" (CC)	
USA	Law & Order: Special Victims Unit		Modern Family	Modern Family	Modern Family	Modern Family	WWE Monday Night RAW (N Same-day Tape) (CC)						Friday Night Tykes "My Mama Not Here"	

TUESDAY EVENING — MARCH 21, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N)	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	The Flash "Duet" (N) (CC)		DC's Legends of Tomorrow (N) (CC)		CW6 News at 10pm (N)		Seinfeld (CC)	Seinfeld (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	NCIS "Pay to Play" (CC) (DVS)		Bull "E.J." (CC)		NCIS: New Orleans "Course Correction"		News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Middle	American Housewife	Fresh Off the Boat	blackish "Lemons"	People Icons "Gone Too Soon" (N) (CC)		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		Get Down Tonight: The Disco Explosion Bee Gees, Leo Sayer.			R. Steves' Europe	Frontline Militias work with the military. (N)		San Diego: Above and Beyond	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	The Voice "Battles Premiere, Part 2" (N)		Trial & Error (N)	Trial & Error (N)	Chicago Fire "Telling Her Goodbye" (N)		NBC 7 News	Tonight Show
DISN	Liv and Maddie	L & M: Cali Style	Bunk'd (CC)	Bizaardvark	K.C. Undercover	Good-Charlie	Stuck/Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd (CC)	Bunk'd (CC)	Jessie (CC)	Jessie (CC)
ESPN	NBA Basketball Chicago Bulls at Toronto Raptors. (N) (Live)		NBA Basketball San Antonio Spurs at Minnesota Timberwolves. From the Target Center in Minneapolis. (N) (Live)						SportsCenter With Scott Van Pelt (N)		SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	College Basketball		College Basketball NIT Tournament, Second Quarterfinal: Teams TBA. (N) (Live)				SportsCenter (N) (Live) (CC)		Baseball Tonight	Jalen & Jacoby	College GameDay	Special Olympics	NBA Basketball: Bulls at Raptors	
TLC	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	Say Yes, Dress	My Big Fat Fabulous Life		My Big Fat Fabulous Life: Extra Fabulous		My Big Fat Fabulous Life (N)		She's in Charge "Living a Lie" (N)		My Big Fat Fabulous Life	
USA	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows	WWE SmackDown! (N Same-day Tape) (CC)				Chrisley Knows	Chrisley Knows	Modern Family	Modern Family

WEDNESDAY EVENING — MARCH 22, 2017

TVData©	▼5 pm	▼5:30	▼6 pm	▼6:30	▼7 pm	▼7:30	▼8 pm	▼8:30	▼9 pm	▼9:30	▼10 pm	▼10:30	▼11 pm	▼11:30
XETV 6	The Insider (N)	The Middle (CC)	Mike & Molly	Mike & Molly	2 Broke Girls	2 Broke Girls	Arrow "Kapiushon" (N) (CC)		The 100 "Gimme Shelter" (N) (CC)		CW6 News at 10pm (N)		Seinfeld "The Fire"	Seinfeld (CC)
KFMB 8	CBS News 8 at 5pm (N) (CC)		Evening News	News	Ent. Tonight	Inside Edition (N)	Survivor "The Tables Have Turned" (N)		Criminal Minds "In the Dark" (N)		Criminal Minds: Beyond Borders (N)		News	Late-Colbert
KGTV 10	10News at 5pm (N) (CC)		10News at 6pm (N)	World News	10News at 7pm (N)	The List (N) (CC)	The Goldbergs	Speechless	Modern Family	blackish	Designated Survivor "Backfire" (N) (CC)		10News at 11pm	Jimmy Kimmel
KPBS 15	KPBS Evening	Nightly Business	World News	KPBS Evening	PBS NewsHour (N) (CC)		Nature Cats in the Americas. (Part 2 of 2) (CC) (DVS)		NOVA "Making North America: Human" Humans face challenges.				San Diego: Above and Beyond	
KNSD 39	NBC 7 News at 5	Nightly News	NBC 7 News at 6 (N)		Wheel of Fortune	Jeopardy! (N) (CC)	Blindspot Weller and Jane face an old foe.		Law & Order: Special Victims Unit "Genes"		Chicago P.D. "Remember the Devil" (N)		NBC 7 News	Tonight Show
DISN	Liv and Maddie	L & M: Cali Style	Bunk'd (CC)	Bizaardvark	**Tangled Before Ever After** (2017)		Stuck/Middle	Good-Charlie	Liv and Maddie	Liv and Maddie	Bunk'd (CC)	Bunk'd (CC)	Jessie (CC)	Jessie (CC)
ESPN	NBA Basketball Atlanta Hawks at Washington Wizards. From Verizon Center in Washington, D.C. (N) (Live)				NBA Basketball New York Knicks at Utah Jazz. From Vivint Smart Home Arena in Salt Lake City. (N) (Live)						SportsCenter (N) (Live) (CC)		SportsCenter (N) (Live) (CC)	
ESPN2	College Basketball		2017 World Baseball Classic Championship: Teams TBA. From Dodger Stadium in Los Angeles. (N) (Live)						SportsCenter (N) (Live) (CC)		Baseball Tonight	Jalen & Jacoby	NBA Basketball: Hawks at Wizards	
TLC	My 600-Lb. Life "Ashley R's Story"		My 600-Lb. Life (Part 1 of 2)		My 600-Lb. Life (Part 2 of 2)		My 600-Lb. Life "Tracey's Story" Tracey's weight resides in her legs. (N)						My 600-Lb. Life "Tracey's Story"	
USA	NCIS An explosion occurs on an oil rig.		NCIS Gibbs must attend to family matters.		NCIS A stolen drone is linked to a terrorist.		NCIS Navy secretary's daughter is abducted.		NCIS "Scope" (CC) (DVS)		NCIS A Navy public affairs officer is killed.		Modern Family	Modern Family

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

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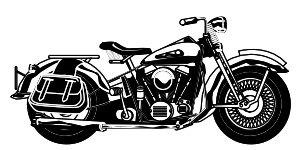

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3/30

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3/30

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4/06

LA MESA-2BR 1BA FOURPLEX courtyard setting $1350 pool, AC, ceiling fans, dishwasher, 7643-A Normal Ave. La Mesa CA, 91941 619-469-8800 or 619-251-4166
4/06

RENTALS HOUSES

MIRA MESA - 3BR/2BA cmpl remodeled, new appl, new fridge, w/d hkups, new tile flrs, 2 car gar, patio. Low maint front-backyard fenced. $2550 mo + dep. Credit ck, no pets, no smoking. Min from MCAS Miramar. 858-566-5219
3/30

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3/16

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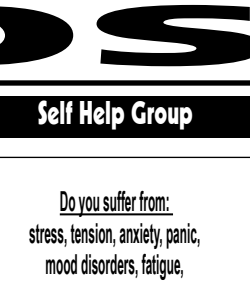
History of the World



March 16: ON THIS DATE in 1836, the Republic of Texas approved a constitution. In 1968, during the Vietnam War, the My Lai Massacre of civilians was carried out by U.S. troops under the command of Lt. William L. Calley Jr.

March 17: ON THIS DATE in 432, a teenaged Christian missionary later canonized as St. Patrick was carried off as a slave to Ireland, where he became a charismatic evangelist credited with the spread of the faith and later became known as the Apostle of Ireland. In 1917, Czar Nicholas II of Russia abdicated his throne as the Bolsheviks came to power.

March 18: ON THIS DATE in 1922, Indian leader Mohandas Gandhi was jailed by the British for sedition. In 1974, most of the Arab oil-producing nations ended their seven-month-long embargo against the United States.

March 19: ON THIS DATE in 1918, Congress approved daylight-saving time. In 1953, the Academy Awards was televised for the first time; "The Greatest Show on Earth" won for Best Picture.

March 20: ON THIS DATE in 1899, Martha M. Place of Brooklyn became the first woman to be executed in the electric chair. She was put to death at Sing Sing prison in New York for the murder of her stepdaughter. In 1969, Beatle John Lennon married Japanese artist Yoko Ono in Gibraltar.

Weekly Inspiration from Colette

"Some people come in your life as blessings. Some come in your life as lessons."

-Mother Teresa

Omarr's weekly Astrological forecast

♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

ARIES (March 21-April 19): Your social instincts and intuitions might be at a low point in the first part of the week. Avoid making major purchases that require good taste. Put romantic notions on hold for a few days and focus on moneymaking activities.

TAURUS (April 20-May 20): Make the most of your business acumen by working toward the achievement of long term goals in the upcoming week. Don't pursue an impossible dream or a fantasy when a sure thing is sitting right under your nose.

GEMINI (May 21-June 20): Live up to the challenge. Responsibilities at work or in the family can put you through your paces in the week ahead, but the rewards will be well worth it. Don't let minor criticisms undermine your confidence.

CANCER (June 21-July 22): You may be inspired to expand creative efforts or make more peaceful choices in the week ahead. Your friends may influence your ideas and persuade you to choose lasting values over immediate gratification.

LEO (July 23-Aug. 22): You have a flair for friendliness. Express brotherly love in all the right places to successfully blend business with pleasure in the week to come. Avoid impulsive buying sprees and you can turn talents and skills into cash.

VIRGO (Aug. 23-Sept. 22): There is a Full Moon in the skies in your sign that can trigger self-examination in the week ahead. Avoid making purchases of personal items in the first half of the week when you are somewhat susceptible to flattery.

LIBRA (Sept. 23-Oct. 22): Get ready to wear your lucky shamrock. Some friendships must shift so that you can regroup within a more comfortable structure. Forming a new friendship may be more practicable than pursuing a romantic hookup this week.

SCORPIO (Oct. 23-Nov. 21): Decoding the wants and needs of a significant other might seem difficult in the early part of the week to come. You might read too much meaning into something that would seem commonplace in other circumstances.

SAGITTARIUS (Nov. 22-Dec. 21): In the week ahead you could brim with creative ideas to improve your surroundings. If you focus fully on your tasks you will find ample opportunities to use ingenuity on the job. Avoid a passing temptation.

CAPRICORN (Dec. 22-Jan. 19): You may be so busy looking for a four leafed clover that you ignore something important going on in the home. You may realize that you have only seen what you wanted to see as this week unfolds.

AQUARIUS (Jan. 20-Feb. 18): Today's Full Moon might rivet your attention on financial matters. In the week ahead you might benefit from meditation or time spent on your own. You might not be aware that someone is being supportive.

PISCES (Feb. 19-March 20): Negative thinking can lead to negative results. Today's Full Moon is in your opposite sign so you may become more aware of the flaws in a relationship or a partner. Focus on being a friend in the week ahead.

Fifth annual Bankers Hill Art & Craft Beer Festival returns on Friday, March 31

The Bankers Hill Art & Craft Beer Festival in partnership with the San Diego Brewers Guild will return for its fifth year on Friday, March 31 from 6 to 9 p.m. Taking place throughout two levels of The Abbey on Fifth Avenue, a historic 10,000 square foot venue, this evening will showcase a range of San Diego breweries and Bankers Hill restaurants as well as pop-up galleries from local artists. The event is expected to draw 500 attendees from throughout San Diego.

Tickets to the Bankers Hill Art & Craft Beer Festival are affordably priced at $30 per person ($25 early bird pricing available) and will grant guests access to complimentary pours from approximately fifteen San Diego breweries including Resident Brewing Company, Hillcrest Brewing Company, Karl Strauss Brewing Company, Gordon Biersch Brewery Restaurant, Thorn Street Brewery, Pizza Port Brewing Company, Coronado Brewing Co. and more. Complimentary savory and sweet bites will be served by Bankers Hill restaurants including Cucina Urbana, The Corner Drafthouse, Mister A's, Wet Stone Wine Bar, Barrio Star, Pizzicato, Hornblower and more.

The Bankers Hill Art & Craft Beer Festival is a dynamic social event organized each year by the Bankers Hill Business Group, a non-profit Micro Improvement District dedicated to showcasing the beautiful, growing community of Bankers Hill as a destination neighborhood. A portion of funds raised at this event will directly benefit the mission of the Bankers Hill Business Group.

The Bankers Hill Art & Craft Beer Festival is a 21+ event. Tickets are available at www.bankershill.ticketleap.com/acbf2017.

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Comedy / 91 minutes / 'R'

When one school teacher gets the other fired, he is challenged to an after-school fight.

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

Thursday, March 16
5:00 PM Moana (PG)
Friday, March 17
5:00 PM Collateral Beauty (PG-13)
Saturday, March 18
5:00 PM Passengers (PG-13)
Sunday, March 19
5:00 PM Office Christmas Party (R)
Thursday, March 23
5:00 PM Sing (PG)

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

Thursday, March 16
11:00 AM Up (PG)
5:00 PM Manchester By The Sea (R)
Friday, March 17
5:00 PM Fences (PG-13)
Saturday, March 18
2:00 PM Middle School: The Worse Years of My Life (PG)
5:00 PM Rogue One: A Star Wars Story (PG-13)
Sunday, March 19
5:00 PM The Waterboy (PG-13)
Monday, March 20
5:00 PM Big Daddy (PG-13)
Tuesday, March 21
11:00 AM Sing (PG)
5:00 PM Van Wilder (R)
Wednesday, March 22
5:00 PM Top Gun (PG)
Thursday, March 23
11:00 AM The Boxtrolls (PG)
5:00 PM Gone in Sixty Seconds (PG-13)

Bob Hope Theatre 858-577-4143 *Indicates last showing

THU. 16 6:30 PM Monster Trucks [R] *
FRI. 17 6:30 PM Fist Fight [R]
9:00 PM John Wick: Chapter 2 [R]
SAT. 18 3:00 PM The LEGO Batman Movie [PG]
6:30 PM The Great Wall [PG-13] (2D)
9:00 PM Resident Evil: The Final Chapter [R]
SUN. 19 1:00 PM The Great Wall [PG-13] (3D)
6:30 PM A Dog's Purpose [PG]
WED. 22 6:30 PM Resident Evil: The Final Chapter [R] *
THU. 23 6:30 PM A Dog's Purpose [PG] *

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

Thursday, March 16
6PM xXx: The Return of Xander Cage (PG-13)
8:10 PM John Wick: Chapter 2 (R)

Friday, March 17
6:00 PM The Great Wall (PG-13)
8:10 PM Fist Fight (R)

Saturday, March 18
1:00 PM The LEGO Batman Movie (PG)
3:20 PM The Great Wall (PG-13)
6:00 PM Fist Fight (R)
8:00 PM John Wick: Chapter 2 (R)

Sunday, March 19
1:00 PM A Dog's Purpose (PG)
3:10 PM The LEGO Batman Movie - 3D (PG)
5:50 PM The Great Wall - 3D (PG-13)
8:00 PM John Wick: Chapter 2 (R)

Monday, March 20
6:00 PM Fist Fight (R)
8:00 PM The Great Wall (PG-13)

Tuesday, March 21
6:00 PM A Dog's Purpose (PG)
8:10 PM Resident Evil: The Final Chapter (R)

Wednesday, March 22
5:50 PM John Wick: Chapter 2 (R)
8:20 PM Fist Fight (R)

Thursday, March 23
6:00 PM The Great Wall (PG-13)
8:10 PM Resident Evil: The Final Chapter (R)

The Great Wall
Action, Adventure, Fantasy
Cast: Matt Damon, Tian Jing, Willem Dafoe, Andy Lau and Pedro Pascal
Synopsis: European mercenaries searching for black powder become embroiled in the defense of the Great Wall of China against a horde of monstrous creatures
Rated: "PG-13" for sequences of fantasy action violence - 103 minutes

The LEGO Batman Movie
Animation, Action, Adventure
Cast: Voices of Will Arnett, Michael Cera, Rosario Dawson, Zach Galifianakis and Ralph Fiennes
Synopsis: Bruce Wayne must not only deal with the criminals of Gotham City, but also the responsibility of raising a boy he adopted.
Rated: "PG" for rude humor and some action - 104 minutes

Monster Trucks
Animation, Action, Adventure
Cast: Voices of Lucas Till, Jane Levy, Thomas Lennon and Danny Glover
Synopsis: Looking for any way to get away from the life and town he was born into, Tripp (Lucas Till), a high school senior, builds a Monster Truck from bits and pieces of scrapped cars.
Rated: "PG" for action, peril, brief scary images, and some rude humor- 105 minutes

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

Thursday, March 16
5:50 PM John Wick: Chapter 2 (R)
8:10 PM Rings (PG-13)

Friday, March 17
5:50 PM Fist Fight (R)
8:00 PM The Great Wall (PG-13)

Saturday, March 18
12:50 PM The LEGO Batman Movie (PG)
3:00 PM The Great Wall (PG-13)
5:50 PM The Great Wall (PG-13)
8:00 PM John Wick: Chapter 2 (R)

Sunday, March 19
12:50 PM The LEGO Batman Movie (PG)
3:00 PM The LEGO Batman Movie - 3D (PG)
5:50 PM The Great Wall - 3D (PG-13)
8:00 PM Fist Fight (R)

Monday, March 20
6:00 PM John Wick: Chapter 2 (R)

Tuesday, March 21
5:50 PM The Great Wall (PG-13)
8:00 PM Fist Fight (R)

Wednesday, March 22
5:50 PM John Wick: Chapter 2 (R)
8:10 PM Rings (PG-13)

Thursday, March 23
5:50 PM Fist Fight (R)
7:50 PM The Great Wall (PG-13)

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Around Town

St. Patrick's Day Fri, March 17.

ShamROCK 2017 Fri, March 17, 4pm-12am Saint Patrick's Day Festival. dancing,entertainment, food, drink, shamrocks, and more. Anticipated Attendance: 8,000. Gaslamp Quarter downtown San Diego. www.sandiegoshamrock.com

Everything Fitz Fri-Sat, March 17-18,2pm CCAE Education Department presents Center Stage: Everything Fitz at California Center for the Arts, Escondido. www.artcenter.org

Foreign Film Fri, March 17, 4 & 7pm. Free. Foreign Film Friday: A Man Called Ove at Ruby G. Shulman Auditorium, Carlsbad City Library www.carlsbadca.gov

Los Angeles Lakers vs. Milwaukee Bucks Fri, March 17, 7:30 pm at Staples Center. Watch on SPECSN/SPECD. www.nba.com/lakers/schedule

Dance Gavin Dance/CHON Fri, March 17, 8pm at The Observatory North Park. www.observatorysd.com

KinderNights Fri-Sat March 17-18 & 24-25, 6-7:30pm at San Diego Zoo www.sandiegozoo.org

Princess and the Pea Fri,Sat,Sun March 17-19 Theatre West presents Princess and the Pea at San Marcos Civic Center. www.san-marcos.net

Awake & Sing Fri, March 17-April 16 at New Village Arts Theatre. www.newvillagearts.org

Butterfly Jungle Friday, March 17 & Saturday, March 18, 9am San Diego Zoo Safari Park Escondido.

Mission Hills 5K Run/Walk Sat, March 18, 7:30am-10am fun for the whole family. Run to compete, run for fun or move at your own speed. www.missionhills5k.com.

Birding with All Your Senses Sat, March 18, 8am Canyonside Park & Recreation Center, Rancho Penasquitos.

Poway Pets in the Park Saturday, March 18, 10am Old Poway Park, Poway.

Birdhouse Auction Fundraiser and Open House Saturday, March 18, 5pm, Buena Vista Audubon Society Nature Center, Oceanside.

Girl Scout Day at The Flower Fields Sat, March 18, Carlsbad. www.theflowerfields.com

Spring Planting Jubilee and Tomato Sale Sat-Sun, March 18-19, 9am-5pm at San Diego Botanic Garden in Encinitas www.sdbgarden.org

Family Bicycle Ride Sat, March 18, 10am with San Diego Mountain Biking Association at San Dieguito River Park www.sdrp.org

Treasure Island Sat, March 18, 3pm & 7pm presented by Missoula Children's Theatre at Poway Center for Performing Arts www.powayonstage.org

Hello Gorgeous: A Live Tribute to Barbra Streisand Sat, March 18, 3 & 7:30pm at Avo Playhouse. . www.moonlightstage.com

Clippers vs. Cavaliers Sat, March 18, 5:30pm Los Angeles Clippers vs. Cleveland Cavaliers at Staples Center. Watch on ABC. www.nba.com/clippers/schedule

She's Got That Swing: Women in Jazz Sat, March 18, 8pm. at Copley Symphony Hall. www.sandiegosymphony.org

Jay & Silent Bob Get Old Sat, March 18, 8pm at Balboa Theatre www.sandiegotheatres.org

Hell Fire Fat Tire mountain bike race Sat, March 18 on Camp Pendleton open to the public http://visitoceanside.org/hell-fire-fat-tire-camp-pendleton/

San Diego Cake Show: Comic Cake Sat-Sun, March 18-19, 10am-5pm at Del Mar Fairgrounds www.sandiegocakeshow.com

Hot Chocolate 15K & 5K Run Sun, March 19, 6:00 am 12:00 pm The event is a 5K and 15K race that begins and ends at Petco Park post-race party with music, hot cocoa, and treats dipped in delicious chocolate fondue. Anticipated Attendance: 13,000 www.hotchocolate15k.com.

Bike 4 Mike Sun, March 19, 6am at Del Mar Fairgrounds www.b4m.als.net

Butterfly Jungle Breakfast Sun, March 19, 7:30-9am at Mombasa Pavilion, San Diego Zoo Safari Park,www.sdzsafaripark.org

Rick Grove Bird Walk at Agua Hedionda Lagoon. Sun, March 19,9am. www.aguahedionda.org

Los Angeles Lakers vs. Cleveland Cavaliers Sun, March 19, 6:30pm. at Staples Center.

Spring Begins Mon, March 20

Clippers vs. Knicks Mon, March 20, 7:30pm. Los Angeles Clippers vs. New York Knicks at Staples Center.

Book of Mormon at North Coast Repertory Theatre. Mon-Tue, March 20-21, 7:30pm. www.northcoastrep.org

World Baseball Classic at Dodger Stadium Mon-Wed, March 20-22 www.worldbaseballclassic.com

Kia Classic Mon-Sun, March 20-26 LPGA at Park Hyatt Aviara Golf Club in Carlsbad. www.lpga.com

Los Angeles Lakers vs. Los Angeles Clippers, Staples Center. Tue, March 21,7:30pm.

San Diego Gulls vs. San Jose Barracudas at Valley View Casino Center. Wed, March 22,7pm. www.sandiegogulls.com

Los Angeles Lakers vs. Minnesota Timberwolves Fri, March 24,7:30pm. at Staples Center. Watch on SPECSN/SPECD. www.nba.com/lakers/schedule

Encinitas Half Marathon Expo Fri, March 24-25 at Moonlight Beach. www.encinitashalfmarathon.com

Honor Ride San Diego Sat, March 25, 6:30 am - 2:00 pm Join a non-competitive cycling event where active service members, injured veterans and the general public all get to ride together. Choose a 20, 40-, or 60-mile ride with a festival at the finish at Waterfront Park. Anticipated Attendance: 600. Waterfront Park - Pacific Highway - North Harbor Drive.

San Diego Race for Autism Sat, March 25, 6:45am- 11am. 5K run/walk and a 1-mile walk at Balboa Park. Resource fair. Balboa Park: 6th Ave./ Laurel St. www.raceforautism.org.

Mermaid 5K, 10K & Half Marathon & Mermaid Dash Girls' Run Sat, March 25 in Mission Bay. www.mermaidseries.com

Furry Friends Hike Sat, March 25, 9am at Crest Canyon Open Space Park Preserve. www.sandieguitorivervalleyconservancy.org

Bark in the Park Fundraiser Sat, March 25 at Live Oak Dog Park, Fallbrook. 9am-2pm. www.fallbrookchamberofcommerce.org

SoCal Cyber Cup Challenge Finals & Awards Dinner Sat, March 25,10am. www.socalcc.siplay.com

Native Plant Walk Sat, March 25, 10am at San Dieguito River Park www.sdrp.org

Los Angeles Clippers vs. Utah Jazz Sat, March 25, 12:30pm. at Staples Center.

San Diego Gulls vs. Bakersfield Condors Sat, March 25,7pm at Valley View Casino Center. www.sandiegogulls.com

Scholastic Surf Series Sat, March 25-26 Scholastic Surf Series: San Diego High School Division 5 at Army Navy Academy, Carlsbad. www.surfsss.org

Encore Cheer Championships Sat, March 25-26 at SD Convention Center www.encore.varsity.com

San Diego Ballet Sat, March 25-26 at Old Town Temecula Theatre. www.sandiegoballet.org

Bruckner Symphony Number Eight Sat, March 25-26 at Copley Symphony Hall. www.sandiegosymphony.org

Red Velvet Sat, March 25-April 30 at The Old Globe Theatre. www.theoldglobe.org

Rolando Street Fair. Sun, March 26,10am 6pm. Musical entertainment, merchandise booths, and a food court , youth activities, bouncers, carnival rides, booths. Anticipated Attendance: 14,500. Rolando Blvd (between El Cajon Blvd. & Solita St.) www.rolandocc.org.

2017 San Diego Beatles Fair. Sun, March 26, noon-10pm Music, arts, cultural and food event for Beatles' fans and future generations to come! Ohio Street in front of the venue will have a selection of food and vendors, including records. 3925 Ohio St and Ohio Stbetween University Ave and 3925 Ohio Street. Queen Bees Honey Inc.

Hot Chocolate 15K/5K Run at Petco Park. Sun, March 26. www.hotchocolate15k.com/sandiego

Encinitas Half Marathon & Finish Line Festival. Race starts Sun, March 26, 7am. www.encinitashalfmarathon.com

Family Discovery Day: Lagoon in Bloom at San Elijo Lagoon Nature Center. Sun, March 26, 10am-3pm. www.sanelijo.org

Los Angeles Clippers vs. Sacramento Kings at Staples Center. Sun, March 26, 12:30pm.

Los Angeles Lakers vs. Portland Trail Blazers at Staples Center. Sun, March 26, 6:30pm.

San Diego Crew Classic Rowing Regatta. Fri, March 31, 7am-9pm. Largest rowing regatta for eight-person shells in the world. Competitors are collegiate, junior, and master athletes from the U.S., Canada,Mexico, and Europe. Trade show, food, beer, memorabilia. Anticipated Attendance: 10,000/day. West Mission Bay (Crown Point Shores & Ski Beach). www.crewclassic.or

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

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

Concerts

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

March

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

Isley Brothers. Fri, March 17, 8pm. Funk/Pop. Casino Pauma, 777 Pauma Reservation Rd, Pauma Valle.877-687-2862

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

Red Hot Chili Peppers. Tues, March 21, 7:30pm. Rock. Valley View Casino Center, 3500 Sports Arena Blvd. Point Loma. 619-224-4171.

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

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

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

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

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

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

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

April

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

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

Queensryche. Sat, April 1, 7pm. Rock. Sycuan Casino Showcase Theatre, 5469 Casino Way, El Cajon. 619-445-6002.

Christopher Cross. Sun, April 2, 5pm. 18+. Pop. Casino Pauma, 777 Pauma Reservation Rd, Pauma Valley.877-687-2862.

Mariachi Festival. Sun, April 2, 1pm. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

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.

The 1st Marine Division Band. Tues-Wed, April 4 & 5, 7pm. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

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

Chris Botti. Fri, April 7, 7pm. Trumpeter. Classical/Jazz/Pop. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

Led Zeppelin II. Thurs, April 6, 8 pm. Age 18+. Covers. (619) 239-8836.

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

Carter Winter. Fri, April 7, 7pm. Country. House of Blues, 1055 Fifth Ave., San Diego. (619) 299-2583.

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

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

Billy Gilman. Mon, April 10, 8pm. Country/Pop. Casino Pauma, 777 Pauma Reservation Rd, Pauma Valley.877-687-2862.

Cage The Elephant. Mon, April 10, 7:30pm. Alt/Rock. California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido. (760) 839-4438.

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

Father John Misty. Wed, April 12, 7:30pm. Folk/Rock. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.

May 8, 7pm

Valley View Casino Center
(San Diego Sports Arena)
3500 Sports Arena Blvd
San Diego (619) 224-4171

Banks and Raury. Thurs, April 13, 7:30pm. Pop. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.

Tribu Baharu. Thurs, April 13, 7pm. World. UCSD Price Center, 9500 Gillman Dr, La Jolla. 858-534-6467.

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

Steely Dan. Mon-Tues, April 17 & 18, 7:03pm. Classic Rock. Humphrey's by the Bay, box office 2241 Shelter Island Dr., (619) 224-3577 or Ticketmaster (619) 220-TIXS. humphreysbythebay.com

Snoop Dogg and Cypress Hill. Tues, April 18, 7:30pm. Hip-Hop/Rap Pop. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

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.

Lil Wayne. Thurs, April 20, 7:30pm. Hip-Hop/Rap. Open Air Theatre at SDSU, 5500 Campanile Dr., San Diego. (619) 594-6947.

Lila Downs. Thurs, April 20, 8pm. Acoustic. Humphreys by the Bay, 2241 Shelter Island Dr, San Diego. 619-224-3577.

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.

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