Serving Active and Retired Military, DoD Workers and Civilians for Over 35 Years

VISIT MILITARYPRESS.COM



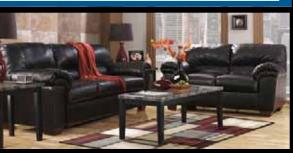


NEED CREDIT?



MILITARY AND GOVERNMENT EMPLOYEES ALWAYS APPROVED FOR CREDIT





"SCORPIO" 5-PIECE LIVING ROOM PACKAGE



"ROUGHRIDER" 5-PIECE LIVING ROOM PACKAGE



TVs

SHARP 60" LED HDTV TWICE MONTHLY



Want...The Credit You Deserve.®

The Jewelry You

25% OF DIAMOND BRIDAL JEWELRY YOUR CHOICE!

MONTHLY





TABLET SPECIAL

AMAZON KINDLE FIRE 7"

TWICE MONTHLY



FletchersJewelers.com

Located inside USA Discounters

 SUPERIOR CUSTOMER SERVICE **QUALITY MERCHANDISE** IMMEDIATE DELIVERY

 PAYROLL AND ALLOTMENT EXPERTS **POWER OF ATTORNEY ACCEPTED**

GET PRE-APPROVED ONLINE NOW AT **USADISCOUNTERS.NET**

CHULA VISTA, CA 476 BROADWAY / 619-585-4170

OCEANSIDE, CA TOWN & COUNTRY SHOPPING CTR. 1767 OCEANSIDE BLVD / 760-433-8303



STORE HOURS: M-F 10AM-9PM • SAT 10AM-8PM • SUN 12PM-5PM



*Payments listed are examples only and are based on zero down payment at 19.99% APR for 24 months with approved credit, taxes and any delivery and installation charges not included. To calculate the total cost of financing simply multiply the payment amount by 48. Other financing rates and terms are available with approved credit and differ depending on the state where purchased. Jewelry is enlarged to show detail and may not always be exactly as shown. Items shown may not represent items in stock. Limited time offer, no substitutions; limited quantities. Offer expires 8/14/13. See store for details. All products or service names mentioned on ad are trademarks or registered trademarks of their respective owners.

**Off original prices. Interim markdowns may have been taken. Discount does not apply to watches or diamond solitaire rings. Offer excludes everyday low prices on diamond solitaire rings. Limited time offer. See store for details. \Subject to credit approval. Other terms may apply. Offer not valid on previous purchases or a refinance of or add-on to a current account. Any late payment nullifies the zero interest offer. Minimum payments required. Limited time offer. See store for details.



MR. PRESIDENT & MR. ATTORNEY GENERAL:

By Richard Matz **Publisher**

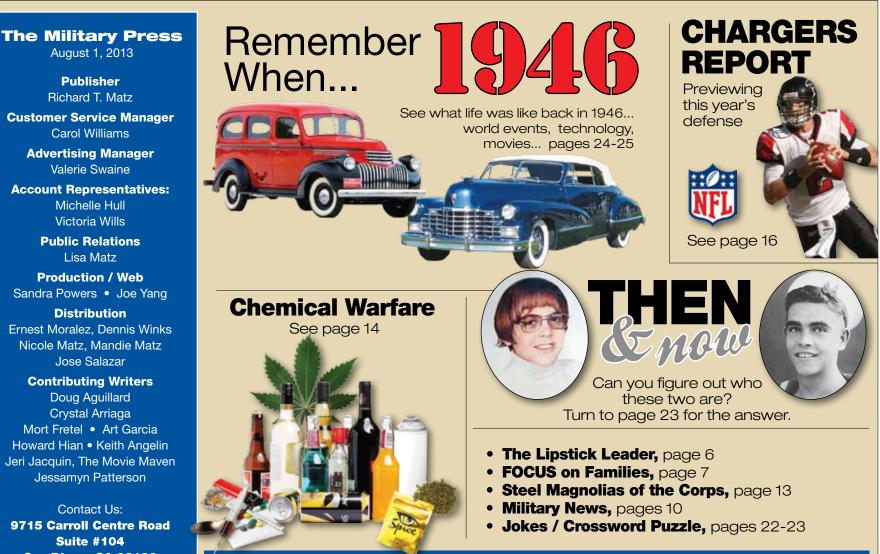
I know both of you are privy to all the information about the Trayvon Martin / George Zimmerman trial. Neither of you has the right to question the jury nor ask for an investigation by the Department of Justice into this case. Why would you instigate dissent and rioting in the streets of our major cities across this country. To use race as an issue is an insult to all black, white, brown, yellow, and red Americans.

If you must talk about discrimination, talk about the discrimination between the haves and have-nots, the rich and the poor, the famous and not so famous.

only color that mat-

ters in our country is the green, you know the color of money! If you have lots of green there are no prejudice against you but if you're part of the declining middle class and poor, the discrimination and prejudices close all doors in front of you.

Mr. President and Mr. Attorney General, get back to business, do your jobs, and quit trying to deceive the American people by introducing an issue that will keep the country divided and our minds off the real problems.



Carol Williams **Advertising Manager** Valerie Swaine **Account Representatives:** Michelle Hull Victoria Wills **Public Relations** Lisa Matz **Production / Web** Sandra Powers • Joe Yang **Distribution** Ernest Moralez, Dennis Winks Nicole Matz, Mandie Matz Jose Salazar **Contributing Writers** Doug Aguillard Crystal Arriaga Mort Fretel • Art Garcia Howard Hian • Keith Angelin Jeri Jacquin, The Movie Maven Jessamyn Patterson Contact Us: 9715 Carroll Centre Road **Suite #104**

August 1, 2013

Publisher

Richard T. Matz

San Diego, CA 92126 Tel 858.537.2280 www.militarypress.com editorsdesk@militarypress.com

What the media chose not to tell

By Bill Whittle Transcript of Bill's show Afternturner: The Lynching LYBIO.net

Well, hi everybody. Welcome to Afterburner. I am Bill Whittle. The NAACP compared the Trayvon Martin shooting to the lynching of Emmett Till in 1955, two young black men on their way to buy some candy being murdered for the crime of being black.

SiriusXM Radio host, Joe Madison called the Martin shooting, nothing more than a modern day lynching. Oh he was right about, an innocent person was tied to a tree, kind of a tree anyway, and destroyed before it could be tried for any evidence was in. And that's exactly what happened.

And this People magazine cover summed up the case. They got the guilty verdict against George Zimmerman, because the trial isn't important, the world found him guilty. A poor black child murdered in cold blood on the way to the 7-11 to buy some candy. Get a good look at this magazine cover, really soak it in, because stories and covers like this one are evidence of one or two things on the part of the media, either criminal fraud or criminal negligence.

No, I'm not here to retry this case. but I am here to skim. I'm skimming the volumes of credible material, often in Trayvon Martin's own words, that every major news organization simply ignored in order to tell this story. And weeks and months after the event, presumably reputable news sources presented a narrative that was sold to the world as news journalistic truth. The truth is still there, it's the journalism that's gone.

So let's put aside the sentiment for a moment, we'll come back to the sentiment and look at what we know. Daniel Patrick Moynihan once remarked, "You're entitled to your own opinion, but not your own facts". So where to begin? Well, you could start with these two pictures; run side-by-side virtually everywhere, the cherubic innocent boy and the scaling white Hispanic racist assassin everywhere all the time.

Well, first of all, let's start at the

crime scene, because if you'd arrived there, and the police were in there about a minute after the shooting. You would not have seen this, but rather this. Trayvon Martin was not the child portrayed on the People magazine cov-

er or in the hoodie. And you can tell that George Zimmerman has hardly assassinated a defenseless child from a distant. So what did the media know or should have known about the two principles that they sat on in order to perpetuate the story.

Well let's start with Travvon. That happy looking boy on the People magazine cover really came apart especially after his father's second divorce. He became active in mixed martial arts style fighting, texting for example, that he wanted to rematch with an opponent, because in his own words, "The other guy hadn't bled enough." Witnesses testified that he was on top of Zimmerman at the time of the shooting, raining down what were called mixed martial art style blows. We have screen grabs of Trayvon's text. They're not airable here for extreme graphic content that showed sexual aggression typical with hip-hop culture in America today. Anyone reading those texts would not describe Trayvon Martin as a sweet young child. He was violent and highly sexnalized

And then things start to get even more serious, because a search of Trayvon's locker at school revealed a burglary tool and several pieces of stolen property including jewelry, incredibly well – what – that would have been incredible. One-time, Dade County School officials decided to list that as found property rather than stolen property, if they listed it as stolen property, a police report would have been required, which would reflect badly on black crime rates in the school system. So that was ignored.

And nevertheless, Trayvon had been

suspended several times for behavioral issues in the months leading up to the shooting. And then there is the issue of the candy and the ice tea. Now we were told that Trayvon again, an innocent child simply went to the store to buy

some candy and some ice tea. But it wasn't just

any candy, and it wasn't ice tea. It was skittles candy and a drink called Arizona termelon Fruit Juice Cocktail. Here is the can found at the shooting scene. The prosecution continually kept up this deception by referring to this drink as tea

by referring this drink a ice tea

have speculated that they did so to avoid the racial stereotype of black people and watermelon, but there is a much better explanation.

Because if you take Arizona Watermelon Fruit Juice Cocktail, a bag of skittles and add simple cough syrup, you get a cheap codeine-based drink called Lean. Now there is an entire online subculture devoted to the use of Lean, which Trayvon was familiar with. We have screen grabs, of being trying to score some codeine online and instead being told, he could make some fire ass Lean, using cough syrup, skittles, and Arizona Watermelon Fruit Juice Cocktail. It seems a bit of a coincidence to me that the only two items he picked up out of the entire 7-11 were two thirds of the ingredients needed to make Lean.

Now additionally, we have a report from his autopsy that reveal a form of liver damage in this otherwise healthy young man, just a few days short of 18 that are consistent with a kind of trauma that excessive Lean usage does to an otherwise healthy liver.

And most importantly, the online subculture refers to a number of psychological symptoms associated with the use of Lean, the two most prominent being extreme physical aggression and paranoia, and we could do this for hours.

So what about Zimmerman; the arch racist who shot an innocent boy in cold blood. Well, he was raised alongside of two black children, black members of his community testified he was the only person of any race or color that came up and introduced himself when they moved into the neighborhood. And when a homeless blackman named Sherman Ware was knocked down by the son of a Sanford Police officer, George Zimmerman and only George Zimmerman was so outraged by this assault that he printed up flyers and continued to do so until the son of the policeman was charged with the assault on the homeless black man.

The FBI told Eric Holder's Justice Department, civil rights case against Zimmerman would fail, because not only was there no evidence that he was a racist. There was a preponderance of evidence that he was not. His was not a white gated community, but a multi-cultural one. And one in which he seems to have been pretty nearly universally liked and admired, a breakdown of the times and distances between the video recording of Trayvon in the 7-11, the 9-1-1 call and the time of the shooting showed that Trayvon was not being pursued by Zimmerman.

Story continues at MilitaryPress.com/zimmerman

LEGAL / MEDIATION -



PET SUPPLIES



'Lean' can lead to arrest and death

Twitter @ dana_hughes

It's more than a drug; it's a culture. It's what's known on the street as "Lean," a highly addictive cocktail of cough syrup, cold medicine, alcohol and candy - so potent it makes you "lean" over when high.

The drug first began to get attention a few years ago, when a popular Houston DJ overdosed on it. At that time, it

was easv to make and easy to get, Ron savs Peters, professor at the University of Texas School of Public Health. "As far as across Texas, across also the southern part



of the United States, estimates have shown that it to be at one time a pretty common drug of choice amongst kids... anywhere from ninth grade all the way up to young adults," says Peters.

Authorities have recently tried to crack down on the drug, but while the crackdown has made it harder to get, it's also made it easier and more profitable to traffic.

A year and a half to two years ago the price for a pint of codeine promethazene cough syrup was about \$20 and was called a deuce, and for 16 oz, which was called a PT cruiser, would go for about \$120 to \$125," says Peters. "Now go for anything from about \$250 all the way up to \$350." Pharmacists, doctors and drug dealers from other states are getting into the act, says Peters.

Lean is so popular that it produced a Houston-based rap called screw music named after DJ Screw, who overdosed on the drug. The music takes hiphop beats and slows it down to a crawl, reflecting the sleepy, laid-back feeling

> the drug gives its users. was even the inspiration for a Top 10 song by the Oscarwinning group Three-Six Mafia, "Sipping on Some Syrup." Peters says the drug and

the music have grown together. "One of the studies did show that a lot of children found out about what codeine promethazene was through the music," he says. "And some of them stated that their first time finding out about it was through the messages that were in this screw music." But, Peters says, the music is a way to make parents and the community aware of what is happening. He instructs parents to "always listen to some of the music some of our kids listen to," he says. "Whether they like or not, it can give them insight into what's happening in their kids' lives and open up dialogue."



Flames of anger

By Bob Zimmerman, Veteran Advocate

If many of us, including the "jump the gun" media with its appetite for sensationalism, would engage the use of common sense when exercising opinions over our nation's public airwaves on radio, television, and in print news, there would be much less fanning of the "flames of anger."

In America the rule of law is our way of life. There are those among us who think their opinion is sacrosanct. If they choose to break the law to express their opinion, they are breaking the law and in America, law breakers pay the consequence for their indiscre-

If you are a citizen of these United States of America, that makes you an American... period. No hyphenation necessary! That said, how one conducts themselves in the public arena, if contradictory to the public good, may be subject to arrest and penalties.

> Racists come in all colors, in many cases the cries of racism are akin to yelling "fire" in a crowded theatre causing chaos to ensue. Again, there are those among us that relish the idea of exercising their ability to stir the cauldron of hatred.

We know who these snake charmers are, and when they rear their ugly heads, the U.S. media is there to help stir the current boiling brew... with sensationalism. Americans should come together and demand such practices be abandoned. Let calm prevail in this land of the free and home of the brave!

All red-blooded Americans dismiss this kind of behavior just as we do a thunderstorm in the middle of the night. Common sense rules the occasion. If it's the thunderstorms, we just roll over and go back to sleep.

Lipo only \$650 per area Take advantage of our military discounts osmetic Surgery Center for Excellence Free Consultation Served over 1,000 military families Financing Available (858) 483-0690 www.CosmeticSurgeryCenter.com Sassan Alavi, M.D. One of the top cosmetic surgeons in the nation for the past three years. Cose 8 inches in 8 weeks Actual prices may vary August 1, 2013 THE MILITARY PRESS 5

Leadership tools for women

Sherry D. Strothers is a life coach and Lipstick Leader founder. She serves currently as a Chief Warrant Officer in the U.S. Navy with 27 years of active service. She is also a mother, entrepreneur, consultant, speaker, writer, strategist and is active within many leadership organizations. Sherry has one passion... the empowerment of women. She has mentored thousands of women over the years as a leader within the military. She serves to inspire, cultivate self-esteem, challenge and demonstrate her "never give up" attitude. Go to SherryStrothers.com to learn more.

Smudge Free (SF) Leadership is not an act but an attitude. As more women become aware that they cannot live up the Super Women syndrome and face the reality that they can't do it all alone. SF leaders understand that they must always care for themselves so that they would have the energy and where with all to care for others. There are many tools the SF leader must have at her disposal, but her base is LIPSTICK....

LISTEN to others, but always make the final decision. Successful solutions are built on ideas, inspiration, and the ability to draw on information that helps you make the best decision.

INVEST in yourself. Maintaining your mental, physical, and emotional wellness is key to clear focus and unlimited drive. Spend time and money for your spiritual healing, physical fitness, and educational growth.

PRIORTIZE and delegate. As a leader your responsibilities can be endless. You must have the ability evaluate a task, identify a solution,

and empower the right people to get it done.

SELF-WORTH. Know yours and others will value you. Never be timid or shy. You're in your place at the head of the table and don't apologize for being there.



TRUST your instincts. Trusting others is a lifelong lesson, but trusting yourself can be the challenge. Fear of failure delays progress. Allow yourself to fail, but trust yourself to use your failures to build strength. Remember strength comes from struggles.

INSPIRE others to follow. Lead with passion, commitment, and confidence and dedication from others will follow

COMMUNICATE effectively. Always be clear, concise and deliberate when communicating. Nothing will destroy credibility quicker than a woman that cannot make up her mind or is easily swayed by the opinions of others.

KEEP CALM. Never make decisions or assign responsibility while in an emotional state. Maintain a level head, evaluate the situation, and then act. Professional decisions should be made with rational thought, not emotion.

Sherry's books are available from her website, SherryStroghers.com:

- Strength is in the Struggle This book will enable you to learn about yourself and thus tap into the strength you have in abundance. Consider this book as your GPS to success!
- How to Break the Glass Ceiling Without a Hammer As a member of the Professional Women Network, Sherry is one of 30 international coaches and consultants selected to co-author this book for Career Strategies for Women.



MAIL CALL — U.S. Marines assigned to 26th Marine Expeditionary Unit (MEU), sort mail in the hanger bay of the USS Kearsarge (LHD 3) after a resupply at sea, July 20, 2013. The ship received 136 pallets of mail, the largest shipment on this deployment. The 26th MEU is a Marine Air-Ground Task Force forwarddeployed to the U.S. 5th Fleet area of responsibility aboard the Kearsarge Amphibious Ready Group serving as a sea-based, expeditionary crisis response force capable of conducting amphibious operations across the full range of military operations. (U.S. Marine Corps photo by Sgt. Christopher Q. Stone, 26th MEU Combat Camera/Released)

ENTERTAINMENT -





or on holidays. Based on availability.





Helping children reduce anxiety

When children are sad, mad, angry or even frustrated they sometimes don't realize how much it can affect them physically. Strong feelings can look and feel different for each child. When going through daily life children often have physical reactions in their bodies and thoughts about situations they encounter. How a child responds, reacts, or behaves is often

FOCUS:

Strengthening

the Home Base

a result of what they are feeling and thinking at the time. Many events or daily activities can intensify and get more complex around the holidays. This

is especially true for military children dealing with a parent being gone during that time. During deployments, parents and other caregivers are also coping with loved ones being gone, which can be very challenging. Understanding feelings and finding helpful ways to cope is important for both parents and children.

FOCUS provides several tools that can be used to help children calm their bodies during stressful times. One of these tools is progressive muscle relaxation for children. Progressive muscle relaxation is a technique used to help children manage the physical effects of their feelings. When a child is stressed he or she could physically experience headaches, stomach aches, clenching of the fists or teeth, muscle tension and much more. Progressive muscle relaxation provides children the ability to relax their bodies when stress becomes physically overwhelming. The FOCUS Progressive Muscle Relaxation script (available at www. focusworld.org) starts with deep breathing. Then it takes the child on a journey through their body, focusing on each specific muscle group by tensing and relaxing the muscles. The script tells a fun story that engages children and helps them to experience relaxation more fully. For example, kids are instructed to squeeze pretend oranges to help them tense and release their fists and arms. When they imagine drinking the juice, it is very sour so they have to tense and release their jaws. There are scenarios that move throughout the body. In the end, children feel calm and relaxed. Parents often feel refreshed too. The FOCUS Progressive Muscle Relaxation script teaches children that even when they are tense or stressed they can relax their bodies and calm down.

While older children might be able to read the FOCUS Progressive Muscle Relaxation script on their own,

others may need to follow along while it is read to them. It can be helpful for younger children to have a visual aid, in the form of pictures of each part of the story, which can be created as a fun summer project! For example, a homemade Progressive Muscle Relaxation Picture keychain can provide a visual reference for each of the scenarios in the script. The key chain

is portable and can be used as a reminder of the important relaxation steps that a child can use when he or she is nervous. To make the keychain, you

will need a key or binder ring, hole punch and pictures. You can print the pictures or your children can draw their own. Simply cut out the pictures, punch holes and attach to the key ring. Your children can easily carry it in a backpack or pocket. The keychain will help them remember the steps when they need to relax.

As a mom and military spouse, I know that the summer can be full of hustle and bustle and lots of stress especially as routines change. I can remember two years ago when I volunteered to help out with the holiday performance for my daughter's Kindergarten class. I found myself in a room filled with 45 "little reindeers" looking at me like they were going to cry or throw up. I had very little time to respond as they were getting ready to go on stage. Knowing in my head that their tummies were probably filled with butterflies and their hands were shaking, I gathered them all together. I towered over them like a big Christmas tree and told them in a very soft and "mommy friendly" voice, "boys and girls I want you to listen to my voice very carefully." I proceeded to teach them how to relax using the FOCUS Progressive Muscle Relaxation script. I was amazed at how relaxed each and every one of them became. They had a wonderful performance, and I was so proud of all of them. This is now a ritual my kids use before many performances, tests, meetings, sports events, and much more. I hope that you will find this relaxation technique and keychain as helpful as I have throughout the summer and all year long.
FOCUS (Families OverComing Un-

der Stress) is a resiliency-building program of the Navy Bureau of Medicine and Surgery (BUMED). FOCUS is an eight-session training program for military families that is grounded in more

FOCUS, cont'd. on Page 20



6183 Paseo Del Norte, Carlsbad, CA

Marriage problems and your kids

to be a good parent, right? Think for a moment about all the time, ener-

gy, and money you put into your children. You send them to the best schools. help them with their homework, buy them the cut-Sunday

Marriage Fitness with Mort Fertel

clothes, work hard to save for their college education, take them to the best



drive them to baseball practice, and make their favorite dinner.

> That's all fine, but make no

mistake about it; the MOST IMPOR-TANT thing you can do for your children is NONE of those things. The most important thing you can do for your children

has nothing to do with their education, entertainment, athletic endeavors, or even their physical health. The most important thing YOU can do for your children is to have a GREAT MAR-RIAGE with your spouse.

It's hard to be a good parent unless you have a good marriage. Why? Because teaching your children how to succeed in love is your MOST IMPOR-TANT responsibility.

There will be nothing more important in your children's lives than the success of their marriage. (I know you know that.) And who's going to teach them how to love their spouse. You are! But they won't learn it from what

you lead...they'll learn it from YOUR marriage.

Ralph Waldo Emerson said, "Who you are speaks so loudly, I can't hear a word you're saying."

Whatev-

er you want your children to achieve in their life, you first have to achieve your-self. If you're struggling in your marriage, it's probably because your parents strug-

gled too. So, who's going to break the cycle? Will YOU be the one to change things for generations to come? Or will your children suffer the same burden? Balls in your court.

It's not easy to be what's called a "transition person." But it's doable. YOU can be the "transition person" in your lineage and pave a new path for future generations in your family.

There's nothing better for your children than to raised amidst the comfort there's nothing more devastating to a young soul than to be the victim of a broken family.

If your children don't see love between you and your spouse, it won't

"You can use most any measure

When you're speaking of 'Success'.

You can measure it in fancy home,

Expensive car or dress.

But....the measure of your REAL success

Is the one you can not spend.

It's the way your kids describe YOU

When they're speaking to a friend! "

matter

where they go to school orhow fashionably they But dress. if they wittrue ness love tween vou and your spouse, you

will give them the greatest gift life has to offer.

— Martin Buxbaum

For more info, get the free report 7 Secrets for Fixing Your Marriage at 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

Open letter to military benefits haters

We've been having a rough go of it lately, haven't we? There you are, a civilian, absolutely convinced that the

10% off for Military Families

Board-Certified Orthodontist with 20 years experience.

General Practice Residency at VA Hospital San Diego

3737 Moraga Ave., #B-109 San Diego, CA 92117

(858) 270-2343 • www.toppiorthodontics.com

Get that perfect smile now with braces

Orthodontics by Dr. Russell Toppi

"Thank you for your service."

his weight in pay and benefits. And here I am, a military family member wondering how we got to this point and why you are so misdirected about the value of the military.

I think the problem may be that you are confused. You're there, sitting on your civilian sofa in your civilian house in the town of your choice after coming home from your civilian 9-5 job. You are feeling a little annoyed by the crazy awesome salaries that servicemembers and military retirees score because, in comparison, yours aren't that amazing. And hey! Your taxes are paying for us to have this fabulous stuff! You are incensed by the very existence of commissaries which, you gleefully note in news articles like this one, is supported by tax payers all so that military folks can have access to "15 types of ketchup" at Lejeune. You think they should close.

And over here, you proclaim our benefits - the things we get in exchange for the willingness to die for America — as lavish.

It isn't so much the idea of shutting the commissaries that bothers me. While they do seem like a vital part of life overseas, stateside the argument that they are superfluous at most bases doesn't seem that farfetched. In most cases, as the author of this peachy story notes, there really are other options. Same thing goes for fitness centers and recreation on bases around the country.

Don't get me wrong — I love that stuff and I use it all regularly. But I could live without it just fine. If it comes down to bullets or bagels, I'd go with the bullets any day.

What bothers me about these and other stories and columns like them is

Complete story continues at MilitaryPress.com/haters



Earn up to \$50,000+

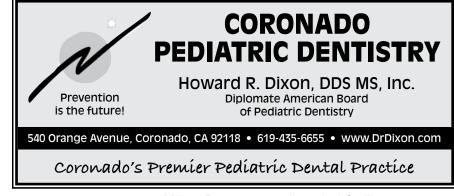
Compensation package includes:

Between the ages of 21-39

 CA resident · No criminal history

Call (858)248-4058

Apply at www.ConceptualOptions.com



The 14 best jobs for women

- **1. Reputation manager.** Tweaking website, social media platforms and search results. Average pay \$58,000.
- **2. Digital strategist.** Play around online all day... and get paid. Average pay \$60,000.
 - 3. Landscape architect. Design

parks, gardens and other outdoor spaces. Average pay \$62,000.

4. Physician's assistant. Treat and diagnose patients... avoid six years medical school. Average pay \$86,000.

5. Group personal trainer. Live in your yoga pants.

Average pay \$31,000 but it's a growing market.

- **6. Video game designer.** Build games from scratch. Average pay \$81,000.
- 7. Health care technology manager. Manage patient records, create databases. Average pay \$83,000.
- **8. ESL or GED instructor.** Help people learn basic reading, writing, speaking English or coach for the GED. Average about \$47,000.
 - 9. Physical therapist. Helping oth-

ers with aches and paints become stronger and healthier. Average pay \$76,000.

10. Interior designer. Make over homes and stage models... no schooling required. Average pay \$46,000.

11. Market research analyst. Like

figuring out what makes people tick? Average pay \$61,000.

12. Physician. Heath care industry is booming. Average pay \$177,000.

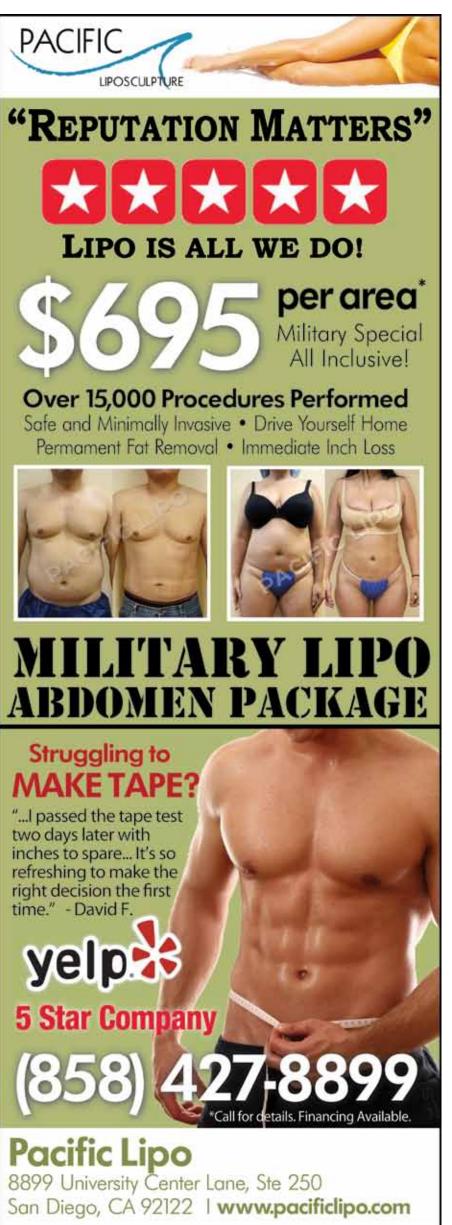
13. Information security analyst. Fight hackers and prevent networks from being broken

into. Average pay \$76,000.

14. Interpreter. If you're fluent in English and a second language, this jobs for you. Average pay \$43,000.

Military Press Classifieds You'll find services and products by militaryfriendly businesses!







The show will go on

The MCAS Miramar Air Show will be held this year, although it won't feature the Blue Angels Flight Demonstration team and it will only be two days instead of three.

Taking the place of the Blue Angels will be The Patriots Jet Team. The Patriots six L-39s have electrified spectators with fast-paced formation flying, choreographed diamond formation aerobatic maneuvers and their signature "Tail Slide" where the aircraft actually slides backwards toward the ground.

Other performances will include Sean Tucker's "Oracle Challenger," Chuck Aaron in the Red Bull Helo, John Collver's "Wardog" and the



Shockwave Jet Truck. Highlighting the Marine Air Ground Task Force, there will be a large static display of Marine Corps aircraft and ground combat equipment, both past and present. Also returning this year, the Twilight Show on Saturday will conclude with a spectacular fireworks demonstration and the "Great Wall of Fire."

5,000 military families losing food stamps

The House action that stripped food stamp funding from a massive farm bill would threaten vital assistance for about 5,000 military families, mostly from the junior enlisted ranks, Pentagon officials said recently.

A Department of Agriculture report last year showed that more than 5,000 of the 48 million Americans receiving Supplementary Nutritional Assistance Program (food stamps) list-

ed their employment status as "active duty military," officials said.

The 5,000 military families receiving food stamps is a tiny percentage of the 48 million recipients nationwide, but it was a major increase over the previous year when the Department of Agriculture reported that only 1,000 recipients listed "active duty military" as an employment status.

Sailors making progress where synthetic drugs are concerned

The Navy is making progress in the fight against synthetic drug use. The number of positive results for synthetic drug in urinalysis tests has decreased significantly since testing began in March 2012. For more information about Navy Alcohol and Drug Abuse Prevention or the Keep What You've Earned campaign, visit www. nadap.navy.mil.

Marines 'not leaving a single thing' behind in Afghanistan

Gen. James F. Amos, Commandant of the Marine Corps, announced June 26 that every single piece of Corps equipment will leave Afghanistan with the troops, or will purposefully be given to another country. Acrossthe-board budget cuts make this re-

purposing a necessity. "We've got to get it out, because that stuff has to go to the depot," Amos said. "Under sequestration, I need to reset it so we can use it." Thus far, the Marine Corps has withdrawn between 65 and 70 percent of its equipment.

Afghan Customs fines add to cost of U.S. withdrawal

U.S. officials say the cost of the troop drawdown in Afghanistan is rising as the Kabul government imposes heavy fines for cargo without valid customs forms.

The Afghan government is demanding the U.S. military pay \$1,000 for every shipping container crossing its border without a proper form, and the fines so far add up to \$70 million, The Washington Post reported Thursday. U.S. military officials are resorting to heavier use of air transport to move the cargo, the report said.

The Afghan government practice could add hundreds of millions, or perhaps even billions, of dollars to the cost of the U.S. withdrawal, the newspaper said.

The issue is part of a larger dispute involving Afghanistan's power to impose business taxes and fines on U.S. defense contractors, the reported said — and has the potential to complicate negotiations on a U.S.-Afghan security agreement covering U.S. military forces remaining in Afghanistan the NATO-led coalition's mission formally ends in 2014.

The Special Inspector General for Afghanistan Reconstruction notified Congress in June Afghan government officials were trying to collect nearly \$1 billion in business taxes and fines from U.S. contractors, the Post said.

Afghanistan this week blocked inbound fuel and equipment shipments intended for use by Afghan security forces, resulting in a buildup of U.S. military cargo.

Gen. Joseph F. Dunford Jr., commander of the International Security Assistance Force and U.S. Forces Afghanistan, has requested a meeting with Afghan President Hamid Karzai on the matter.



War Dogs exhibit opens on **Camp Pendleton**

By Linda McIntosh UTSanDiego.com

CAMP PENDLETON — An exhibit honoring the work of military dogs in the battlefield is scheduled to open to the public at Camp Pendleton's Ranch House.

The display covers 1,000 square feet with more than 200 historical photographs along with memorabilia from military working dogs and their human comrades and caretakers dating back to World War I.

A public preview of the exhibit will be held Saturday, Aug. 3 from 2 to 5 p.m. at the Ranch House, 1344 Vandegrift Blvd. Admission is \$50 and includes live music, hors d'oeuvres and other displays.

For more information go to thedawgsproject.com or for exhibit tours, email mcbcampen_history@usmc.mil. You can also call 760-583-5304 for details.

Retired Marine and author featured in Oceanside Writer's Festival

Officer Matt Lyon, who retired from the Corps in 2000, completed a histor-

ical book about the Oceanside Police Department. The book covers the early western times of 1888 to present day.

Matt's book entitled "Images of America - Oceanside Police Department" chronicles the history of the small town OPD, its growth and progress in po-

lice management, cutting edge technolal Fund, http://nleomf.com.

ogy and strategies of a modern metropolitan agency. With more than

200 vintage images of the police department, Mtt's book brings to life the people, places and events that define the OPD and the early charm of Oceanside.

Book royalties have been donated to the National Law **Enforcement Officer Memori-**

Resources for Veterans

U.S. Department of Veterans Affairs, www.va.gov

California Department of Veterans **Affairs**

1-800-952-5626 www.cdva.ca.gov

VA San Diego Medical Center 858-552-8585

Chula Vista Veterans Home 619-205-1173

County Veteran Service Offices San Diego: 858-694-3222 Oceanside: 760-643-2049

San Diego: 858-642-1500 San Marcos: 760-744-6914 Chula Vista: 858-618-6534

VA Homeless Veterans Program 619-400-5167

Women Veterans Coordinator

858-642-3676

VA Financial Assistance 877-827-3702

Suicide Prevention Line

Have a family member or a friend who is a veteran? Make sure to share this guide!

Veteran Job Fair to be held in August

This is an exclusive veteran hiring event, connecting veterans and military spouses with local and national veteran-friendly employers. The fair will be held Thursday, Aug. 15, from 11 .m. to 3 p.m. at Hotel del Coronado, 1500 Orange Ave.

More than 300 veterans and military spouses are expected to attend this great opportunity to meet faceto-face with veteran-friendly local and national employers including General Atomics, BGA Insurance, Airstreams Renewables, C.R. England, Inc., Military Sealift Command, Level 3 Communications, Amtrak National Passenger Corp., Home Depot, Lockheed Martin, and many more. For more information, call 513-677-7035 or email jkrabacher@recruitmilitary.com

9-digit zip codes mandatory for **FPOs**

Effective immediately, family, friends, and businesses sending mail to Navy mobile units must use a nine-digit ZIP code to ensure delivery. The nine-digit ZIP code is required for all classes of mail. Mail not addressed correctly, including mail already en route, will be returned to the sender as undeliverable. Visit http://goo.gl/fCbbk for more information.

HEALTH



SHUMWAY COSMETIC SURGERY

SALINE & SILICONE BREAST **AUGMENTATION**

We Specialize in TUBA, the highly popular through-the-navel procedure. No scars on the breasts!

Free Botox® or Latisse®

When you choose Natrelle Silicone Gel

SMARTLIPO™ BODY ONTOURING

Quick recovery, less bruising & swelling, cellulite reduction

Other Procedures Offered: Nose Reshaping, Eyelid Rejuvenation, Laser Peels, Botox, Dysport, Facial Fillers

858-587-2640 ROBERT A. SHUMWAY, MD, FACS

9834 Genesee Ave., Ste 225 · Scripps La Jolla Campus www.shumwaycosmeticsurgery.com

Scholarships and job placement for vets

Throughout American history, the brave men and women of our armed forces have returned home after their tour(s) of duty only to find that civilian life is drastically different from their career life in the military. This realization has been endured by those returning from both World Wars, the Korean War, the Vietnam War, and the period beginning with the Persian Gulf Conflict through to present de-

ployments. While we appreciate and honor our veterans serving our country and returning home unharmed, we at The American College want to help them transition to a fruitful and fulfilling life out of the military.

As a nation, we owe a personal debt of gratitude to every veteran. These men and women safeguard our nation, our freedoms and way of life. Veterans, and their family members, often make tremendous personal sacrifices to defend this nation and uphold liberty throughout the world. They miss important milestones in the development of their children. They take time out from their jobs to serve their country. Sometimes they pay for our freedom with their limbs, their peace of mind, or even their lives.

We should, at the very least, offer them an opportunity for a fruitful and

fulfilling life out of the military once their tour is over.

So, what resources exist to help veterans as they transition into the civilian workplace and to develop their talents and skills? The Department of Defense provides programs and support to veterans who seek help with their job search—but in many cases, these offerings may just not be enough, or may not be a good fit for the individual. With the restrictions of recent sequestration our active duty personnel in some branches no longer have this option.

Newly formed by the Penn Mutual Life Insurance Company, in conjunction with The American College, The Penn Mutual Center for Veterans Affairs offers exceptional scholarship opportunities, and eventually job placement, for our veterans and their spouses. The Center is committed to providing military scholarships that cover the tuition cost of prestigious designations or Master's Degree programs offered by The College. This opportunity is unmatched in the financial services industry. The Center is also a valuable resource to industry companies—which can easily obtain information about the services and scholarships offered.

Continued at MilitaryPress.com/penn

CBU #5 on college ranking list

RIVERSIDE — California Baptist University is included on two new lists of college achievements.

TheBestSchools.org ranked CBU as No. 5 on their list of Top 20 Online Christian Colleges.

"We selected the online Christian colleges based on three components:

1) the Christian character of the school; 2) academic prestige; and, of course, 3) the extent and quality of their online programs," said Wayne Downs, managing editor of the site.

TheBestSchools.org is an independent organization with no ties to an educational institution. It receives an average of 5,000 hits per day, according to Downs.

The College Database listed CBU as No. 24 among Top Colleges in California with the Best Student-Teacher

Ratios. Each college or university on the list has a total enrollment exceeding 5,000, yet averages less than 20 students per faculty member.

CBU had a fall enrollment of 6,031 and a student-teacher ratio of 18 to 1.

"California Baptist University has been recognized for providing a learning atmosphere dedicated to personal attention and individual success," said Maggie Evans, managing director of communication and partnerships for The College Database. "It's important for students to find schools where they can easily converse with professors and peers, where even introductory lecture classes make individual attention a priority,"

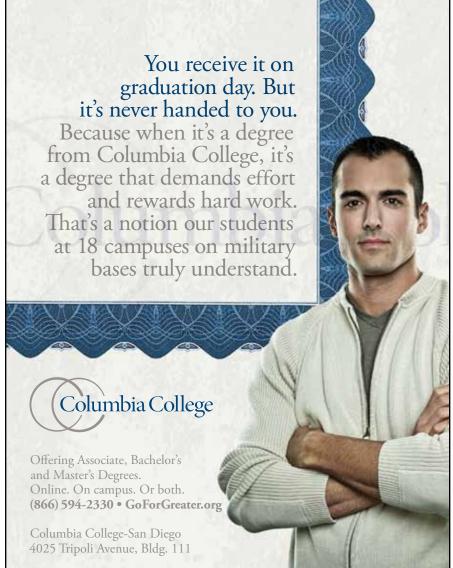
The College Database is a not-forprofit organization whose goal is to provide free information about educational options both nationally and locally to students, parents, and other interested parties.

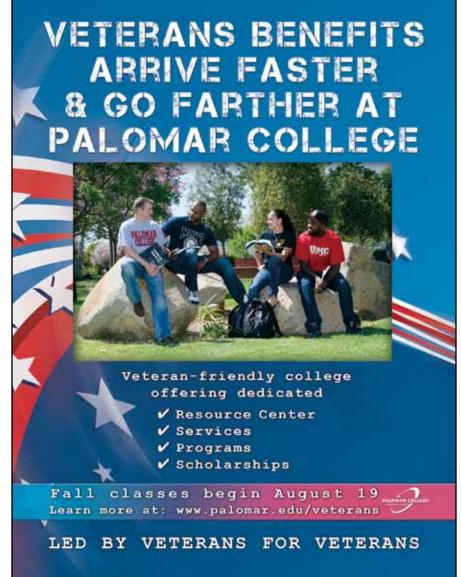
Founded in 1950, CBU is a private comprehensive institution located in Riverside, Calif. and affiliated with the California Southern Baptist Convention. Fall 2012 enrollment at CBU totaled 6,031 students, studying 145 majors and 35 master's degree programs. CBU is a member of the Council for Christian Colleges and Universities, the Association of Independent California Colleges and Universities, the International Association of Baptist Colleges and Universities, and the Consortium for Global Education.

To learn more about CBU Online programs visit www.cbuonline.edu or call 877-228-3285.

EDUCATION

EDUCATION





California/Nevada Roundup

By Howard Hian www.Travels-with-Hian.com

SAN DIEGO The 40th Anniversary Fan Favorite IMAX® Film Festival runs through September 5. in the Heikoff Giant Dome Theater at the Reuben H. Fleet Science Center in Balboa Park.



Here's the lineup: Beginning August 1 - Mysteries of Egypt; August 9 - Everest; August 16 - Coral Reef Adventure; August 23 - Lewis & Clark and August 30 - Arand Canyon. There's even

more at the Fleet; over 100 interactive permanent and traveling science exhibits can be found in eight galleries. Drop into their gift shop; it features unique and interesting games and toys. For information regarding tickets, show times and special events, call 619-238-1233 or visit their website at www.rhfleet.org.

LA JOLLA Concerts by the Sea, www.ljconcertsbythessea.org, celebrates its 30th. annual season this summer. Each Sunday, from 2 to 4 p.m., at Scripps Park overlooking the Cove, this free, family friendly event features a wide range of music. The August calendar starts with big band sounds, followed by Zydeco, then rock & roll and finally the sounds of the 80's. The final concert, a swing band, performs September 1. It's great fun and this year they've added food trucks, including one of my favorites from Chef Deborah Scott, Chop Soo-ey.

DEL MAR Race season is in full swing "Where the surf meets the turf." It's been the social event of the summer since Bing Crosby first welcomed guests in 1937. There are 37 action filled days, with the final race September 4th. The largest purse, the mil-

Steel Magnolias
of the Corps
By Crystal Arriaga



The end of summer blues

Steel Magnolia ladies, haven't we all had times where the walls are creeping in, the ceiling is caving in and we can't stop it?

You know those days ladies. Admit it! It's the end of summer so that means the kids are restless, bored and whining to do something,. Your monster-in-law is "coming to visit," also known as doing a "checking on my son inspection" (so you HAVE to find that dang gravy boat). You just got distant relatives out of your house, the dog needs to pee, dinner's overcooking, you're on Pinterest on your tablet while playing Candy Crush for your sanity on your cell phone, and the husband waltzes in with a "why do you look stressed and unshowered" look on his face. Hopefully he just backs away slowly at this point. Summer's ending and while it was fun, shopping for school clothes and supplies is like pulling teeth... you know it has to be done but you just don't to!!! Until then, what do you do?

Short of trying to call in sick, which for some reason never works, what else do we do? Start a support group called, WWASAP aka Wive's need Wine ASAP? I wish! I say take it one day at a time. I know in this day and age, Pinterest makes us crazy with all these Pallet project ideas (I am taking donated pallets by the way...LOL). But summer isn't always the best time to Martha Stewart it up.

We live on the Golden Coast! Get out there and cherish this vitamin D while you can and just go SUMMER, cont'd. on Page 20

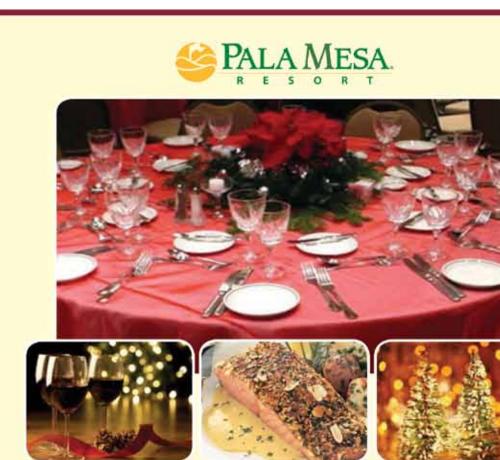
lion dollar TVG Pacific Classic, is on August 25th. An estimated 650,000 people will visit the track this year. Call 1-858-775-1141 for the stakes schedule, post times, daily results, etc., or log on to www.dmtc.com.

LAS VEGAS – Lots going on at the MGM Grand. They've recently completed a remodel of all 4,000 plus rooms and suites with a renewed commitment

Complete story continues at MilitaryPress.com/8-1roundup

ENTERTAINMENT





Holiday Party Package AT PALA MESA RESORT

Reserve by August 31, 2013 AND RECEIVE THESE INCENTIVES:

- ~ Complimentary Room Rental
- ~ Complimentary Holiday Linen Colors
- ~ Complimentary Holiday Centerpieces
- Complimentary Gold or Silver Charger Plates
- Complimentary Round of Golf for Two for Holiday Raffle (Monday-Thursday Golf Only)

\$99 Guestroom Rate
 (For a Contracted Room Block of 10 or more Rooms)

Contact: Leslie Herbach at 760-731-6807 or lherbach@palamesa.com for more details. Not to be combined with any other discounts or offers.



2001 Old Highway 395, Fallbrook, CA 92028 www.palamesa.com

When the good times are over

All too often when people telephone to ask me about counseling, they tell me they're calling because they are an "alcoholic" or an "addict." When I ask them why they think so, they say things like; "I drink too much," "All my friends say I am," or "I love to party."

ENTERTAINMENT

I also work with servicemen who return to their hometown on leave post-deployment, make the mistake of celebrating too much, and end up losing their driving privileges. Usually they feel angry and ashamed at being unfairly labeled as an alcoholic or an

addict when their only crime was being in the wrong place at the wrong time. You might be surprised to learn that none of these things defines the disease of alcoholism or

of alcoholism of addiction.

You certainly wouldn't walk into a dangerous situation unprepared, would you? So before someone slaps a label on

you – or you label yourself – you should know a thing or two about what makes an addict an addict. It's important information, because being able to recognize when the good times are over may save your life.



ties because of your use?

Neglecting or postponing activities. Have you ever put off or reduced social, recreational, employment or household activi-

Spending significant time or emotional energy. Have you spent a significant amount of time obtaining, using, concealing, planning, or recovering from your use? Have you spent a lot of time thinking about using? Have you ever concealed or minimized your use? Have you ever thought of schemes to avoid getting caught?

Negative consequences. Have you

continued to use even though there

have been negative consequences to

your mood, self-esteem, health, job, or

family?

Desire to cut down. Have you sometimes thought about cutting down or controlling your use? Have you ever made unsuccessful attempts to cut down or control your use?

When it's over, it's over!

To meet the medical definition of an addict or alcoholic you need answer yes to only three (3) of these questions. If you did, I want you to stop for a moment and think about how that makes you feel. Before today you may have gone quite a long time abusing drugs and alcohol. In fact you might not even remember just how long other than knowing they have always been there for you. All the while you suffered under the misconception that it was under control.

The truth is, if you've got a chemical dependency problem then you probably waved adios to the good times long ago. Guess what... They're not coming back no matter how much you try. Take it from me. I tried so hard to keep the party going that I lost my job, career, house, marriage, health, friends and finances.

Don't let fear or pride get in your way. Accept reality. Humble yourself and speak up now. See a counselor. Attend a meeting of Alcoholics Anonymous or Narcotics Anonymous. Read the books. I'm a recovering addict and alcoholic who found real fulfillment after drugs and alcohol. If I can do it, so can you.

Keith Angelin, MBA, CADC-II, CNDAI, is a Master's level, board-certified alcohol & drug counselor, and nationally certified intervention specialist. Prior to entering the field of substance abuse counseling he spent two-decades as a leading marketing executive in the health and nutrition industry where he worked with numerous professional athletes and celebrities including Sylvester Stallone, Arnold Schwarzenegger, Clint Eastwood and the Dallas Cowboys. A 14-year battle with drugs and alcohol included dying three times from overdose. His recovery compelled him to re-evaluate his life and share the miracle with others. He can be reached at (949) 939-9222 or through www.InterventionRx.com

The definition of an alcoholic or addict

Alcoholism was officially recognized as a *disease* by the medical community as far back as 1956. Just like other diseases, chemical dependency: Never goes away, will continue to get worse, has well defined symptoms, and is predictable and often fatal. According to the American Psychiatric Association, addiction is characterized by the following seven traits. As you read, check off those that apply to you:

Tolerance. Has your use of drugs or alcohol increased over time? Do you need more to get the same high?

Withdrawal. When you stop using, have you ever experienced physical or emotional withdrawal? Have you had any of the following symptoms: irritability, anxiety, shakes, sweats, nausea, or vomiting?

Difficulty controlling your use. Do you sometimes use more or for a longer time than you would like? Do you sometimes drink to get drunk? Do you stop after a few drinks or does one drink lead to more drinks?

STORAGE









It's all here waiting for you...

Great Fun, Gaming Excitement,
Friendly People, New Promotions,
Delicious Food and More.

All in a relaxed, cozy atmosphere with a come-as-you-are style that is hard to find these days.

Casino Pauma, Your Casino... You'll know it as soon as you step in.







CASINOPAUMA.COM • 1-760-742-2177
Must be 18 years or older. Management reserves all rights.



CHARGERS Previewing the Defense

If there was one positive aspect to 7-9 team new coach Mike

McCov took over it was the Chargers defense. Under first-year defensive coordinator John Pa-

gano, the veteran-led defensive unit showed great promise, especially against the run. However, age, injuries and a lack of depth eventually caught up to them and as a result, new GM Tom Telesco decided it's out with the old and in with the new.

Gone are DT's Antonio Garay and Aubrayo Franklin; DE Vaughn Martin; LB's Shaun Phillips; Takeo Spikes; Antwan Barnes and Demorrio Williams; and three-quarters of its starting secondary -- CB's Quentin Jammer and Antoine Cason, along with S Atari Bigby.

Despite the criticism of the team's draft the past five years, former GM A.J. Smith didn't leave the cupboard bare for Telesco on defense. Led by S Eric Weddle and ILB Donald Butler, the defense Smith assembled has some young playmakers in DE's Corey Liuget and Kendall Reves, but the loss of ten veterans leaves some gaping holes to fill.

Despite being hand-cuffed by the

salary cap space he inherited from Smith, Telesco was able to land some solid starters (DE/OLB Dwight Freeney and CB Derek Cox) via free agency and signed all of his draft choices by early June. Having everyone signed well before camp opened is a great advantage for developing team cohesiveness under a new head coach.

As the Chargers opened training camp this week, here is a look at three questions surrounding the defense and an X-factor question in the en-

With the loss of Garay and Franklin on the defensive front, can the Chargers maintain a solid rush defense with only one veter-- Cam Thomas - returning to the all-important defensive tackle position in the 3-4 scheme?

Coming off a second consecutive 20 tackle season, the 26-yearold Thomas couldn't find himself in a better situation as he enters his fourth NFL season. Already penciled-in as the starter, Thomas is entering contract year with his only competition being four undrafted rookies at the start of camp.

What the rookies are lacking in experience they will hopefully make up for with their size. Joining the 6-4,

6, 335); Brandon Moore (6-5, 317); Jamarkus McFarland (6-2, 305) and Byron Jerideau (6-1, 334). Despite not being drafted, keep an eye on Geathers who has a proud football lineage - he has two brothers currently in the NFL and his father, uncle and cousin played in the league as well.

Kwame

Geathers (6-

With a steady rotation at defensive tackle, the defense finished 2012 ranked 9th overall (326.4 yds. per gm) and 6th against the run (96.4 yds. per gm). In Liuget and Reyes the Chargers possess two of the best young ends in

WIN CAMP DEL MAR TICKETS





day camp for kids

WIN A FUN PACK FOR YOUR FAMILY

Win a day at **Camp Del Mar for** two children

AND

two Stretch Run **Reserved Seating** tickets for mom & dad!

> One winner will be chosen per age group: 5-6, 7-8, 9-10, 11-12

Entry deadline: Wed., Aug. 14, 5 p.m. Winners notified: Thurs., Aug. 15

For more on Camp Del Mar, visit www.campdelmar.com the league. If free agent veteran DE Jarius Wynn can be effective and give the starters a breather, the line will be fine with both Liuget and Reyes having the capability of playing defensive tackle as well.

Moving up to draft Notre Dame's Manti Te'o and the signing of Freeney makes the linebacker corps one the key positions to watch as training camp unfolds. The question is can Te'o live up to his pre-national championship hype and does Freeney have anything left in the tank?

After a disastrous performance against Alabama in the BCS National Championship Game, Te'o will replace Spikes at inside linebacker. Despite his poor performance in the biggest game of his life, Telesco wasn't hesitant to move up in the second round to select former Fighting Irish star.

Fortunately for Te'o, he'll be playing next to and being tutored by one of the better up-and-coming players in the league in Butler. Bront Bird, Andrew Gachkar and Jonas Mouton should provide solid depth as backups and on special teams.

With last years' top pick Melvin Ingram likely out for the year with a torn ACL, the outside 'backer position is the big concern. Jarret Johnson is a stalwart against the run and it's now or never for Larry English to step up and prove that he isn't a wasted first-round pick. Pagano is expected to design special packages for the 32-year-old Freeney to best take advantage of his pass

CHARGERS, cont'd. on Page 20



Wise eyes watching Charger Manti T'eo

As Manti Te'o performed in the training camp opener Thursday, former Cowboys talent man Gil Brandt watched from beyond an end zone at Chargers Park. Brandt, who helped build Super Bowl champions in Dallas, studied Te'o at Notre Dame, too.

"First of all, he was a starter at Notre Dame for four years," Brandt said, "and I know he didn't have any interceptions there until he had seven last vear."

Brandt brought up Te'o's performance against Alabama, twice calling it "terrible," but he said the 22-yearold's instincts are good.

"I don't know if he can cover man

at the borderline speed-wise, but he has really good recognition. He is a good football player."

In May, Te'o looked comfortable as a zone defender in "hook" and "curl" coverage that seemed similar to Notre Dame's. Thursday, when the Chargers practiced in shorts and soft shells, he worked in both man and zone cover-

age. During a passing drill, he lost two steps when Antonio Gates made an out-breaking move. For what it's worth, Te'o won't draw a tight end in the AFC West who is as elusive as Gates.

Te'o said he is bearing in mind the

guys with the ball," he said. "The field is the same length, a touchdown is still worth the same amount of points."

same "comforting" advice that he gave to Notre Dame freshmen last year: Football is essentially the same sport, regardless the level. "You tackle the





First Sales Release

Clearwater Mission Valley places you in the heart of Mission Valley and Grantville including all San Diego has to offer shopping, dining, entertainment, recreation, SDSU and USD, employment centers and across the street from a Kaiser Permanent Hospital. Twenty-two brand new Townhomes. VA/FHA Financing

4535 Rainier Avenue, San Diego CA 619-607-8233 | ClearWaterMissionValley.com

Models open daily except Tuesday/Wednesday





Clearwater Communities reserves the right to change pricing, availability and/or conditions of all productions, options, upgrades or other services. Prices effective date of publication, subject to prior sale and availability. DRE #01864558.

New homes almost ready for move-in

SAN DIEGO — San Diegans who are currently renting and whose futures are focused on the rewards of homeownership are encouraged to get ready for William Lyon Homes' Atrium at The Spectrum, where great prices on brand new condominiums will have them owning in no time. Six floorplans, a convenient location near major employers, coupled with prices anticipated to start from the mid

\$300,000s will make
Atrium a must-have
address for firsttime homebuyers. To get on the
Inside Track for
Atrium and be
among the first
to learn about pricing, events and phase
openings, visit www.lyo-

make natrium your ii iti

natrium.com and register your interest today.

"Attainable pricing, a commuter-friendly location and functional, stylish floorplans are among the top priorities for any homebuyer and Atrium will cover these bases for a diversity

of San Diegans who are hoping to purchase their first home," said Lesley Pennington, Vice President of Sales for William Lyon Homes. "Young couples and families will be pleasantly surprised to learn that what they are currently paying in rent might be comparable to a monthly mortgage payment at Atrium. They will also experience the pride of owning a beautiful condominium, plus the advantages of long-term homebuilders' warranties and the benefits of all new construction. There is a certain peace of mind that comes with buying a new home and Atrium at The Spectrum is poised to accommodate the financial expectations and personal goals of first-time buyers in the months ahead."

Atrium will reflect the comfort and freedom of condominium architecture that is graced with pristine appointments and amenities throughout. The neighborhood's modern designs will range from approximately 1,166 to 2,291 square feet, with two to three bedrooms plus loft, 2.5 to 3 baths and two-car garages. Additional highlights will include elegant master bathrooms, large walk-in closets and charming front porches.

Atrium's setting in the heart of Kearny Mesa will appeal to local professionals who will be conveniently located near Northrop Grumman, National University, Sharp Hospital, Solar Turbine and other important companies.

Short sale protection for PCS

Many military families are no strangers to PCSing – receiving Permanent Change of Station orders is par for the course in military life. And more often than not, spouses (and children) have to stay behind to try to sell the family home. Fortunately, Freddie Mac and Fannie Mae have relaxed their short sale requirements to offer more protection for service members and their families. Under the terms of the new guidelines, military homeowners who have orders to move do not have to be delinquent on their mortgage in order to qualify for a short sale.

For example, say a homeowner wants to sell their home, but the value of the home is appraised at less than what they still owe. In a standard transaction where the home sells for

less than what is owed, the homeowner would use the money from the sale, plus extra, to pay off the sum of the mortgage. However, in a short sale, the home is sold for its market value and the remaining mortgage debt is settled. Because short sales require the lender to take a loss, many lenders will only consider a short sale if the homeowner is delinquent on the mortgage payments or are in danger of "imminent default" due to death, disability or divorce.

In order to meet the delinquency or hardship requirements, most military homeowners would skip mortgage payments (while ruining their credit and jeopardizing security clearances) – even if they could afford it – in order to sell their underwater homes. And the worst part is, once the homeowner has defaulted on their payments, the lender is not required to agree to a short sale and may choose instead to foreclose on the home.

But under the new terms set by the Federal Housing Finance Agency, military members with PCS orders who are current on their loans do not have to show they are having financial difficulties to receive short sale consideration. This will make it considerably easier on families who are required to move as part of their obligation to the armed forces.

It's important to note that the home must have been purchased on or before June 30, 2012, this applies only to homeowners with a GSE-backed mortgage, and the sale price is subject to approval.

JEWELRY -

San Diego, CA

HOUSING -



Military & Veterans Program offered during the month of August

We are a veteran-owned company and have great respect and admiration for active duty military and veterans. For you, we are offering our Military & Veterans Program. In addition, we are pleased to offer you our enhanced premier service at **Significantly reduced commission rates for sellers and commission rebates for buyers.**



IF YOU ARE **SELLING YOUR HOME** YOU WILL RECEIVE:

- A commission of 1% on the selling of your home
- A Connect Realty Signature Services agent to manage the sale of your property
- Listing syndication to major national real estate websites & local MES services
- Electronic key boxes for greater security for your family
- High quality professionally taken photographs to showcase your listing
 CALL FOR
- High Quality custom brochures for potential buyers



IF YOU ARE **BUYING YOUR HOME** YOU WILL RECEIVE:

- A Connect Realty Signature Services agent to manage the purchase of your property
- A commission rebate of 1%
- Customized proactive search profiles with immediate notification of new listings and price reductions.
- Neighborhood, Community, and Utility info.
- Contract preparation and review
- Affordability Analysis

CALL FOR DETAILS

C619-212-7785 SanDiego@ConnectRealty.com

www.ConnectRealty.com
bre #01823864 Transaction periods to Augus

Dre #U1823864 Transaction periods to August 1st do not qualify for the program

HOOAH

OORAH

HOOYAH

Plaza Camino Real
Carlsbad, CA
Ocean Place Cinemas
Oceanside, CA
Westfield Horton Plaza

Westfield Horton Plaza

www.HarrisJewelry.com

AT YOUR SERVICE



Let us help you create a new home that suits you.



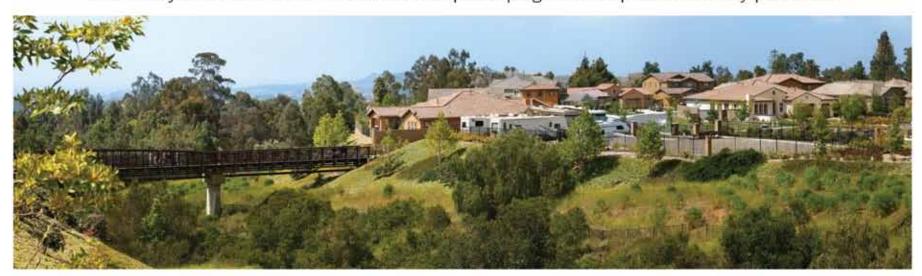






You deserve to be rewarded for all you do for the community.

Visit Shady Grove and learn more about the special programs for qualified military personnel.





Shady Grove in Fallbrook From the high \$400s Model homes and final homesites now selling

- 2,623–3,285 sq. ft., 3–4 bedrooms, 2.5–3 baths
- · no Mello-Roos, gated community
- · RV on-site parking; solar power included
- · minutes to Camp Pendleton-Fallbrook Gate

From Hwy. 76, head north on Mission Rd. approx. 4 mi. Turn right on Stage Coach Ln. and go approx. 3 mi. Turn right on Gum Tree Ln., right on Tom McGuinness Jr. Cir. and left on James Gaynor St. to sales center. OR: From I-15, exit E. Mission Rd. At first stop sign, turn right on Mission Rd. and continue toward Failbrook. Turn left on Stage Coach Ln., left on Gum Tree Ln., right on Tom McGuinness Jr. Cir. and left on James Gaynor St. to sales center. (760) 728-1061

888-KB-HOMES | kbhome.com









ation Welcome. 02013 KB Home (KBH). A 2.25kW solar power system is included as a standard component of a new KB home at Shady Grove. Energy bill savings are based on estimated monthly costs for electricity and gas for a home as designed inct as built) with the corresponding solar power system compared to estimated monthly costs for electricity and gas without the system. KBH makes no guarantee of energy production by any solar power system installed with a home or of energy costs or savings, if any, will vary by floor plan, home size, occupancy, daily addition, appliance usage, thermostat settings, climate conditions, and orientation of the home and the solar power system size and operating conditions, among other factors. KBH reserves the right to modify, discontinue or replace any solar options at any time without prior notice. Other restrictions and limitations may apply. Solar power systems are supplied by SunPower Corporation®. KBH and SunPower Corporation are independent companies. SunPower and the SunPower logo are trademarks or registered trademarks of SunPower Corporation. Plans, pricing, financing, terms, availability and specifications subject to change prior sale without prior notice and may vary by neighborhood, for location and home series. Buyer responsible for all taxes, insurance and other fees. Sq. footage is approximate. Prior may deport upgraded to the prior of the prior not may not respect to the prior of terms. Will try inspect and for information do not reflect nor mindle endoragement by Poet. of Defense or Service Branch. See sales.

CHARGERS REPORT

Cont'd. from Page 17

rushing skills - the last season he garnered double-digits in sacks (10) was 2010. Sixth-round pick, OLB Tourek Williams (6-4; 262), will have a great opportunity to show his skills as well.

With three starters gone from the secondary, which one of the young defensive backs is ready to step up and be a prime-time player?

Having missed 17 games over the past three seasons, the signing of Cox could be a major coup for the defense if he can stay healthy. According to Pro Football Focus, quarterbacks had a passer rating of 44.5

against him, the lowest of all NFL cornerbacks in 2012. He finished last season with four interceptions and gave up just one touchdown pass.

Shareece Wright is the front-runner for the other starting cornerback spot with second-year man Johnny Patrick, 5th-round draft pick Steve Williams and free agent rookies Cornelius Brown and Greg Gaston battling for a roster spot.

In Weddle the Chargers have one of the best free safeties in the league, so the focus is on the strong safety position. With Brandon Taylor put on the PUP (Physically Unable to Perform) list while recovering from a torn ACL he suffered at the end of

last season, Marcus Gilchrist and special teams' standout Darrell Stuckey will compete for the starting job opposite Weddle. With the secondary producing just 10 of the 14 interceptions last season, Pagano is hoping to improve those numbers drastically with the influx of new players.

The Endzone: The X-factor question for the defense is how much pressure they can put

on opposing quarterbacks? In addition to facing Peyton Manning twice, some of the best quarterbacks in the NFL are on the sched-

ule this year. This young, rebuilt secondary will be tested often by the likes of Matt Shaub, Mike Vick, Tony Romo, An-

drew Luck, Robert Griffin III, Andy Dalton and Eli Manning. The defense ranked 18th against the pass (230.1 yds. per gm); 16th in scoring (21.9 pts. per gm.); T16th in interceptions (14) and T11th in sacks (38) at the end of last season - and although they finished in the top 10 in rush defense, they must to a better job tackling. Led by Weddle's 83 tackles, six defensive backs were listed among the top 10 in team tackles, with Cason (62) and Jammer (55) finishing second and third, respectively. If the tackling does not improve from the front seven to get the defense off the field (see Ray Rice), the team will be in for a long season.

FOCUS

Cont'd. from Page 7

than two decades of research and experience serving families dealing with stress and changes. FOCUS is specifically adapted for the needs of military couples, children and families and provides training in core resilience skills. These skills increase closeness, support, communication and adaptability. Couples and families learn to work together to manage difficult emotions, set goals and problem solve, communicate clearly and effectively, and develop customized strategies to deal with ongoing stress and change.

For more information about FO-CUS, visit us online at www.focusproject.org or www.facebook.com/ **FOCUS**resiliencytraining

Contact your local FOCUS site today to learn more about FOCUS and to schedule your personalized training sessions.

- · Marine and Family Services, Bldg. 13150, Camp Pendleton, 760-859-6079, camppendleton@focuproiect.org
- Dolphin Alley, Bldg. 265, NBSD, 619-556-6075, sandiego@focupro-

SUMMER

Cont'd. from Page 13

with the flow. Fall will be here soon at which time the zombie routine of school traffic, sports practices, shlubbing over mundane routines will begin. That can get tedious so enjoy the freedom of just doing whatever you want to do while you have the scheduling freedom to do so! Take your kiddos hiking, fishing, shooting, horseback riding (wow you can tell I'm from Texas), card games, movie trivia, the beach, teach the kids to dance or whatever your family likes to do. Ceramic painting, yoga, whale watching, museums, the library for reading, drive-in movies, traveling, etc., to keep the summer spirit.

Try to steer clear from all the crazy distractions, put on some good music and just have fun while enjoying family time. Your kiddos are only young once so live it up! Fake doctors orders!

Oh, and word of advice for husbands, if you ever catch us with a glossed over look in our eyes, just turn and appear to clean something,. Sometimes we just need a helping hand and ear to vent to. The world will be better place. I wish each and every one of you luck on the end of summer blues!

Questions or comments? Email us at Military Press at keepinformed@ militarypress.com! You can also follow my blog @ http://marinecorpswives101. wordpress.com/.

AUTOMOTIVE

AUTOMOTIVE



Protect What Matters Most

"You have our back, we have yours!" **AUTO • HOME • MOTORCYLE**

- ✓ Instant Coverage by phone/web
- ▼ Free Quotes
- ✓ Low Down Payment options
- Mo License / DUI / SR-22
- ▼ Tickets / Accident No Problem!



Get A Free Quote: ArrowStar-Ins.com



(888) 237-3001

361 E. Magnolia Blvd, Burbank, Ca. 91502 Now Serving CA, FL, TX, AZ, OR, WA

www.qualitynissan.com www.qualitynissan.com

AND RESERVE MILITARY PERSONNEL

This special offer to U.S. Armed Forces Personnel has been extended to 8-31-13.

Follow these easy steps and save extra on five Nissan models:

- 1. Obtain a VPP Discount as usual with the Vehicle Purchase Program.
- 2. Take your discount claim to Quality Nissan of Temecula.

U.S. Military will be required to provide proof of their active service

(Leave and Earnings Statement (LES), recent pay-stub, business card, etc.

We are offering you a fixed discount at or below dealer invoice. What does that mean to you? You pay at or less than what the dealer pays for the vehicle.

Visit InsideNissan.com for details

"WE ARE HERE TO HELP" **CHECK OUT THE NISSAN VEHICLE PURCHASE PROGRAM**

Special Military Pricing

Ask us about our special offers for USAA and Navy Fed Members. Come in and present your military ID and receive complimentary Lake Elsinore Storm baseball tickets.***



41895 Motorcar Parkway Temecula Auto Mall -735-9429 • www.qualitynissan.com

CA. License # 0G78199

Firestone

OR 50% OFF THE 2ND

AFFINITY TOURING

ALL-SEASON TIRE WITH A QUIET AND COMFORTABLE RIDE.

70,000 MILE WARRANTY*

CHARGE IT! MAKE TIRE AND CAR SERVICE **BUYING EASIER:**

- NO ANNUAL FEE
- LOW MONTHLY PAYMENTS
- NATIONWIDE ACCEPTANCE
- EXCLUSIVE SPECIALS



SEE OTHER SIDE FOR TERMS AND DETAILS OR APPLY ONLINE AT WWW.CFNA.COM

SAVE JULY 26 - AUGUST 11, 2013

Excludes: Affinity Touring S1, S2, S4, T1, T2, T3, T4, Affinity HP and Affinity H/T. Save off current in-store regular point-of-sale price at participating Firestone Complete Auto Care stores. Sale price reflected in point-of-sale. In-store installation required. Not to be combined with another offer on same product and not to be used to reduce outstanding debt. No cash value. See store for full details.





Apply for yours today.

NO INTEREST IF PAID IN FULL WITHIN 6 MONTHS[†]

\$299 Minimum purchase required. Interest will be charged to your account from the purchase date if the purchase balance is not paid in full within 6 months or if you make a late payment.

FirestoneCompleteAutoCare.com 1-800-LOCATE-US (1-800-562-2838)

FIRESTONE COUPON

Standard Oil Change

We'll install new oil filter, refill up to 5 qts. Kendall GT-1 High Performance Synthetic Blend with Liquid Titanium motor oil, lubricate chassis (if applicable).

Most vehicles. Price includes oil filter recycling.

Stop in today. **No appointment necessary**

Firestone COUPON

Maintenance Services

Buy 1st service at in-store regular price, get 2nd service

Coolant Fluid Service (refill with required amount of new or recycled anti freeze). Transmission Fluid Service helps remove air and other fluid contami nants. Spark Plug Replacement using Bosch Iridium spark plugs. Fuel System Cleaning helps improve gas mileage & engine performance. Wheel Alignment helps prevent early tire wear. Most vehicles. See store for each service description. Service at 50% off will be the lesser value of the two.

Save thru 8/31

FIRESTONE COUPON

A/C Performance Check



We'll check for worn hoses and seals, test system for pressure leaks or contamination. Most vehicles. Certain states require added refrigerant (if any) to be removed from a leaking system

Save thru 8/31

FIRESTONE COUPON

Standard Brake Service

nt Warranty, resurface rotors and inspect brake components. Most vehicles. Savings off regular price per axle. See store for full Lifetime Pad/Shoe Replacement Warranty

Save thru 8/31

See store for complete service description and details. Redeem coupons at your participating Firestone Complete Auto Care store. Not to be combined with another offer on same product or service and not to be used to reduce outstanding debt. No cash value. Offer void where prohibited

Carlsbad 2545 El Camino Real (760) 434-8392 El Cajon

435 N. 2nd St.

(619) 440-2626

La Mesa 5577 Lake Murray Blvd. (619) 462-3280

Chula Vista 830 Broadway (619) 425-1515

National City 2531 E. Plaza Blvd. (619) 475-6171

(619) 233-7121 **National City** San Diego 943 Highland Ave. 1245 Garnet Ave. (619) 477-2109 (858) 272-9232 **San Diego San Diego Santee**16646 Bernardo Ctr. Dr. A 6977 Friars Rd. Ste.140A 9763 Mission Gorge Rd. (858) 487-3302

San Diego 4161 Convoy St. (858) 279-7472 (619) 297-6440

San Diego 9690 Reagan Rd. (858) 271-0260 (619) 449-9440

Vista 1762 University Dr. (760) 941-4313

ON BASE Bldg.1327 Vandegrift (760) 430-7063

Bldg. 51091

51091 Basilone Rd.

(949) 492-1143 **New Extended Hours**

San Diego

ACROSS

- 1. Happy cat sound
- 5. H2O
- 10. Sheltered spot
- 14. Brother of Jacob
- 15. Habituate
- 16. Holly
- 17. Religious offshoot
- 18. Beautiful
- 20. Foot lever
- 22. The presiding officer
- 23. Smidgen
- 24. Watchful
- 25. Dangerous
- 32. Marsh plant
- 33. Washing machine cvcle
- 34. Triangular sail
- 37. Aquatic plant
- 38. Not true
- 39. Early 20th-century
- art movement 40. Type of whiskey
- 41. Passageway
- 42. Knight's "suit"
- 43. Immeasurable
- 45. Washed-out
- 49. French for "Name"
- 50. Eternal
- 53. Sideways
- 57. The outer region of the Earth's atmosphere
- 59. Express in words
- 60. Snare
- 61. Type of drill
- 62. Colored part of an
- 63. Rabbit
- 64. Brown ermine
- 65. Make do

1	2	3	4		5	6	7	8	9		10	11	12	13
14	T				15						16			T
17					18					19				\top
20				21				22						T
			23		T					24				\top
25	26	27				28	29	30	31					
32						33						34	35	36
37					38						39			\top
40				41						42				\top
				43					44					\top
45	48	47	48						49					
50					51	52		53				54	55	56
57							58				59			\top
60					61						62			\top
63	T				64						65			+

DOWN

- 1. Annoyance
- 2. End
- 3. Dash
- 4. Swedish turnip
- 5. Riches
- 6. Initial wager
- 7. Egyptian boy king
- 8. Makes a mistake
- 9. Harvest
- 10. Critical
- 11. Similar
- 12. Pry
- 13. Put forth, as effort
- 19. Stop 21. Cut into
- cubes

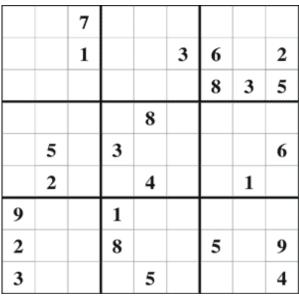
- 25. Russian emperor
 - 26. Depend
 - 27. Border
 - 28. Delete 29. Streamlets
 - 30. Beginning

 - 31. Utilize 34. Doorpost
 - 35. False god
 - 36. Exposed

 - 38. Flipper
 - 39. Sensational in appearance
 - 41. Assistants
 - 42. Out of control 44. Enclose

- 45. Religious belief
- 46. Ancient Greek
- marketplace
- 47. Monetary unit of Macedonia
- 48. Run away to wed
- 51. Resorts
- 52. Close
- 53. Region
- 54. Roman emperor
- 55. Paper holder
- 56. If not
- 58. Conceit

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:

Т	R	Α	Ρ		С	Н	Α	F	F		S	Р	0	Т	7	1	3	8	5	2	9	6	4
Н	Ε	R	0		R	U	В	L	Ε		Т	1	R	0	·	-	-	-	-	-	-	-	
U	Ν	Ε	Х	С	Ε	L	L	Ε	D		А	G	Ε	S	8	2	5	9	4	6	7	1	3
M	Α	Ν		R	Α	K	Е	D		A	Т	н	0	S					_	_	_	-	
Р	L	Α	N	Е	Т	s		G	Е	Ν	1	Ε			4	9	6	1	3	7	2	5	8
			Ε	S	Ε		Α	L	L	0	С	Α	Т	Е	3	5	2	6	8	9	4	7	1
C	L	Ε	A.	Т		В	Е	1	S	A		D	A	Y			-	, v		_	-		-
L	1	Α	R		Ρ	R	0	Ν	Ε		М	Ε	R	Ε	6	4	9	7	1	3	5	8	2
Α	1	R		G	0	1	N	G		A	1	D	Ε	S					_		_		-
Ρ	T	Т	F	Α	L	L	S		J	R	N				1	7	8	4	2	5	3	9	6
Т	П	Н	A	Z	Ε	L		S	Ν	Ε	Ε	R	Ε	D	9	3	1	2	7	8	6	4	5
٧	Α	L	U	Ε		Т	0	N	П	C		Α	М	1	,	3		-		0	0	•	9
Ε	٧	Τ	L		н	Α	В	Ι	Т	Α	Т	T	0	N	2	6	4	5	9	1	8	3	7
Т	Ε	N	Т		Α	N	0	D	Ε		Α	N	Т	E	_		-	-		-	-	-	
0	R	G	Υ		s	Т	Ε	Ε	D		U	s	Ε	R	5	8	7	3	6	4	1	2	9

SHOPPERS ADMISSION **1 GET 1 FREE** with this ad

ATTENTION ACTIVE MILITARY PERSONNEL "DO YOUR GARAGE SALE **ON SATURDAY WITH US"**

Vendor Booth Space Reserved Location (Valued Reg. at \$15) **COME BY OR CALL 760-966-3160 TO RESERVE** Sat \$1, Sun\$2 • Offer good thru 10/31/13

Oceanside Swap Meet, 3480 Mission Ave (at the old drive-in)oceansideswapmeet.com

Cracked windshield?

We install all types of Auto Glass!

We Come to You!

Windshield Replacement

Work Guarantee

Rock Chip Repair \$**39**95 In Story Only

Serving All of San Diego County!

5803 El Cajon Blvd ■ San Diego Ca 92115



1106 S.Coast Hwy Oceanside Ca 92054 760-529-4999

wcautoglass.com

California Vet & VA Home Loans www.sandiego-vet-loans.com

"Number #1" San Diego VA Loan Officer **100% Financing** — **3.25% Fixed** NO CLOSING cost loans available VA loans down to a 560 credit score A+ Rating with the BBB Proud Supporter of the Wounded Warriors Project

Military payroll officer veteran on staff

call me for your FREE loan approval!



David Stein 858.337.9744 sandiego-vet-loans.com

Defending Military Personel Against Domestic Violence Charges

Former Navy Jag · 25 Yrs Experience 15% Off Military Discount

> See our Video Testimonials: www.CriminalAttorneySanDiego.com

Criminal Defense Attorny

Free Consultation **Criminal Defence Legal Center** 619-231-2151



858.551.5196 www.suddenlyslimmer.net



www.PuddinsWholeSaleWheels.vpweb.com

Wrong Place at the Wrong Time

It was getting a little crowded in Heaven, so God decided to change the admittance policy. The new law was that, in order to get into Heaven, you had to have a really bad day the day you died. The policy would go into effect at noon the following day. So the next day at 12:01 the first person came to

the gates of

Heaven.

The angel at the gate,
remembering about the new
law, promptly told the man,
"Before I can let you in, I need
you to tell me about the day you died."

"No problem," said the man. "Well, for some time now, I've thought my wife was having an affair. I believed that each day on her lunch hour, she'd bring her lover home to our 25th floor apartment and have sex with him. So today I was going to come home too and catch them. Well, I got there and busted in and immediately began searching for this guy. My wife was half-naked and yelling at me as I searched the entire apartment. But, damn it, I couldn't find him! Just as I was going to give up, I happened to

glance out onto the balcony and noticed that there was a man hanging off the edge by his fingertips! The nerve of that guy to think he could

hide from me! Well, I ran out there and promptly stomped on his fingers until he fell to the ground. But wouldn't you know it, he landed in some bushes that broke his fall and he didn't die. This pissed me

off even more, so in a rage I went back inside to get the first thing I could get my hands on

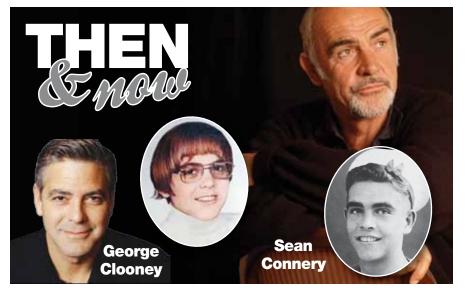
to throw at him. And oddly enough, the first thing I could grab was the refrigerator. I unplugged it, pushed it

out onto the

balcony and heaved it over the side. It plummeted 25 stories and crushed him! The excitement of the moment was so great that right after that I had a heart attack and died almost instantly."

The angel sat back and thought for a moment. Technically, the guy DID have a bad day, and it was a crime of passion, so he announced, "OK, Sir. Welcome to the Kingdom of Heaven," and let him in.

A few seconds later the next guy came up. "OK, here's the rule. Before I can let you in, I need to hear about the day you died." "Sure thing" the



man replied. "But you're not gonna believe this. I was out on the balcony of my 26th floor apartment doing my daily exercises when I got a little carried away and accidentally fell over the side! Luckily however, I was able to catch myself by my fingertips on the balcony directly beneath mine. When all of a sudden this crazy man comes running out of his apartment and starts cussing and stomping on my fingers! Well, of course I fell. I hit some trees and bushes on the way down which broke my fall so I didn't die right away. As I'm laying there face up on the ground, unable to move and in excruciating pain, I see the man push his refrigerator, of all things, over the ledge and it falls directly on top of me and kills me!" The angel is

quietly laughing to himself as the man finishes his story. "I could get used to this new policy," he thinks to himself.

"Very well," the angel announces. "Welcome to the Kingdom of Heaven," and he lets the man enter. A few seconds later the third man in line comes up to the gate. "Tell me about the day you died," said the angel.

"OK, picture this, " says the man. "I'm naked inside a refrigerator......"

Advertisers in this newspaper are MILITARY FRIENDLY!

WE SUPPORT OUR TROOPS







Videos, Pictures, DVDs, CD-ROMs and Gender Determination available

9625 Black Mountain Road #210, SD, CA 92126 **858.549.SONO - 858.549.7666** www.bfi4d.com

Pawn Your Car & Get Cash Instantly!

Fast Cash and Friendly Service Loans from \$100 to \$15,000

- Cars Trucks Motorcycles
- Watercraft RV's and more!

AUTO PAWM

DEERHORN MOTORS
autopawndeerhornmotors.com

619-464-2131 Lic# PB0970 8939 Troy St. Spring Valley, CA 91977

Balanced Life

Massage \$39 TMJ, migraine, neck, back pain Hypnosis \$99 Weight loss, stop smoking, fear, stress Health Evaluation \$199

6120 Paseo del Norte · Carlsbad, CA (760) 845-0182 · BalancedLifeCA.com

100% VA Home Loans

No Down Payment/**No** Closing Costs Call me for your **No-Cost** Pre-approval Purchase/Refinance VA/FHA/Conventional

Historically Low Rates!



Sue Gibson 619.316.9338 Suha.Gibson@WJBradley.com NMLS#256817 9555 Chesapeake Drive, Ste 12

9555 Chesapeake Drive, Ste 120 San Diego, CA 92123

conditions are subject to change without notice. Emery Financial is a division of W.J. Bradley Mortgage Capital, LLC © 2012 W.J. Bradley Mortgage Capital, LLC. 6465 Greenwood Plaza Blvd, Suite 500, Centennial, CO 80111 Phone #303-825-5670 MM.S.ID 3233. Tradeservice marks are the property of W.J. Bradley Mortgage Capital, LLC. This is not a commitment to lend. Restrictions apply, All rights reserved.

n behalf of or at the direction of HUD/FHA or jovernment. Licensed by the Department of s under the California Residential Mortgage







TV shows

- Lights Out
- Kaleidoscope
- Faraway Hill
- Muffin the Mule Hour Glass
 - Pinwright's Progress
 - I Love to Eat
 - Campus Hoopla
 - · Cash and Carry
 - Face to Face

Movies

- It's a Wonderful Life
- Deception
- Notorious
- The Big Sleep
- Gilda
- The Best Years of Our
- Duel in the Sun
- Song of the South
- The Postman Always Rings

• Beauty and the Beast

Popular music

- Prisoner of Love, Perry Como
- Five Minutes More, Frank Sinatra
- To Each His Own, The Ink

- Symphony, Freddy Martin
- Let it Snow! Let is Snow! Let it Snow!, Vaughn
- Monroe • Personality, Johnny Mercer
 - The

Christmas

Song, Nat King Cole













AVERAGE COST OF LIVING

- Income per year \$2,600
- Minimum wage 40¢
- New House \$5,150
- Rent \$35
- Car \$1,125
- Gallon of gas 21¢
- Loaf of bread 10¢
- Dozen eggs 59¢
- Gallon of milk 67¢
- First-class stamp 3¢











1946 Ford Deluxe **Convertible**

MILITARY PRESS CLASSIFIEDS

To place an ad or for more information, call 858.537.2280

INSTANT AUTO RENEWAL \$25

CA Lic. 60805 Free Quotes Escondido, CA 92025 760-291-0215

DUI REPAIR

RESTORE YOUR DRIVER'S LICENSE

100% success rate even when out-of-state. Assessments and counseling that complies with all legal req. 20% military discount. Call Keith 949-939-9222 www.InterventionRx.com



EDUCATION

Accounting Career School

One program trains you for multiple job opportunities! Be job-ready in six months for many job positions: accounting, AR, AP, PR clerks; bookkeepers; QuickBooks specialists... or, start your owr bookkeeping business!

Classes start every other month **Accounting Academy**

Call for brochure: 858-836-1420 theaccountingacademy.com

$M \neq M$ MATTRESSES

All sizes with factory warranty. Many styles, pillow top, orthopedic, Queen sets as low as \$169

800.464.6420 mattresscodirect.com

HELP WANTED

Marketer Needed for Private Label, stay at HOME work where you are! Home business earn PT/FT income Qualifications: friendly, honest, self starter. Bilingual okay. Email your contact number to juliasnotary@yahoo.com

Increase Your Current Income

We are looking for motivated men & women with good communication skills to become distributors for a High End Skin Care Company. PT/FT Set your own hours Full Training and on going support provided

Ultimatehomebiz.net Call now for more info 619-727-1414

ATTORNEY

MASSAGE \$20 OFF Deep Tissue, Swedish, Thai, Sports & Couples MASSAGE

Ionic Foot Detox, Salt Scrub 3333 Midway Dr. #201 • SD, CA 92110 w.TranquilitySD.co Call 619-226-2056

SD BAY SPA

RENTALS

CASA LOMA APTS

in Fallbrook - Studios, 1br/1ba, 2br/2ba Starting at \$720 760-723-9791

Spacious 1 & 2 BR Apts Country Like Setting, Laundry Facility, Mins from Pendleton Newer & Remodeled Units 519 W Ammunition Rd (760) 728-0122

Military Friendly **Businesses!**

MPERIAL BEACH

1Br/1Ba - \$825/mo 2Br/1Ba – \$995/mo On quiet cul-de-sac, *** Military Special ***

619-429-9338

MILITARY SPECIAL

Same Day Sign Additional \$300 off Deposit

•1BR from \$1325 •2BR from \$1560

TOWNHOME from \$1595 Foreclosure Forgiveness Credit Friendly

Granite, Wshr/Dryer & Gar's optional, fplc's, gated, resort size pool, fitness ctr, tennis, theatre &more.

Prominence 601 S. Twin Oaks Valley Rd. 760-798-2794

This Newspaper Is Recyclable

MOVE IN IMMEDIATELY to RIVER OAKS

Military Specials

Free Gar., W/D. In Oceanside **Call Today 760.721.8585**

National City \$800 to \$875

Refurbished nice 1Br Apts close to shopping, schools, frwys & 32nd st.. off st prk onsite Indry - no pets

Call Sherry 619.474.5055



NATIONAL CITY

Beautiful Move-in Ready, Quiet Lg 1br \$875 + \$700 deposit. Pool, BBQ, Rec Rm, Lndry Marina 619.477.8000

The Hotel Occidental

offers great value, location, and hospitality to San Diego locals and world travelers alike. Situated conveniently between Hillcrest and the Gaslamp. Our weekly room rentals start at \$175 per week. WE ALSO OFFER ACTIVE MILITARY, STUDENT, SENIOR & CORPORATE DISCOUNTS.

Contact us immediately because we are filling up fast.

800-205-9897 or 619-232-1336

Pacific Legacy Property Mana

Offering Rentals Throughout San Diego- MILITARY FRIENDLY

All rentals available at: www.pacleg.com 619-423-7500

SHADOWRIDGE PARK APTS
Same day sign
Additional \$300 off Deposit
1 br from \$1305
2 br from \$1460
Newly remodeled, fplc,
W/D, pool, Fitness ctr.
2000 S. Melrose Dr. Vista
760.598.2705

SERVICES

Burial at Sea Ash Scattering

Military Discounts Private Yacht Small Dignified Services 1 - 49 family members

SanDiegoBurialatSea.com 619-987-0663

\$\$ Most Cash Paid \$\$

For Cars, Trucks SUV's & RV's. Running or Not. Lost title okay. **Fast Free Towing**

619-749-9824

SPORTS EQUIPMENT & BIKES WANTED

CASH for Surfboards, Wetsu Golf, Baseball, Bicycles, Weights, Dive Gear, Snowboards Winter Clothing, Athletic Wear, Athletic Shoes & More. See Website for list.

Play it Again Sports 858-490-0222

WANTED

THIRIET TRADER CD'S - DVD'S - VINYL CLOTHING - BOOKS- GOODIES BUY • SELL \$5.99 TRADE \$4 for \$20

9 Iowa Street, North Park **619-282-7283**

1416 Garnet, Pacific Beach 858-272-7283

4879 Newport Av, Ocean Beach 619-701-2274 2947 El Cajon Blvd. **619-261-1744**





We Need You!

The Military Press has sales positions open at our San Diego location!

If you've got the gift of gab, like talking on the phone, are well spoken and energetic, then we've got a great job for you!

The work hours are flexible...

we'll work around your school or daycare schedule. Our office is freeway close near MCAS Miramar!

Email your resume to: rmatz@militarypress.com or call 858-537-2280

DUIs, Divorce, Bankruptcy Also available: Automobile/Personal Injury, Trusts & Wills Law Offices of Robert T. Plumb, II 619-437-4261 ThePlumbLawFirm.com Coronado/San Diego

Military

Discount



WANTED

Pawn Your Car & **Get Cash Instantly!**

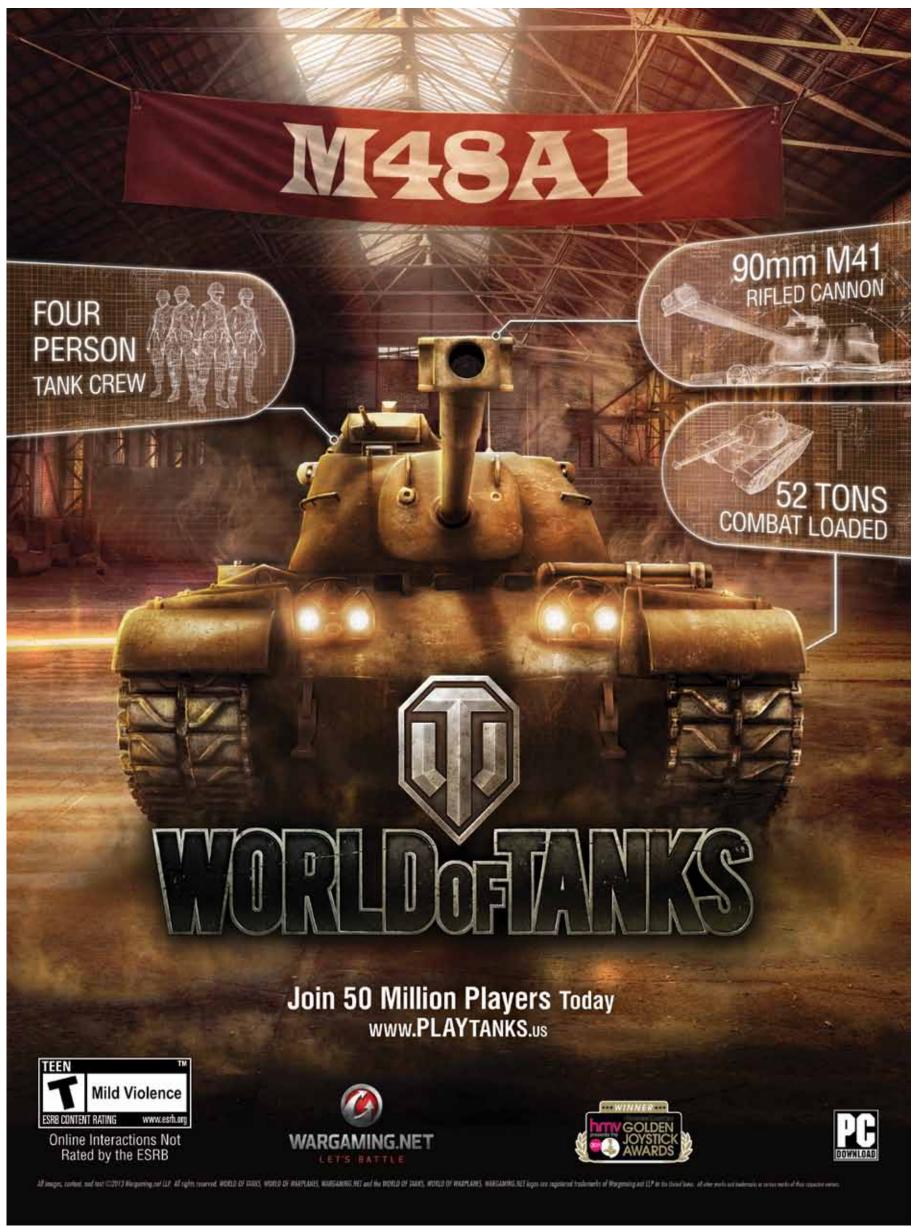
Fast Cash and Friendly Service Loans from \$100 to \$15,000

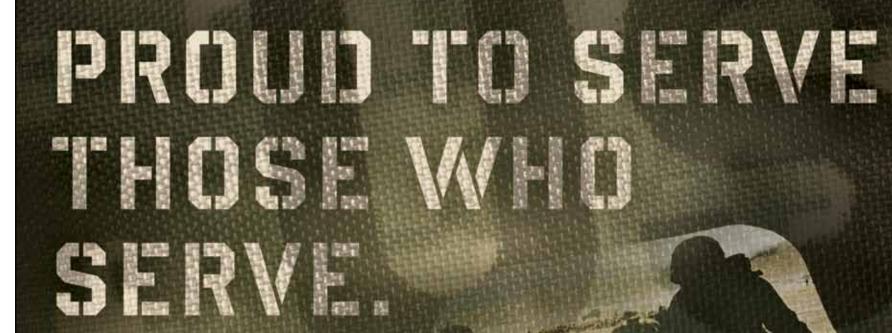
- Cars Trucks Motorcycles
- · Watercraft · RV's and more!

AUTO PAWM

DEERHORN MOTORS autopawndeerhornmotors.com

619-464-213 8939 Troy St. Spring Valley, CA 91977











Since 1987, Anheuser-Busch and its charitable foundation have given almost \$11 million to military charities like the Intrepid Anheuser-Busch Fallen Heroes Fund, Fisher House and the USO.



award in 2009.



Bud's \$6 million donation to Folds of Honor provides scholarships for the dependents of service members killed or disabled while serving.



ARMY - NAVY - AIR FORCE - MARINES - COAST GUARD

ENJOY RESPONSIBLY

©2013 Anheuser-Busch, Budweiser® Beer, St. Louis, MO