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**ON THE WAY  
DOWN:**

# Erosion of America's Middle Class

While America's super-rich congratulate themselves on donating billions to charity, the rest of the country is worse off than ever. Long-term unemployment is rising and millions of Americans are struggling to survive. The gap between rich and poor is wider than ever and the middle class is disappearing.

Experts fear that the U.S. economy could remain weak for many years to come. And despite the many government assistance programs, the small amount of hope they engender has yet to be felt by the general public. On the contrary, for many people things are still headed dramatically downward.

According to a recent opinion poll, 70 percent of Americans believe that the recession is still in full swing. And this time it isn't just the poor who are especially hard-hit, as they usually are during recessions.

This time the recession is also affecting well-educated people who had been earning a good living until now. These people, who see themselves as solidly middle-class, now feel more threatened than ever before in the country's history. Four out of 10 Americans who consider themselves part of this class believe that they will be unable to maintain their social status.

By Thomas Schulz



Cont'd. on next page

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July 15, 2013

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## Remember When...

# 1978

See what life was like back in 1978...  
world events, technology,  
movies... pages 18-19



## The best NFL teams to lose in the Super Bowl



See page 22



## Chemical Warfare

See page 11



## THEN & now



Can you figure out who  
these two are?

Turn to page 21 for the answer.

- **Who's watching the 'secrets keepers,'** page 6
- **Fit for Life with Jessamyn,** page 8
- **Marriage Fitness,** page 9
- **Ask DMV,** page 14
- **Jokes / Crossword Puzzle,** pages 20-21

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### Unemployment Persists

In a recent cover story titled "So long, middle class," the New York Post presented its readers with "25 statistics that prove that the middle class is being systematically wiped out of existence in America." Last week, the

leading online columnist Arianna Huffington issued the almost apocalyptic warning that "America is in danger of becoming a Third World country."

In fact, the United States, in the wake of a real estate, financial economic and now debt crisis, which it still hasn't overcome, is threatened by a social Ice Age more severe than anything the country has seen since the Great Depression.

The United States is experiencing the problem of long-term unemployment for the first time since World War II. The number of the long-term unemployed is already three times as high as it was during any crisis in the past, and it is still rising.

More than a year after the official end of the recession, the overall unemployment rate remains consistently above 9.5 percent. But this is just the official figure. When adjusted to include the people who have already given up looking for work or are barely surviving on the few hundred dollars they earn with a part-time job and are using up their savings, the real unemployment figure jumps to more than 17 percent. In its current annual report, the U.S. Department of Agriculture notes that "food insecurity" is on the rise, and that 50 million Americans couldn't afford to buy enough food to stay healthy at some point last year. One in eight American adults and one in four children now survive on government food stamps. These are unbelievable numbers for the world's richest na-



tion.

Even more unsettling is the fact that America, which has always been characterized by its unshakable belief in the American Dream, and in the conviction that anyone, even those at the very bottom, can rise to the top, is beginning to lose its famous optimism. According to recent figures, a significant minority of U.S. citizens now believe that their children will be worse off than they are.

Many Americans are beginning to realize that for them, the American Dream has been more of a nightmare of late. They face a bitter reality of fewer and fewer jobs, decades of stagnating wages and dramatic increases in inequality. Only in recent months, as the economy has grown but jobs have not returned, as profits have returned but poverty figures have risen by the week, the country seems to have recognized that it is struggling with a deep-seated, structural crisis that has been building for years. As the Washington Post writes, the financial crisis

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was merely the final turning -- for the worse. America." Last week, the leading online columnist Arianna Huffington issued the almost apocalyptic warning that "America is in danger of becoming a Third World country."

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# How trustworthy are our 'secrets keepers'?

By Dorian DeWind, Military Affairs Columnist

Some believe that we have too much secrecy — “too many secrets.” Perhaps.

Some believe that too many individuals or organizations have the authority to classify material. Perhaps.

Some believe that too many people have security

clearances — as of 2012, more than 4.9 million government workers. Perhaps.

Some believe that we cannot or should not always trust those — whether in the military or in the government — who decide what should be classified. Perhaps.

Some believe that individuals entrusted with our

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nation's highest secrets have the right to broadcast that information to the world — including our enemies — if and when they disagree with the policy, process or actions protected by the Espionage Act of 1917 and its Amendments. I have my own thoughts on this, but that is neither here nor there in this piece.

Some may ask how a person like Edward Snowden who has been leaking national security secrets like a sieve has been able to, twice, clear the hurdle of the federal government's background check system — first at the CIA, then as a systems analyst at the National Security Agency.

Now, I understand that some — because of the nature of the NSA surveillance — have no problem with what Snowden has done and are glad that he has been able to access and divulge the information in question. That's fine. I disagree with the way Snowden went about it, but I will not disparage those who believe otherwise.

But I hope that we can all agree that when it comes to the safeguarding of our nation's highest national security secrets — those on which we can all agree that must be safeguarded — we should do everything in our power to ensure that those assigned to protect those secrets have indeed been properly screened and investigated — that they can be trusted.

Apparently such is not always the case.

Many concerns have been raised about how those investigations are conducted, by who and at what cost and risk.

Apparently, “[t]he company with the biggest share of contracts is under a federal investigation into possible criminal violations involving its oversight of background checks, officials familiar with the matter told The Associated Press,” according to the Stars and Stripes, which adds:

Nearly three-quarters of the government's background checks are done by private companies, and of those, more than 45 percent are handled by the U.S. Investigations Services, or USIS, according to the U.S. Office of Personnel Management, the agency overseeing most of the government's background checks.



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# How to make a date with your soul

By a large margin, Americans hate their jobs, according to a recent Gallup poll, which found 70 percent of the work force is ei-

therly dis- from or despises complete- engaged thoroughly their work. the 2008 economic crisis, Americans have been hit hard in most aspects of their lives - their homes, their jobs, their personal lives. I was one of them," says Noelle M. Meade-Izzi, whose busy lifestyle in the corporate world, combined with the market crash and other negative forces, had been crushing her sense of well-being.

"Somehow, that was all changed by the tiniest bird known to man - a hummingbird I eventually named Artemis. She was building a little nest right next to my balcony. Witnessing her small yet heroic efforts to complete the nest for her chick and then raise it to maturity, all on her own, helped nurse me through a healthy and spiritual transformation."

Meade-Izzi, author of "The Hummingbird That Answered My Heart's Calling," (<http://noelle-meade.square-space.com>) offers tips for those who are open to experiencing life's everyday miracles—seeing the extraordinary within the ordinary—in the midst of the stressors and strife that seem to inundate our lives. "Get in touch with

your inner hummingbird," she says ...

• Find your Artemis: Meade-Izzi was at a low point in her life when she saw the little hummingbird - a species so tiny, many people never notice it. At one point, she heard the audible fluttering of wings outside her bedroom screen slider early in the morning.

**Complete story continues at [MilitaryPress.com/soul](http://MilitaryPress.com/soul)**

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PHYSICAL ACTIVITY VS. TRUE EXERCISE

# You can get your body moving

“Physical activity” and “exercise,” are terms that describe different concepts. Yet they are often confused with one another, and the terms are sometimes used interchangeably.

Physical activity in daily life can be categorized into occupational, sports, conditioning, household, or other activities.

Exercise is a subset of physical activity that is planned, structured, and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness. While some of us make exercise part of our daily routine, others are still struggling to find the motivation to start and the dedication to follow through. It’s easy to skip a round of weight lifting and intense cardio because you have house work to do. Justify it by saying you have been scrubbing house for 2 hours.

While I have nothing more than kudos to you for getting up and active and polishing those floors. Yet sadly house work, gardening, shopping and even an evening round in the bedroom, do not burn as many calories or benefit your body as much as one would think.

**Fun Facts:**

- The average 150 lb woman burns 144 calories in 30 minutes of sex, yet can eat 144 calories in one cup of oatmeal or 1 ounce of walnuts.

- Deep cleaning your house for over an hour? Only a mere 136 calories.

To effectively lose weight and build muscle you

will need to incorporate actual exercise into your routine. Even committing to start with a simple 10 minutes a day will do a world of change to your body. Exercise is a directed, purposeful physical activity with specific goals. For instance, exercise can include a cardio workout, weight-training and stretching routines. By incorporating purposeful exercise into your general physical activity, you can ensure that you are getting exactly the work out you need for optimum health and weight loss.

Another factor that differentiates exercise from general physical activity is the intensity of the activities. For

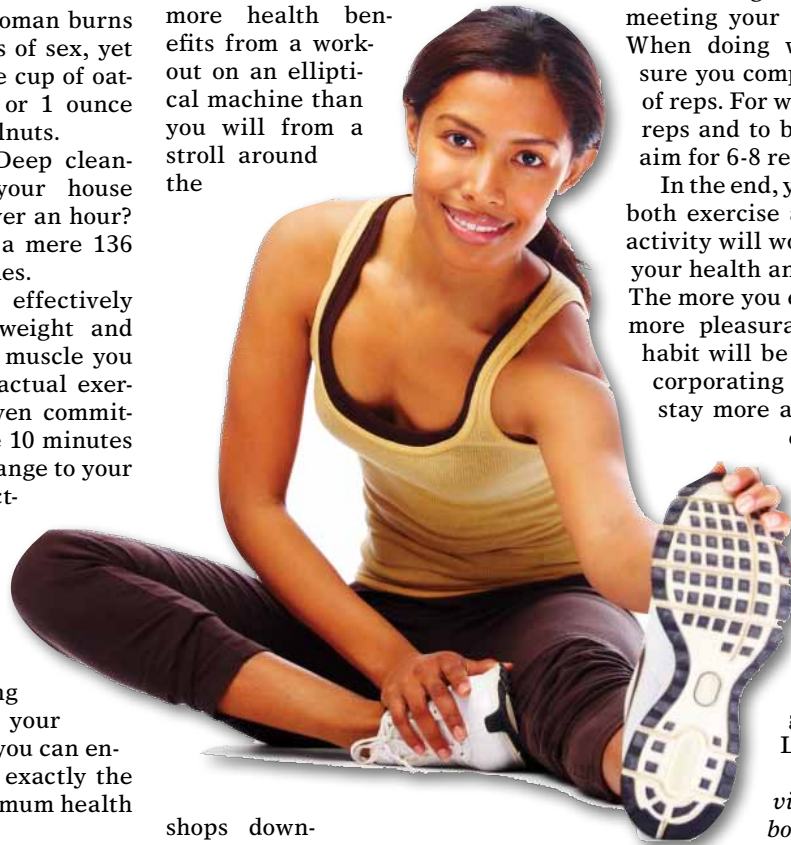
instance, you will get more health benefits from a workout on an elliptical machine than you will from a stroll around the

when doing cardio you need to be meeting your max target heart rate. When doing weight training, make sure you complete a specific number of reps. For weight loss, aim for 12-16 reps and to bulk up, go heavier and aim for 6-8 reps.

In the end, you will find that mixing both exercise and increased physical activity will work together to improve your health and help you lose weight. The more you exercise, the easier and more pleasurable it will become; a habit will be formed. Over time, incorporating exercise will help you stay more active all the time, and enjoy a healthier and happier lifestyle.

So commit today, start with a simple 10 minutes/5 days a week/for one month of dedicated exercise and watch how you grow over the next month. Struggling what to choose? Let’s chat!

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shops downtown. When taking time to exercise, you should also pick a target that you want to achieve. For example,

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# I love you, but I'm not in love with you

Has your spouse told you, "I love you, but I'm not IN LOVE with you?"

What does that statement mean?

A person who says, "I love you, but I'm not IN LOVE with you," is making a distinction between two different feelings. But NEITHER of those feelings are love!

When a person says, "I love you, but I'm not IN LOVE with you," they're saying that I CARE about you but I'm not EXCITED about you.

CARING about someone is a good thing. It's reflective of CONCERN. But it's different than love. I care about the starving children in Africa, but I don't love them.

Being EXCITED about someone is also a good thing. But it's different than love. I might be excited to have a relationship with the President of the United States or a Hollywood star, but that doesn't mean I love them.

While someone who says, "I love you, but I'm not IN LOVE with you" seems to be making a distinction between "different loves;" in fact, they are expressing their confusion about what love really is. And that's why they're having marital problems and maybe even an affair (because who are they IN LOVE with?).

Love is something we articulate in the vocabulary of ACTION. Love is a verb. It's not a feeling you get from another PERSON; it's an experience you receive as a result of DEEDS YOU DO for another person.

And those deeds are not a secret. In other words, love is NOT a mystery! There are specific things you can do with your spouse to solve your problems and build love in your marriage. Just as there are physical laws of the universe (such as gravity), there are also laws for relationships. Just as the right diet and exercise program makes you physically stronger, certain habits in your relationship WILL make your marriage stronger. It's a di-

rect cause and effect. If you know and apply the laws, the results are predictable...you can "make" love.

This is exactly why I created the Marriage Fitness program. I wanted to offer people a step-by-step system to make and maintain love in their marriage. And the program works for any marriage, even if only one spouse does it.

Very often in the program someone will say to me, "I love my spouse, but I'm not IN

LOVE with my spouse."

My immediate response is to ask, "Can you list for me five ways in the last week that you've DEMONSTRATED your love for your spouse?"

I usually hear noise on the other end of the phone; grunts, partial statements, and gasps for breath, but none of what I hear ever passes for an answer to my question.

"I love you, but I'm not IN LOVE with you" is a cop out. It basically means that I have no clue how to make a relationship last LONG-TERM so I'm exiting to get high from another short-term romance. But whoever they're IN LOVE with now will also eventually hear, "I love you, but I'm not IN LOVE with you."

For more info, get the free report 7 Secrets for Fixing Your Marriage at [www.MarriageFitness.com](http://www.MarriageFitness.com).

*Mort Fertel is a world authority on the psychology of relationships and has an international reputation for saving marriages. In addition to working with couples, he teaches individuals how to single-handedly transform their marital situation.*



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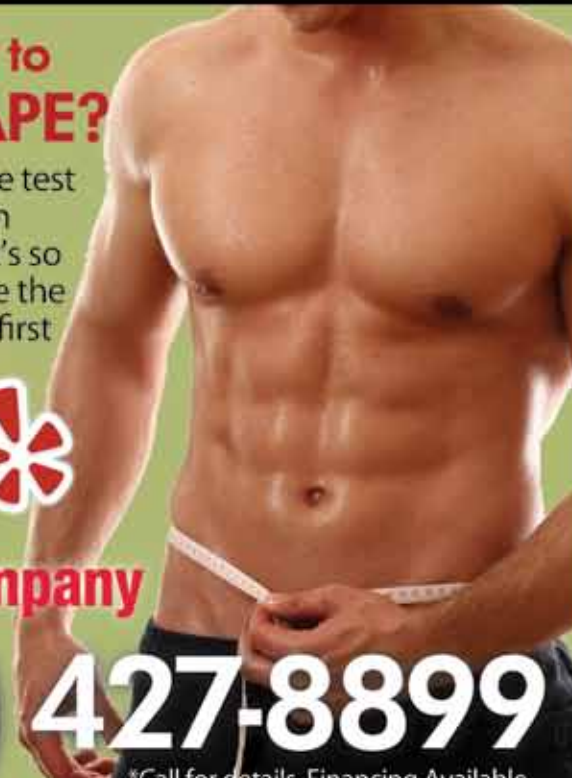
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# 5 phrases that will get you fired

By Robert Pagliarini  
 Tribune Media Services

There are a handful of phrases I hear often that make me cringe. We're all told that we should never judge a book by its cover, but when I hear seemingly smart and successful people say these things, I can't help but think they need serious help. In a (unscientific) poll I conducted, it turns out I'm not alone. Nearly everyone admitted to reacting negatively to these job-killer phrases:

### 1. "There's nothing I can do."

Really? You've exhausted every possible solution? This is similar to when my six-year-old says that she's looked everywhere for her shoes. When you say that there is nothing you can do, we learn two things about you: We know that you are a liar and that you are lazy. These are two qualities that are not going to help you get a raise or even keep your job. We know you are lying because there is all ways

some-thing you can do. And in the remote chance

that there really isn't anything you can do, at least tell us everything you've done already, what you intend to do or who you are going to for help. Otherwise, we will assume you are lazy. Nobody with a spine has ever uttered these words. By using this phrase, it shows that you are weak, that you give up easily and that you lack all creativity and effectiveness. You don't get paid to be ineffective or lazy, so stop using this horrible phrase.

### 2. "It's not fair."

If you find yourself saying this, grow up. Little Joey doesn't have to share his Tonka truck with you. Of course things aren't fair. It's not fair that millions of young boys and girls are kidnapped or sold into sex slavery each year or that hundreds of millions of people don't have enough to eat. If you are complaining about something trivial, it sounds like you are whining. And who hates whiners? Everyone, including your boss.

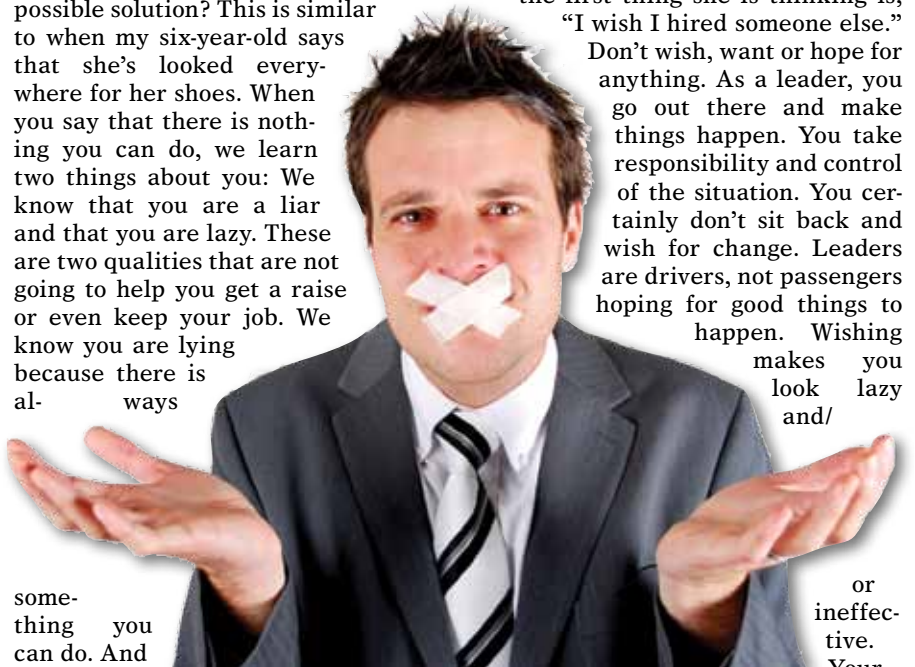
### 3. "That's impossible."

There are two kinds of employees: those that make things happen and those that come up with excuses. You don't want to be part of the latter crowd. These folks love to discourage creativity and ideas. The thinking goes that, if it hasn't been done, then it is not possible. Stop asking if it is possible, and instead start asking how it might become possible. Even if it doesn't work, at least you will be seen as somebody willing to take risks and persevere.

### 4. "I wish ..."

When your boss hears you say this, the first thing she is thinking is, "I wish I hired someone else."

Don't wish, want or hope for anything. As a leader, you go out there and make things happen. You take responsibility and control of the situation. You certainly don't sit back and wish for change. Leaders are drivers, not passengers hoping for good things to happen. Wishing makes you look lazy and/



or ineffective. Your boss

wants you to stop talking about what you wish would happen and start making things happen.

### 5. "But we've always done it that way."

Nothing evokes the thought, "I've got to fire this guy," quite like this phrase. In one fell swoop, you are basically announcing that you are uncreative, lazy, close-minded, inflexible and ineffective. The managers I've talked to said that this is probably the phrase they hear most often that gets their blood to boil. Do yourself and the unemployment rate a favor and stop using this phrase.

These are just a handful of phrases that can get you in hot water at work. But can they really get you fired? Absolutely! It's because they expose a deeper malady. In an economy where employers need to be creative and do more with less, employees who use these phrases will be replaced with those who have a better attitude and can get the job done.

(Robert Pagliarini is a CBS Money-Watch columnist and the author of "The Other 8 Hours: Maximize Your Free Time to Create New Wealth & Purpose" and the national best-seller "The Six Day Financial Makeover." Visit [YourOther8Hours.com](http://YourOther8Hours.com).)

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# Signs & symptoms of chemical dependency

By Keith Angelin,  
MBA, CADC-II, CNDAI

In 1956, the American Medical Association recognized alcoholism as a physiological disease. Chemical dependency is considered a disease much like schizophrenia and diabetes are. Accepting this concept is key to understanding the insanity behind drug and alcohol abuse. Why? Because being stricken with a disease takes away completely the ability to choose.

No one chooses to have cancer. Nor do they choose which symptoms of the disease they will manifest. Likewise chemically dependent people often don't want to use alcohol and drugs. Instead they are compelled, even in the face of catastrophic consequences. It's not unheard of for someone to leave the hospital after a near death experience only to buy liquor on the way home. Does that sound like free will?

Before today you may have labored under the misconception that drunks and burners simply lacked

the willpower to change. You may have thought that while some people possess the strength, guts, courage, fortitude, character, self-control and common sense to drink or use drugs responsibly, others were born disadvantaged, weak, hopeless or losers.

Worse, you openly blamed them for lacking the ability to "stop and be normal." This is never more relevant to those in the military. Perhaps it is a shock – or a relief – for you to learn that none of these labels apply, because substance abuse has nothing to do with willpower. Addicts and alcoholics are generally terrific people with an awful disease.

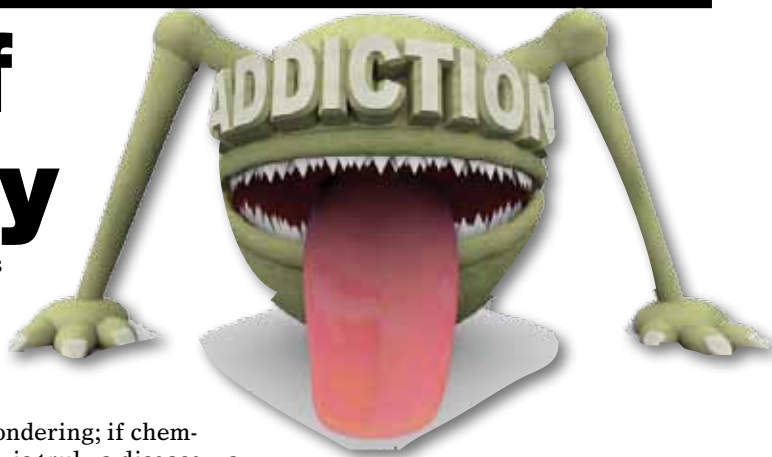
What follows is intended to introduce you to the disease of chemical dependency; why it is a disease, what drives it, how to recognize it and the reason it is so deadly.

## The Disease of Chemical Dependency

Have you had the bad fortune of watching someone you care about

kill themselves a little every day? Or maybe it is you who suffers? If so you might be wondering; if chemical dependency is truly a disease – a disease that robs you of the ability to choose whether or not to drink or use – then what in the world is it that drives this insane behavior?

We know a lot about the disease of chemical dependency. We know it shares the same characteristics as many other diseases like cancer, hypertension and diabetes. We also know that chemical dependency attacks more than the physical body. More than the liver, kidneys and heart are in jeopardy. Why is dependence on alcohol and drugs so devastating? It is because substance abuse is a "bio/psycho/social" disease, meaning it attacks the user physically, mentally, emotionally and spiritually. It radically alters their behavior, ravages their families, and keeps them in denial by creating a wall of defense mechanisms that protect the entire sick system. For this very reason, any successful recovery program must address each of these components.



## What Triggers the Disease in the First Place?

You've probably asked yourself this question countless times. Obviously no one suddenly becomes an addict or alcoholic. Rather, it is the result of a gradual progression of increased drinking or drug use.

Chemical dependency starts innocently enough with experimentation; perhaps pilfering a beer from the refrigerator or sneaking a joint with friends. If the experience is positive then using becomes recreational; or every so often. This leads to habituation, which is using the substance on a regular basis. Notice the person has thus far been drinking and drugging free of problems.

**Complete story continues at [www.militarypress.com/chemicaldependency](http://www.militarypress.com/chemicaldependency)**

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## The ‘holy’ sneeze

### *Fictional but good!*

They walked in tandem, each of the ninety-two students filing into the already crowded auditorium. With their rich maroon gowns flowing and the traditional caps, they looked almost as grown up as they felt.

Dads swallowed hard behind broad smiles, and Moms freely brushed away tears.

This class would NOT pray during the commencements, not by choice, but because of a recent court ruling prohibiting it.

The principal and several students were careful to stay within the guidelines allowed by the ruling. They gave inspirational and challenging speeches, but no one mentioned divine guidance and no one asked for blessings on

the graduates or their families.

The speeches were nice, but they were routine until the final speech received a standing ovation.

A solitary student walked proudly to the microphone. He stood still and silent for just a moment, and then, it happened.

All 92 students, every single one of them, suddenly sneezed!

The student on stage simply looked at the audience and said, ‘GOD BLESS YOU’

And he walked off the stage...

The audience exploded into applause. This graduating class had found a unique way to invoke God’s blessing on their future with or without the court’s approval.

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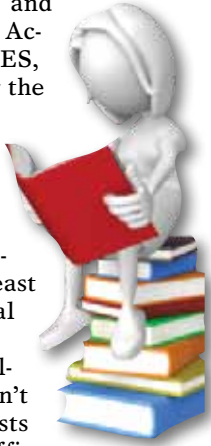
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# 5 tips for testing for a degree

Although CLEP tests are general in nature and a great way to earn college credit, they are still college level exams that require study time and commitment. According to DANTES, past pass rate for the five CLEP General exams ranged from 28 to 59 percent. This means that many people failed at least four of the general CLEP exams.

The high failure rate doesn't mean these tests are extremely difficult, but it does mean that many military test takers didn't study and prepare for taking the exams. Study guides are a great way to prepare for the CLEP. You can get study guides from your local Education Service or Navy College Office, check them out from your local library, or purchase study guides online or at your local book store. In addition there are websites like [www.studygs.net](http://www.studygs.net) where you can access free study college level guides and strategies to help you prepare for the CLEP.

Since 2010, DANTES no longer covered the cost of re-testing. This means any second or third attempts will mean money out of your pocket, so be sure you are ready before you sign up to take the tests.



## CLEP tips

**Tip 1:** Be absolutely sure you are ready before you take the exam because you have to wait 180 days to retest on a CLEP examination with the same test title.

**Tip 2:** Take the Natural Science exam first. The English Comp and Humanities are the most difficult CLEP exams, taking a less difficult exam like Natural Sciences will give you a chance to establish some success and build your confidence before you take on the more difficult exams.

**Tip 3:** Set deadlines. Pre-scheduling your exam dates well in advance will force you to stay focused on studying just like if you were actually in class.

**Tip 4:** Form study groups. A lunchtime study group also known as the "Brown Bag University," has helped military students be successful by giving them more incentive to study.

**Tip 5:** Make CLEPs your first step. Taking General CLEPs first is a good idea because the exams are widely accepted, can eliminate the need for freshman level arts and sciences, and they are FREE.

## DoD battling rumors over deployed troops' meals

The drawdown in Afghanistan has soldiers in at least one province adjusting to new breakfast policies, and it's forced the Pentagon to work to set the record straight regarding suggestions that budget cuts have left troops without their morning meal.

A chain email has been circulating online, claiming that "elected officials believe that our military who are deployed overseas don't have a need for breakfast anymore."

The truth of the matter is that some troops in Afghanistan's Pakista province are receiving Meals, Ready to Eat instead of hot breakfasts as U.S. forces prepare to pull out next year.

## Hot Rods for Heroes Classic Car Show

This event will be held on Saturday, Aug. 3 from 9 a.m. to 3 p.m. at Liberty Station in San Diego. Live music featuring "Brown Sugar" oldies, DJs, food, 50/50, raffle prizes, trophies and more. Open to all pre-1972 cars.

erty Station in San Diego. Live music featuring "Brown Sugar" oldies, DJs, food, 50/50, raffle prizes, trophies and more. Open to all pre-1972 cars.

## New free SAT/ACT Cloud version for military families

eKnowledge has been working with its partners to complete the new Cloud SAT/ACT PowerPrep Programs for U.S. military families. Now you truly have the freedom to learn your way by accessing the program from any computer anywhere in the world. Preparing for your collegiate future has never been easier.

Just like the free disk version — which is also available — the Cloud programs include more than 11 hours of video instruction, 3,000 files of supplemental test preparation, material, sample questions and practice tests.

For more info or to order a program, go to [www.eknowledge.com/MilNews](http://www.eknowledge.com/MilNews)

## VA San Diego hires mental health professionals

The VA announced it has met the goal to hire 1,600 new mental health professionals outlined in President Obama's Aug. 31, 2012, Executive Order to improve access to mental health services for veterans, service members and their families. VA San Diego has hired 33 new mental health professionals toward this goal.

## Doggie Street Festival

This event is being held on Saturday, July 27 at Liberty Station's Preble Field from 9 a.m. to 4 p.m. Enjoy good eats, music, cool pet products, valuable information and services, and more.

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THIS WEEK'S

# Top 10 movies

By Jeri Jacquin, Movie Maven

EDUCATION

## DESPICABLE ME 2 —

(PG) Of course this is the number one movie grossing over a zillion gazillion dollars at the box office — have you seen it yet? This is a film that is the true definition of family fun. It has laughs, minions, a storyline, family, minions, more laughs and did I say minions? Steve Carell



returns as Gru — the mad scientist not-so-evil-anymore villain and Dad of three rambunctious girls who are growing up. Four tubs of popcorn out of five.

## THE LONE RANGER —

(PG-13) Something told me this wasn't going to go over well with me and — it didn't. I thought the film was insulting, screwed with an icon of many people's childhoods in both radio and television and unnecessarily violent towards the Native Americans, long and miscast. Yea, wasn't a good one for me. Two tubs of popcorn out of five.

**THE HEAT** — (R) Sandra Bullock and Melissa McCarthy are fighting crime — to bad they can't arrest this film. I don't know what they were going for but besides a chuckle or two here and there I felt like I was watching a nightmare of MISS CONGENIALITY. Two tubs of popcorn out of five.

**MONSTERS UNIVERSITY** — (G) From Disney Pixar the guys are back! Sully and Mike take audiences back to when they first met in college. Same antics and same fun but not as good as the first. It's a fun way to start the summer with the kids though. Three tubs of popcorn out of five.

**WORLD WAR Z** — (PG-13) Zombie lovers are flocking in droves to get their undead fix with Brad Pitt starring as a man determined to discover the beginnings of a virus turning the living into the dead. Action, suspense and a few lulls but nothing zombie enthusiasts will mind in the slightest! I may be a tad partial but I had fun with this film. Three and a half tubs of popcorn out of five.

**More Top 10 Movies at  
MilitaryPress.com/  
topten7-15-13**

## EXPERT ANSWERS TO COMMON DMV QUESTIONS

# Ask DMV

By the California Department of Motor Vehicles

**SACRAMENTO** — Do you have questions about general driving related requirements like registration or insurance? Are you unclear about laws and restrictions related to driving? The California Department of Motor Vehicles has answers. "Save Time, Go Online," at [www.dmv.ca.gov](http://www.dmv.ca.gov). You can submit any DMV-related questions at [AskDMV@dmv.ca.gov](mailto:AskDMV@dmv.ca.gov)

**Q. I am visiting California on holiday from Europe. Can I use my disabled permit when I park my rental car?**

**A.** If you have a disabled placard or permit that has the international symbol on it; you can use it in California. For information visit: [https://www.dmv.ca.gov/pubs/brochures/fast\\_facts/ffvr07.htm#](https://www.dmv.ca.gov/pubs/brochures/fast_facts/ffvr07.htm#)

**Q. I noticed that the number on the license plates I received today does not match the license plate number that is shown on my registration card. What should I do?**

**A.** Good catch! It's really important to make sure the information on the registration card matches the vehicle description; including the license plate number you were issued. Please make an appointment with your local DMV office and take in the set of license plates and registration card. A new set of license plates can be issued. Save Time, Go Online! For faster service call 1-800-777-0133 to make an appointment or go online [www.dmv.ca.gov](http://www.dmv.ca.gov) to our Appointment System. You can also make an appointment directly from your iPhone or Android DMV Now smartphone app.

**Q. I would like to go to a DMV investigations office to formally file a complaint on a used car dealership that sold me a car six months ago and never completed the transfer of registration. Where can I find one of these offices?**

**A.** You can find one of these offices online at [www.DMV.ca.gov](http://www.DMV.ca.gov). On the home page, click the Offices tab, and then click Investigation Offices. Click the nearest city name for the list of office locations and hours of operation. It would be best to call and schedule an appointment first and, please note, these offices do not provide basic driver licensing or vehicle registration services and exist solely for consumer protection issues including complaints against car dealer; victims of identity theft, or other consumer protection issues involving the purchase of a vehicle or identity theft.

**More Ask DMV at  
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# Free cupcakes at Contempo grand opening

ESCONDIDO, CA — San Diego homebuyers who are eager to make the move from renting to owning will find this Saturday, July 13<sup>th</sup>, the one date they cannot afford to resist. Don't miss the excitement as William Lyon Homes hosts the highly anticipated Model Grand Opening of Contempo,

a brand new townhome neighborhood in a charming Escondido location. The doors open at 10 a.m. sharp, so arrive early and be among the first guests to tour three professionally decorated and furnished models and take advantage of Phase One homes for sale at prices anticipated to start from the

high \$200,000s. During this Grand Opening celebration, Sweet Treats Truck will be on-site with FREE cupcakes to the first 100 guests who tour the models and collect their voucher on Saturday. Contempo homebuyers will also have the financial benefit of no Mello Roos and low HOA fees. For

more information on Contempo, one of the lowest priced new home communities in San Diego, visit [www.lyonhomes.com/contempo](http://www.lyonhomes.com/contempo).

Homebuyers with busy careers and schedules who understand the importance of a convenient location will find Contempo ideally situated just minutes from the 15 and 78 freeways, affording an easy commute to Oceanside and San Diego. The SPRINTER Rail Station is also close-by and this new neighborhood is within close proximity to downtown Escondido's shops and entertainment, as well as popular retailers at Westfield North County. For weekend fun and recreation, enjoy golf at The Vineyard at Escondido or hiking at Palomar Mountain State Park.

Residents will have access to the Escondido Union School District and the Escondido Union High School District, where students can attend Central Elementary School, Del Dios Middle School and San Pasqual High School.

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<sup>1</sup> Based on 2011 Member Communications Trend Survey.

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**Jimmy Carter**  
 (Oct. 1, 1924 to Present)  
 38th President of the United States

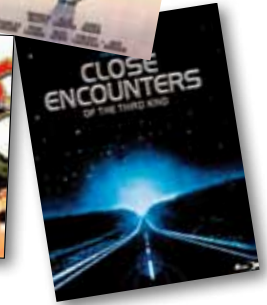


**“America did not invent human rights. In a very real sense, human rights invented America.”**

— Jimmy Carter



**Walter Mondale**  
 (Jan. 5, 1928 to Present)  
 42nd Vice President of the United States



**World events**

- The end of manufacturing the VW Beetle after 30 years and 20 million cars
- Gold reaches an all-time high of \$200 per oz.
- Bulgarian defector Georgi Markov assassinated by Bulgarian Secret Police using poisoned umbrella tip
- Pope Paul VI dies at age 80
- John Paul I becomes Pope but dies just 33 days later
- Cardinal Wojtyla becomes Pope John Paul II.
- World population estimated at 4.4 billion



**U.S. news**

- Camp David Peace Treaty... Egypt makes peace with Israel
- Teachers strike extends summer holiday for students
- Dollar plunges to record low
- Japanese car imports account for half the market following the energy crisis and fuel prices
- Serial killer David Berkowitz, the “Son of Sam,” is sentenced to 25 years to live in prison



- commit suicide in Guyana
- Due to poor Cold War relations, U.S. bans sale of latest computer technology to Soviet Union
- Three American balloonists make the first crossing of the Atlantic by hot air balloon in The Double Eagle
- Karl Wallenda, founder of the Flying Wallendas, dies after falling off a tight rope

**Technology**

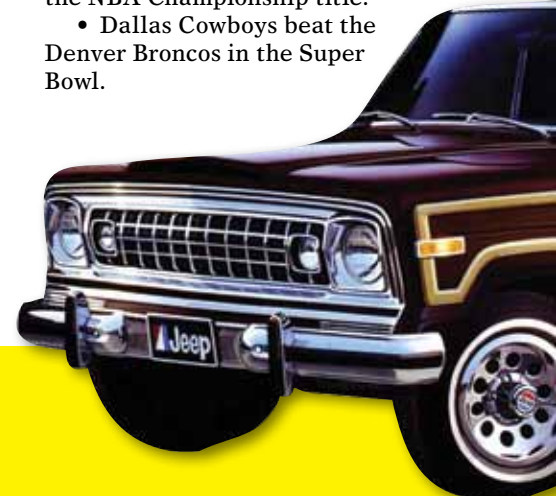
- Illinois Bell Company introduces the first ever cellular mobile phone system
- Space Invaders launches craze for computer video games
- First ever computer bulletin board system (BBS) is created
- 98% of all American homes have a TV
- First test tube baby is born



- U.S. stops production of the neutron bomb (kills people but leaves buildings and infrastructure standing)
- Susan B. Anthony dollar is minted.
- Roman Polanski flees to France just hours before he was to be formally sentenced for rape and other charges against a child
- Cult leader Jim Jones instructed over 900 members of his church, “People’s Temple,” to

**Sports**

- The Washington Bullets beat the Seattle Supersonics for the NBA Championship title.
- Dallas Cowboys beat the Denver Broncos in the Super Bowl.



# remember when...

# 1978



### Popular films

- Saturday Night Fever
- Close Encounters of the Third Kind
- National Lampoon's Animal House
- Jaws 2
- Heaven Can Wait
- Star Wars Episode IV: A New Hope
- Revenge of the Pink Panther
- The Deer Hunter

### Popular musicians and songs

- Bee Gees "Night Fever" and "Stayin' Alive"
- Paul McCartney and Wings
- John Travolta and Olivia Newton-John
- Rolling Stones

- Commodores with "Three Times a Lady"
- Boomtown Rats



Above right: Michelle Rodriguez. Left: Justin Long, Tyrese, Nicole Scherzinger, Ashton Kutcher.

### Popular TV shows

- Happy Days
- Little House on the Prairie
- The Rockford Files
- Good Morning American
- Wheel of Fortune
- Charlie's Angels
- Quincy, M.E.
- The Muppet Show
- CHIPs
- The Love Boat
- Three's Company

### Born in 1978

- Kobe Bryant
- Tia and Tamera Mowry
- James Franco
- Rachel McAdams
- Marisa Miller
- Zoe Saldana
- January Jones



The Pink Panther Returns



### AVERAGE COST OF LIVING

- New House \$54,800
- Car \$4,500
- Gallon of gas 63¢
- Income per year \$17,000
- Monthly rent \$260
- Loaf of bread 51¢
- Dozen eggs 49¢
- Gallon of milk \$1.44
- First-class stamp 15¢

# PUZZLE PAGE

## ACROSS

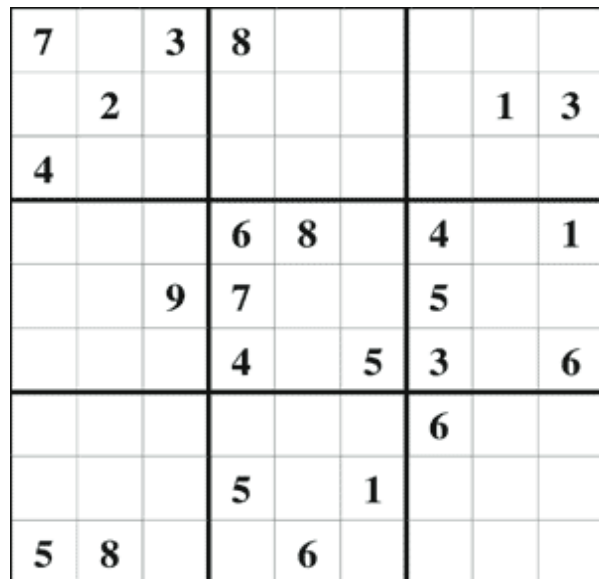
1. Snare
5. Stubble
10. Smudge
14. Protagonist
15. Russian currency
16. Novice
17. Unsurpassed
19. How old we are
20. Adult male
21. Scraped gently
22. A Musketeer
23. Venus and the Earth
25. Wish granter
27. East southeast
28. Apportion
31. Shoe stud
34. African antelope
35. 24 hours
36. Teller of untruths
37. Lying facedown
38. No more than
39. What we breathe
40. Coming and \_\_\_\_\_
41. Assistants
42. Difficulties
44. A large vase
45. A greenish shade of brown
46. Smiled contemptuously
50. Worth
52. Classical Greek
54. French for "Friend"
55. Wicked
56. Dwelling
58. Canvas dwelling
59. Positive pole
60. Initial wager
61. Unrestrained revelry
62. Horse
63. End \_\_\_\_



## DOWN

1. Beat
2. Kidney-related
3. Sporting venue
4. Curse
5. Bring into existence
6. Wrecked ships
7. Competent
8. Young bird
9. Nourished
10. Interference
11. Obstinate
12. Chocolate cookie
13. Throw
18. Top of a wave
22. Dwarf buffalo
24. Close
26. If not
28. Long times
29. Container weight
30. Visual organs
31. Applaud
32. 53 in Roman numerals
33. Not an alien
34. Bright
37. Barbershop emblem
38. Not yours
40. Stare
41. Betel palm
43. Defective
44. Together
46. Malicious
47. Showers
48. Overact
49. Restaurant
50. Quash
51. Affirm
53. Double-reed woodwind
56. Possesses
57. Letter after sigma

**Solution in next issue**



## SUDOKU

The rules to play Sudoku are quite simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

## Last issue's solutions:



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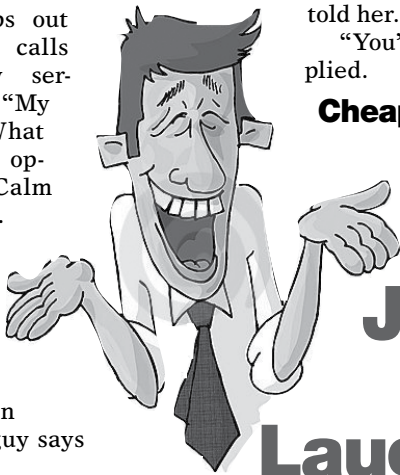
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## Unclear on the concept

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy whips out his phone and calls the emergency services. He gasps, "My friend is dead! What can I do?" The operator says "Calm down. I can help. First, let's make sure he's dead." There is a silence, then a gun shot is heard. Back on the phone, the guy says "OK, now what?"



household chores.  
4. Have sex with him several times a week and satisfy his every whim.  
On the way home, the husband asked his wife what the doctor had told her.  
"You're going to die," she replied.

## Cheap chick

A woman goes into the local newspaper office to see that the obituary for her recently deceased husband is published. After the editor informs her that the fee for the obituary is 50 cents a word, she pauses, reflects and then says,

"Well, then, let it read 'Fred Brown died'."

Confounded at the woman's thrift, the editor stammers that there is a 7-word minimum for all obituaries. The woman pauses again, counts on her fingers and replies, "In that case, 'Fred Brown died: 1983 Pick-up for sale'."

## A real getaway

I told my wife to spin the globe, put her finger on it and wherever it lands that will be the holiday destination.  
"Ooooo!" she says excited, "Looks



like its the Caribbean."  
"Great ." I replied, "Now lets see where I'm going."

## Picture NOT so perfect

A man moves into a nudist colony. He receives a letter from his mother asking him to send her a current photo of himself in his new location. Too embarrassed to let her know that he lives in a nudist colony, he cuts a photo in half and sends her the top part.

Later he receives another letter asking him to send a picture to his grandmother. The man cuts another picture in half, but accidentally sends the bottom half of the photo.

He is really worried when he realizes that he sent the wrong half, but then

remembers how bad his grandmother's eyesight is, and hopes she won't notice. A few weeks later he receives a letter from his grandmother. It says, "Thank you for the picture. Change your hair style...it makes your nose look short!"

## Celebrating a close call

Husband takes the wife to a disco.

There's a guy on the dance floor giving it large - break dancing, moon-walking, back flips, the works.

The wife turns to her husband and says: "See that guy? 25 years ago he proposed to me and I turned him down."

Husband says: "Looks like the lucky guy's still celebrating!!"

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COMPETITIVE/VALUED OWNER COUPON * .....	\$500
MILITARY REBATE ** .....	\$500
COLLEGE GRAD REBATE * .....	\$400
MOTOZUMA REBATE *** .....	\$500

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MILITARY REBATE ** .....	\$500
VALUED OWNER .....	\$500
MOTOZUMA REBATE *** .....	\$500

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VALUED OWNER .....	\$750
MOTOZUMA REBATE *** .....	\$500

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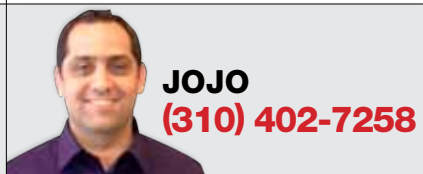
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**Best teams not to win the Super Bowl**

By Brad Oremland

I'm interested in losers. Our sports culture focuses on winners, to the point that we forget about those who fell short. Twenty years from now, will anyone but home fans and die-hards remember last season's 13-3 Broncos and Falcons, or the Houston Texans, who started 11-1? Will fans recall the 2011 Green Bay Packers as a great team who had a bad week at the worst possible time, or as just another good team that wasn't good enough?

This is the second article in a two-part series, looking at every current NFL franchise and picking out its best team of the Super Bowl era that did not win a championship. Last month, we looked at AFC teams, and this week, we'll wrap up with the NFC. Teams are sorted alphabetically within their divisions.



**2012 Atlanta Falcons**

• 13-3, outscored opponents 419-299; lost NFC Championship Game

Atlanta also went 13-3 two years earlier, but I chose this team for two reasons.

One is that it

won a playoff game, while the 2010 Falcons lost in the divisional round to Green Bay. The other is pass of-

fense. The earlier team had a better running game and perhaps a slightly better defense. But for 2012, Atlanta had a mature Matt Ryan at the height of his powers, and a mostly healthy Julio Jones as an additional weapon to terrorize defenses.

I prefer the Mike Smith/Matt Ryan teams over Dan Reeves' 1998 Super Bowl team mostly for consistency. The '98 Falcons were a one-year wonder, the franchise's only winning season between 1995-2002. With Smith and Ryan on board, the Falcons have had a winning record every year and made the playoffs four times in five seasons. Everything came together in '98, but there's a lot more talent on the current team.

**2012 Seattle Seahawks**

• 11-5, outscored opponents 412-245; lost divisional playoff

I hate choosing teams when there are three obvious stand-outs, because I'm only honoring two per franchise. For Seattle, you've got three successful teams from

three distinct eras: Chuck Knox's 12-4 1984 Seahawks with Dave Krieg, Steve Largent, and Kenny Easley; Mike Holmgren's 13-3 2005 team with Matt Hasselbeck, Shaun Alexander, and a great offensive line; and Pete Carroll's team last year, with Russell



TEAMS, cont'd. on Page 24

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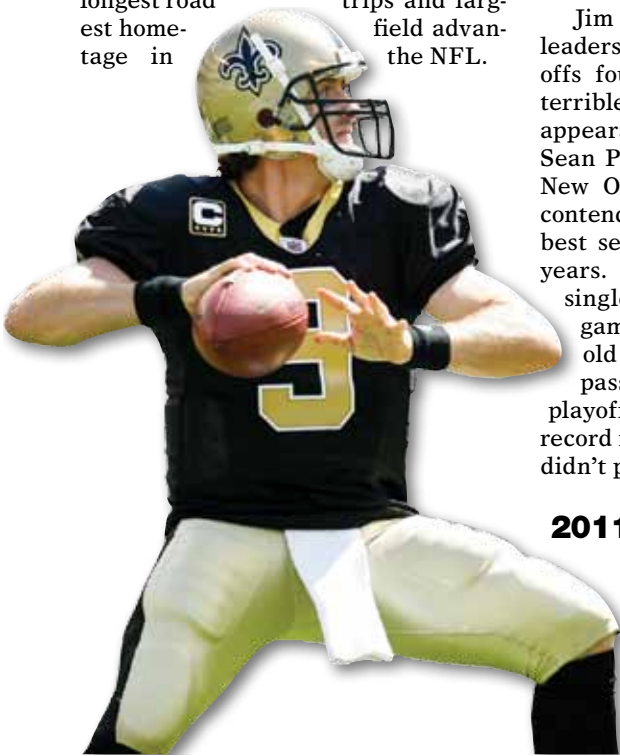
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**TEAMS**

Cont'd. from Page 22

Wilson, Marshawn Lynch, and the NFL's top scoring defense.

Wilson got better and better as the season progressed, and Lynch rushed for 1,590 yards, but outstanding defense ultimately set Seattle apart, and nearly carried the team to a Super Bowl appearance. A slow start sent Seattle on the road in the postseason, a colossal factor for the team with the longest road trips and largest home-field advantage in the NFL.



**2011 New Orleans Saints**

• 13-3, outscored opponents 547-339; lost divisional playoff

When I was growing up, the Saints were a joke. Sometimes a team is bad long enough that it becomes known for losing. Casual fans know it, late-night TV hosts joke about it, even your mom who doesn't care about sports is vaguely aware of it. For about two decades, that was the Saints. From 1967-85, New Orleans went 83-187-5 (.311) and never had a winning season.

Jim Mora changed that. Under his leadership, the Saints made the playoffs four times. Then the team got terrible again, with only one playoff appearance from 1993-2005. Since Sean Payton came on as head coach, New Orleans is a perennial playoff contender, and most of the team's best seasons are from the last seven years. The 2011 Saints set all-time single-season records for yards per game (467.1, shattering a 50-year-old record), first downs (416), and passing yards (5,347). In their first playoff game, they set a postseason record for offensive yardage (626) and didn't punt all game.

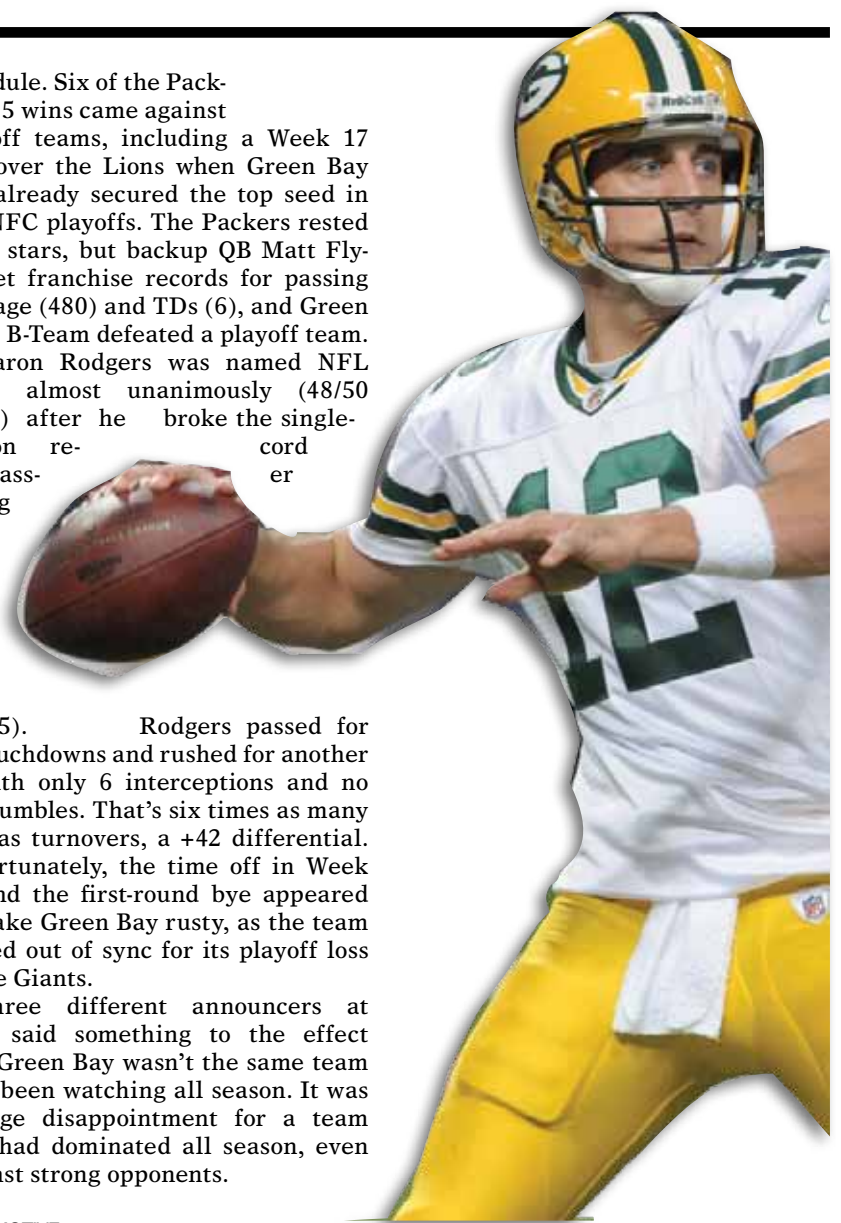
**2011 Green Bay Packers**

• 15-1, outscored opponents 560-359; lost divisional playoff

The Packers went 15-1 and outscored their opponents by over 200 points. That's really all you need to know this was a great team. But this didn't happen against a cupcake

schedule. Six of the Packers' 15 wins came against playoff teams, including a Week 17 win over the Lions when Green Bay had already secured the top seed in the NFC playoffs. The Packers rested their stars, but backup QB Matt Flynn set franchise records for passing yardage (480) and TDs (6), and Green Bay's B-Team defeated a playoff team.

Aaron Rodgers was named NFL MVP almost unanimously (48/50 votes) after he broke the single-season record for passing rating



(122.5). Rodgers passed for 45 touchdowns and rushed for another 3, with only 6 interceptions and no lost fumbles. That's six times as many TDs as turnovers, a +42 differential. Unfortunately, the time off in Week 17 and the first-round bye appeared to make Green Bay rusty, as the team looked out of sync for its playoff loss to the Giants.

Three different announcers at FOX said something to the effect that Green Bay wasn't the same team we'd been watching all season. It was a huge disappointment for a team that had dominated all season, even against strong opponents.

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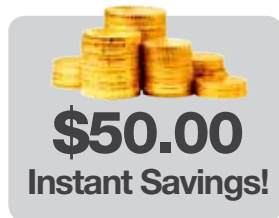


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