

PUBLICATIONS

Volume 38 • #14 • July 15, 2014

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Facing new battles on the streets

HOMELSS VETS

By Heather Siegel

The biggest battle for a chronically homeless vet is sleeping under the bridge, not fighting on the battleground. So suggested Dennis Nelson, Navy Boatswain Mate, (honorable discharge), who has spent over 25 years dealing with his injuries on the street. Today, he is housed in a nice first floor unit in Escondido but the nightmare is far from over for his brothers and sisters.



Living on the streets means that Mother Nature and Father Time are your worst enemies, said Nelson, in a recent interview. It's rough out there and you need to be prepared.

We all want to be clean and dry but it's hard with lack of privacy and eating out of garbage cans, commented Nelson. You never get used to cold showers. If you are sick on the streets, there is no safe place to store your meds.

Admitting to yourself that you have

a problem and that you need help is the first step towards getting some form of housing, transitional or permanent. That is the toughest battle for the vet who used to have a lot of good things going for him. Nelson lowered his own eyes when he admitted: Shame is the biggest enemy. Getting clean is hard and scary.

Dennis Nelson joined the Navy when he was 16 years old. He earned

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The Military Press

July 15, 2014

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remember when...

1939

Walk down memory lane... news, sports and entertainment in 1939 on pages 20-21



27th National Event
July 18-20, 2014

STAND DOWN

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The Military Press Newsmagazine is published semi-monthly on the 1st and the 15th by Military Press Newspaper, a commercial, free-enterprise newspaper. It does not necessarily reflect the opinion of the Department of the Navy and is no way associated with the Department of the Navy. The editorial objective of the Military Press is to promote support for a strong military presence. The opinions and views of the writers whose materials appear herein are those of the writers and not the publisher. Appearance of advertising does not constitute endorsement by the Military Press Newspaper. Consumers should make informed decisions when purchasing products and services, and when considering business opportunities, and research before investing. Subscription by mail is \$50 per year to CONUS or FPO addresses.

27th National
**STAND
 DOWN**

Friday-Sunday, July 18-20, 2014
Registration begins Friday at 6 a.m.

**VETERANS MUST REGISTER ON FRIDAY TO ATTEND
 SATURDAY & SUNDAY**



SAN DIEGO — On Friday, July 18, at 6:00 AM, the Park Boulevard gate to the upper athletic fields at San Diego High School opens for the 27th National Stand Down for Homeless Veterans. This three-day community intervention event targets the estimated 3,000 homeless veterans living in San Diego County.

Miracles take place at Stand Down. Participants receive shelter, food, clothing, showers, medical and dental care. They also access homeless court, recovery services, employment referrals, counseling, and chaplain services. Participants have more than time to

rest and recover; at Stand Down, they have a chance to change their behavior and lives – for the better.

Stand Down was started by VVSD in 1988 out of a conviction that the overwhelming number of homeless veterans on the streets of America is unacceptable, and that the veteran community itself must respond. There are now over 200 Stand Downs held each year throughout the U.S. The National Coalition for Homeless Veterans said, “Stand Down has become recognized as the most valuable outreach tool to help homeless veterans in the nation today.”

Stand Down’s philosophy is a hand up, not a hand out. The hand up is made possible each year by the dedication of San Diego veterans’ community, thousands of volunteers, hundreds of partner non-profit and government organizations, and numerous event sponsors.

For more information, visit VVSD.net.

A wide range of services and necessities will be provided including:

- They will be greeted with respect and open arms.
- They will be offered breakfast and coffee and fresh fruit
- Picture IDs will be made for those

who need them

- The VA and EDD will assist with registration
- Tents will be assigned with tent leaders who are there to assist them in accessing services
- Their immediate physical needs will be addressed.
- A visit to the clothing tent
- Showers
- Barbers
- Medical
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There are the many other services:

- Homeless court
- Counseling

STAND DOWN, cont'd. on Page 23

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Resources for Veterans

Hotlines

- National Call Center for Homeless Veterans: 1-877-4AID-VET (424-3838)
- VA Caregiver Support Line: 1-855-260-3274
- VA San Diego Healthcare: 1-858-552-8585
- Veterans Crisis Line: 1-800-273-TALK (8255)
- Wounded Warrior Resource Center: 1-800-342-9647

San Diego Resources

- 211/Courage to Call: www.211sandiego.com/courage-to-call
- Cal-Diego Paralyzed Veterans Association: 800-423-2778, www.caldiegopva.org
- Employment Services for Veterans: 916-654-7799, www.edd.ca.gov/jobs_and_training
- Habitat for Humanity: 619-283-4663, www.sdhfh.org
- PCs4Vets: 800-871-4880, www.pcs4veterans.org
- San Diego Vet Centers: San Diego: 858-642-1500
San Marcos: 760-744-6914
Chula Vista: 858-618-6534
www2.va.gov
- VA San Diego Medical Center, 858-552-8585

- San Diego Veterans Coalition: sdvetscoalition.org
- San Diego Veterans Court: www.sandiego.va.gov/features/veterans_court.asp
- Suicide Prevention Hotline, 800-273-8255
- VetWorks: 619-231-5990, www.able2work.org/programs/vetworks
- Veterans 360 (Engagement, Education, Employment): 877-650-7873, vets360.org
- Veterans Village of San Diego: 619-393-2000, www.vvvd.net
- Wounded Warrior Homes: 760-555-3553, woundedwarriorhomes.org

California Resources

- CalVet Web Site: www.calvet.ca.gov
- Women Veterans: www.calvet.ca.gov/resources/women
- County Veteran Service Officers, 858-694-3222, www.cacvso.org

Federal Resources

- U.S. Department of Veterans Affairs (USDVA) Web Site, www.va.gov
- VA Homeless Veterans Program, 619-400-5167

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

HOMELESS VETS

Cont'd. from Page 3

an honorable discharge but suffered a permanent injury from a work-related fall. He faced personal crises and further medical calamities through the years that resulted in his loss of driving privileges. He worked on again and off in the building trades.

I had a motorcycle and a motor home. I was working. I never thought of myself as having a problem. But, of course, I was always self-medicating myself. What he meant was that he drank heavily. Alcohol was his drug of choice.

Even when he found himself in a sleeping bag fighting for cramped space under the highway, his thought process did not change. The epiphany often comes from something obscure. In the wildfires last month, the only person who lost his life was the homeless guy, recounted Nelson, now 54. I

don't want to go out that way. I don't fear death but I have more respect for myself.

Nelson credits Interfaith Services in Escondido for showing him the light but suggests that there are many other service agencies out there to help vets, if the vets are willing to take the first step to get help. I was only diminishing myself by staying homeless. But getting clean and staying clean is hard and scary. This is a terrifying step for a chronically homeless person.

Heather E. Siegel is a freelance writer and a disability rights advocate, based in San Diego, California, formerly in Chicago, Illinois. Concerned about mobility impairments in public buildings and raising disability discrimination concerns in the community, she publishes her blog, The Siegel Sidebar. You can follow her on Twitter at @siegelidebar, on Facebook at @siegelidebar, or contact her on email at siegelidebar@cox.net.

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Congress shouldn't compromise a key missile defense program

By Rebecca Grant

Federal lawmakers are considering suspending a critical element of America's missile defense system, saying they want to shut down an unproven new technology and shore up public savings.

But gutting the Ground-based Midcourse Defense system would seriously undermine national security. Missile defense has never played a more important role in protecting Americans and keeping global threats in check.

The "Exoatmospheric Kill Vehicle," or "EKV" for short, is the fancy name for the part of a missile defense rocket that actually collides with incoming ordnance. Using sophisticated radars, a defense system first detects an enemy missile. It then launches a multi-stage rocket that, once it exits the earth's atmosphere, ejects the EKV. The EKV then navigates its way to the targeted missile, and hits and destroys it.

Right now, the United States has 30 EKV units in operation. 14 more are under development and are planned to become operational by 2017. Because so much of the technological legwork has already been done, investing in new EKV units is an efficient use of taxpayer resources; engineers don't



have to build a brand new system from scratch. And keeping this system perpetually progressing guarantees our country will always be protected by the most advanced missile defense technology available.

However, some of the new EKV pro-

types are failing in testing. They're missing their targets.

Such failures aren't unusual in the weapons development process. After all, these are incredibly sophisticated systems attempting to hit a target going thousands of miles per hour in sub-orbital space. Also, the basic design of the EKV itself has not changed since the original test prototype was rushed into service. The components are based on 10 year old-plus technology, and unnecessarily complex when compared to today's state of the art.

Given a normal development program, defense developers have already proven they can turn around on-failing projects in a timely manner. Consider the Standard Missile-3 (SM-3), a sea-based interceptor that targets short- to intermediate-range missiles. It also suffered some failures in early testing, but after an additional infusion of resources the kinks were quickly worked out. SM-3 has now success-

fully intercepted missiles in space 26 times. The lesson learned is to upgrade an existing and capable system, rather than starting over.

Appreciating these nuances, the top military brass has proposed investing another \$560 million into EKV development to fix the problems uncovered by these tests. That's about one percent of what's apportioned for missile defense of the next three years. In terms of the overall federal budget, it's a drop in the bucket.

However, some in Congress are pushing back. They don't want the EKV salvaged — they want it shelved, in favor of starting over with a brand new replacement technology.

That might make things even worse. Starting over from scratch would waste an enormous amount of time and money. And scrapping it would leave our existing missile defense architecture bereft of an essential component for several extra years.

That's dangerous. Effective missile defense isn't a luxury in the modern global security environment — it's a necessity. Consider the key threats to America.

North Korea's nuclear missile program proceeds apace, with the stated goal of being able to launch a pre-emptive attack on the United States. Iran's

nuclear weapons program is speeding forward as well. That country's ruling elite continues to spout apocalyptic visions.

These people can't

...gutting the Ground-based Midcourse Defense system would seriously undermine national security. Missile defense has never played a more important role in protecting Americans and keeping global threats in check.

be bargained with.

That's why missile defense is so crucial. We have to be ready in case they strike first. And we need our technologies to evolve to meet the increasingly sophisticated missiles being developed by rogue regimes. As Admiral James A. Winnefeld, Vice Chairman of the Joint Chiefs of Staff, recently stated in his keynote address at this year's Missile Defense Conference, "a robust and capable missile defense is our best bet to defend the United States from such an attack."

That's why we can't afford to wait to build an entirely new replacement for the EKV. Investing and fixing today's capable system with existing technologies takes a lot less time and will ensure our defense systems will be fully operational as quickly as possible.

Scrapping the EKV would needlessly delay our ability to improve our missile defense shield, and would leave us more vulnerable to dangerous rogue regimes.

(Rebecca Grant, Ph.D., is president of IRIS Independent Research, a Washington-based public-policy research organization.)

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Putting brakes on high gas prices

oil remained strong.

It's grown steadily since. And America has leaned heavily on oil-rich Persian Gulf nations to feed its demand.

Oil is what's known as a "global commodity," meaning it costs the same price regardless of where it is produced. Hence the sad irony, that while the U.S. is domestically producing more oil than at any time in the past 28 years, oil prices have continued to rise.

However, because so much oil comes from the Middle East, it has an out-sized influence on global gas prices. Producers in that region have banded together to form a cartel, allowing them to artificially restrict supply and drive up world prices at will.

What's more, many of the top oil-producing countries in the Gulf are exceptionally unstable and conflict-prone. That turmoil also disrupts supply, leading to price increases the ripple throughout the globe.

The price of ethanol, on the other hand, isn't set by a monopolistic cartel on the world stage. Ethanol producers are based right here in the States. They're reliable in a way foreign producers have never been.

That's why ethanol offers the best hope for America to finally break this dangerous dependence.

It's estimated that since 2000, U.S. foreign oil imports have dropped by 35 percent because of increased ethanol use. In 2013, ethanol production displaced the amount of oil America imports from Iraq and Venezuela -- 462 million barrels of crude oil.

According to a study from Iowa State University, increased ethanol use saved the average American family \$1,200 at the pump in 2011. Likewise, energy economist Philip Verleger recently concluded that the RFS has

GAS PRICES, cont'd. on Page 26

By Bob Dinneen

As Americans hop in their cars this summer, gasoline prices are at a six-year high. Thanks to surging demand and continued turmoil in Iraq, gas is quickly approaching \$4.00 per gallon.

With prices rising so fast, there's never been a more important time for America to invest in alternative sources of energy. The longer we're dependent on oil, the longer we're at the mercy of foreign political turmoil.

One of the most promising alternative energy sources is ethanol, a renewable fuel derived from common agricultural goods like corn, woodchips, and grasses. Ramping up America's ethanol production would drive down demand for oil and wean this country off the volatility and sudden price swings that come along with it.

And yet, despite the profound promise of ethanol, some politicians are pushing to stamp it out. They're lobbying to repeal the Renewable Fuel Standard (RFS), which requires the use of ethanol in the national fuel supply to promote greater energy independence and a cleaner environment.

This doesn't make any sense.

The modern energy market was borne out of the substantial industrial shifts stimulated by World War I. The resulting industrial ramp up generated planes, submarines and tanks that all relied on the internal combustion engine. Even after the conflict ceased, the widespread commercial thirst for

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Have we lost respect for our flag?

By Douglas Aguillard

As a U.S. Navy brat, and former Marine, I was raised to respect the flag. As a kid, I watched war movies where the Infantry or Calvary were attacking their foe. The man carrying the flag would be shot, but he would hold the flag up off of the ground so the next man could carry it into battle. The flag was a rallying point, meant to inspire our military to move forward and carry the fight to the enemy.

As a photojournalist who specializes in the military, aviation in particular, I visit several military and civilian air shows though out each year. It has become a common practice that at the opening of each show for a parachutist to jump out of a plane/helicopter with a large American flag strapped to the one of their boots. They slowly fall to the ground with "Old Glory" in tow. It's a very patriotic scene — well at least until the landing.

I have seen too many times where

the flag hits the ground, and is dragged across the tarmac or in the dirt. At most military events, there is usually a group of military personnel chasing the jumper and attempting to catch the flag before it hits the ground, and too many times, they miss, and the "Star Spangled Banner" hits the ground.

I have been very vocal at the air shows about this and I'm not the only one. I have questioned air show event leadership about this practice and it falls on deaf ears. The response I get back is, "The crowd enjoys this, it's patriotic."

I just recently attended an air show here in San Diego. There was the flag trailing behind the jumper and when he hit the ground, he dragged the flag through the dirt and brush for several yards. Every person standing near me made a comment about, "Why wasn't



there someone trying to catch the flag?"

Another example was just last week. I attended the San Diego Padres game on the 4th of July at Petco Park, only to watch a U.S. Navy SEAL parachute down onto the ball field, and drag the American flag along the ground. If even the SEALs are disrespecting her, then how can we expect the world to respect her?

And if you didn't know, it's against the law to put the flag on the ground on purpose.

**UNITED STATES CODE
TITLE 36
CHAPTER 10
§176. Respect for flag
(b) The flag should never touch anything beneath it, such as the ground, the floor, water, or merchandise.**

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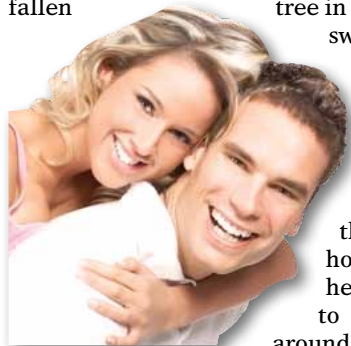
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The bear and the bees

First I want to assure you that you did read the title of this article correctly. This is NOT about the birds and the bees (I assume your parents, or a friend, had that discussion with you years ago). This is about the BEAR and the bees. It's one of Aesop's fables. It goes like this.

A bear came upon on a fallen tree in which a swarm of bees



stored their honey. As he began to nose around, one of the bees stung him. The bear lost his temper and attacked the tree with his claws, hoping to destroy the nest. But this brought out the whole swarm of bees. The bear had to flee and saved himself only by diving into a pool.

The moral of the fable: It's much smarter to bear a single bruise in si-

Marriage Fitness with Mort Fertel



lence than to provoke a thousand by flying into a rage.

Oh, and doesn't this bear true in our marriage? How often do we react badly to our spouse's sting only to find that it leads to us getting stung again? Ya but Mort, I shouldn't have to put up with that crap?

Yes you should. Not always, but sometimes. I'm not suggesting that you become a doormat. But our responsibility as a husband or a wife is to give our spouse some leeway sometimes. People make mistakes. People say things they don't mean. People have bad days. Your job, sometimes, is to sympathize with your spouse, realize that whatever they snapped at is not about you, and just let it go. Don't sting back. You'll just provoke the swarm and make matters worse.

Try it once this week. I'm sure your spouse will slip once, say something biting or obnoxious. Let them off the hook. Let it go. Don't retaliate. Just let it fade.

Learning when to be silent is an important skill in marriage that can save you a lot of unnecessary pain. Practice SILENCE at least once this week. Good luck.



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Plan ahead for meals and snacks to stay on track

hours when you are not inside the gym! Everybody is different, so follow your own tastes and tolerances. Find what works for you. Life is not based on iceberg lettuce, celery sticks and boiled chicken. My preparation has changed throughout the years.

Since I have children, it's important that they constantly have snacks ready for them. There are several other snacks I keep on hand such as yogurt, pepperoni sticks, string cheese, fruit, veggie sticks, crackers, trail mix bars and their favorite cereal.

Here are my food prep tips:

Make your food taste good. In the beginning I would eat bland foods like chicken breast, broccoli and brown rice. While I still do that, I also have more variety in what I can choose from. I honestly can't eat plain chicken breast anymore.

Prepare 3-4 days in advance. Sometimes if you cook more than you need to you end up wasting food. Have a plan for what you are making and how

you are planning on eating it.

For the vegetables and fruits that need to be cut and cooked daily put them in a place you can see daily. I have mine out on the counter.

You can pre-pack in tupperware containers to make it easier to grab and go. I usually like to choose what combinations I want to put into the tupperware daily so I don't pre-package anymore. Also know you don't have to make multiple meals at a time but have excess in the fridge. Any given day you can find grilled chicken breast, plain cooked vegetables and prepped fruit in my fridge.

I love eating raw. Don't be intimidated by the preparation process. Some foods don't require any cooking! Like salads, fruits and certain vegetables. However find what works for you! Aim to try all the fruits and vegetables in your produce department at the store you shop at. Find what you like, what makes lunch easy for you and how you like it prepared from raw to cooked.

This will take time to master, especially if you are new to cooking in advance, but you will become more effi-

cient as you continue to cook weekly.

Same snacks and additives for your lunch.

BOILED EGGS: Easy to do and so many ways that are time savers and hassle free.

AVOCADOS: Avocados are a fantastic unsaturated, healthy fat. Avocados are so universal, added to sandwiches, salads, paired with vegetables or simply eaten with a spoon.

VEGAN COOKIES: Whole foods is the best place to purchase these if you don't opt to make them yourself. Remember just because they are vegan doesn't make them healthy, but a great additive for

BAGGED VEGGIES: I love to personally buy frozen steamer bags as well as fresh bags of veggies for quick go to. Can be cooked or raw. They are great for salad toppings as well as to dip in hummus or dressing of your choice.

FRESH FRUITS: I average a minimum of 2-3 servings of fruit a day.

APPLES/LEMONS/LIMES: Apples is my favorite fruit to eat for energy. They are low on the glycemic index and great pre or post workout. Our family favorite are pink ladies. I also have a bowl of lemons on our counter at all times as I squeeze lemon juice in all my waters to give it taste and help de-


FIT FOR LIFE, cont'd. on Page 26



One of the easiest ways to fall into the habit of not knowing what to eat or when to eat it, or easily grabbing the wrong thing, is not having the access to it. Traditional snack foods are over-eaten out of ease, not necessarily out of like. I'm not always consistent about having a lot of food prepped in the beginning of the week but I will admit that I usually have my staples for the week. Immediately after coming home from grocery shopping I prepare all fruits and vegetables. Most of these meals do NOT consist of dinner meals as I usually make them fresh daily. It's important to be prepared, after all, it is often said, that "if you fail to plan, plan to fail."

Diet plays the most important role in your fitness process, for it's not what you output for one hour at the gym so much as what you input for the 23

HOUSING



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FOCUS ON...

Bring your family closer together

During the summer months jam packed schedules, vacations, and other events can leave little time for family togetherness. A family game night



- One reason you love your family.
- Something special about your family.
- Your favorite family memory.

A family game night is a great way to bring everyone together and encourage team work. One of our favorite FOCUS game night activities to support teamwork is The Family Puzzle, because like a puzzle a family is made up of individual pieces that fit together to make the larger picture. We hope that you will enjoy this great activity to honor the special role that each person plays in the bigger puzzle of family life.

4. Once family members have completed their puzzle piece, glue it to the poster board or card stock, and then cut it out.

5. Fit the pieces together to make your family puzzle.

Use this opportunity to talk about how the individual puzzle pieces came together to make a whole puzzle, just as the individual family members contribute and are an important piece of the complete family.

FOCUS (Families OverComing Under 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 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.

For more info about FOCUS, visit at www.focusproject.org or www.facebook.com/FOCUSresiliencytraining.

Contact your local FOCUS site:

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

Materials needed:

- 1 puzzle piece printed for each family member
- Card Stock or Poster Board
- Scissors
- Glue
- Markers, Crayons, or Colored Pencils
- Magazines (optional)

Directions:

1. Print out the template puzzle piece
2. Have each family member write their name on their own puzzle piece.
3. Ask each family member to draw or collage something on the puzzle that relates to the puzzle's theme. The theme can be anything but some examples are:
 - Something special you bring to the family.
 - Something you appreciate about the family.

HEALTH

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Alegre Models



at Paseo del Sol

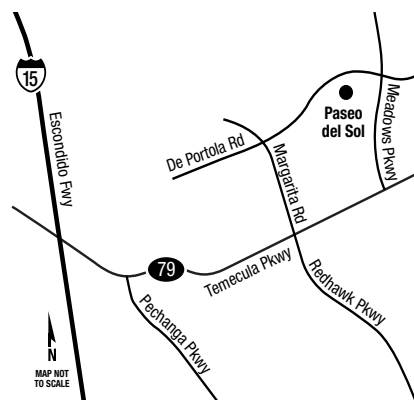


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As seen:



The Washington Post

Psychology Today



Mort Fertel, creator of Marriage Fitness, is a frequent talk radio guest, including on NPR.



Aldea Residence 3 Model - Kitchen



Community Recreation Area



Plans and prices effective date of publication and subject to change without notice. Square footages are approximate. Photos are of model homes and are for illustrative purposes only. Map not to scale. *Broker must accompany and register buyer on buyer's first visit to sales gallery. Referral fee paid upon close of escrow. TRI Pointe Communities, Inc. BRE 01888935. 7/14

Master Collection near Escondido; perfect neighborhood for your family

VALLEY CENTER, Calif. — Homeowners have the opportunity to savor summer from the comfort of their new home at Masters Collection in Valley Center. Six homes are now available, including two move-in ready homes, with summer-friendly amenities like central air, outdoor loggias, oversized home sites overlooking Woods Valley Golf Club, guest suites for hosting relatives and more. The VA-approved homes from Michael Gregory Builders are priced from the high \$500,000s.

“With its private bridge entryway, resort-like amenities, golf-course location and access to a community park, Masters Collection feels like a destination - a true getaway - any time of year,” said Greg Hastings, co-founder of Michael Gregory Builders.

Masters Collection offers just 16 homes ranging from 2,804 to 4,227 square feet. The Spanish Colonial- and California Bungalow-inspired residences come in one- and two-story floor plans with four to five bedrooms, including a downstairs master bedroom in the Plan 2, 3.5 to 4.5 bathrooms and three-car garages.

The homes include front-yard landscaping and amenities like oversized master suites with walk-in closets and oval soaking tubs with a separate shower; library nooks; grand foyers; optional loggias; chef-caliber kitchens



with stainless steel appliances, maple cabinetry and granite countertops, and so much more.

Located less than 10 minutes north of Escondido, residents of the picturesque, gated community also enjoy nearby conveniences such as Bates Nut Farm, Valley View Casino, and Harrah's Resort Southern California; as well as Escondido attractions like San Diego Zoo Safari Park and shopping at Westfield North County Mall.

To tour homes at Masters Collection,



please visit the sales office at 14127 Winged Foot Circle in Valley Center. The office is open on Monday from 1 to 6 p.m., Thursday thru Sunday from 10 to 6 p.m., and closed on Tuesday and

Wednesday.

For more information, please visit masterscollectionbymgb.com or call 760-297-3780.

Michael Gregory Builders is proud to present two other communities in San Diego County, including VA-approved, two-story homes at Green Hills in Lakeside. The 2,186 to 3,234 square-foot residences at Green Hills offer four to five bedrooms, 2.5 to three baths and three-car garages. Popular features include drive-thru garages and RV parking for outdoor enthusiasts. Only eight homes, including four move-in ready homes,

are available at Green Hills where prices start in the mid \$500,000s. For more information, please visit www.greenhillsbymgb.com or call 619-749-5212.

The builder also offers custom, one-of-a-kind estates at The Farms private golf course community in Rancho Santa Fe. The homes, which start at 4,500 square feet, sit on course-front lots

within the prestigious community. For more information, please visit www.thefarmsbymgb.com.

Michael Gregory Builders also works with individuals to build custom estates. For more information, please visit www.michael-gregory-builders.com or call 760-434-5400.

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(3) cancel any automatic deduction plan;

(4) make sure your home owners insurance and real estate taxed get paid;

(5) let your insurer know about your new status and recheck your home insurance including casualty and flood insurance;

(6) make sure you get your escrow from your PITI (principal, interest, taxes and insurance) that was used to pay taxes and insurance; and (6) recalculate your budget to decide what you are going to do with the money that would have paid the mortgage.



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The Pentagon's \$399 billion plane to nowhere

By Kate Brannen
ForeignPolicy.com

Burying bad news before a long holiday weekend, the Pentagon announced just before 9 p.m. on July 3 that the entire F-35 Joint Strike Fighter fleet was being grounded after a June 23 runway fire at Eglin Air Force Base in Florida.

The grounding could not have come at a worse time, especially for the Marine Corps, which had lots of splashy events planned this month for its variant of the next-generation plane, whose costs have soared to an estimated \$112 million per aircraft.

Effectively saying that the most expensive warplane in American history is too dangerous to fly is a huge public relations blow for the Pentagon, which has been under fire for years for allow-

ing the plane's costs to increase even as its delivery time continued to slide right. The plane's prime contractor, Lockheed Martin, could also take a hit to its bottom line if the F-35 isn't cleared to fly to the United Kingdom for a pair of high-profile international air shows packed with potential customers. One thing the grounding won't do, however, is derail the F-35, a juggernaut of a program that apparently has enough political top cover to withstand any storm.

Part of that protection comes from the jaw-dropping amounts of money at stake. The Pentagon intends to spend roughly \$399 billion to develop and buy 2,443 of the planes. However, over the course of the aircrafts' lifetimes, operating costs are expected to exceed \$1



trillion. Lockheed has carefully hired suppliers and subcontractors in almost every state to ensure that virtually all senators and members of Congress have a stake in keeping the program -- and the jobs it has created -- in place.

"An upfront question with any program now is: How many congressional districts is it in?" said Thomas Christie, a former senior Pentagon acquisitions official.

In the case of the F-35, the short answer is: a lot. Counting all of its suppliers and subcontractors, parts of the program are spread out across at least 45 states. That's why there's no doubt lawmakers will continue to fund the program even though this is the third time in 17 months that the entire fleet has been grounded due to engine problems. In fact, in the version of the defense appropriations bill passed by the House, lawmakers agreed to purchase 38 planes in 2015, four more than the Pentagon requested.

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Corps looks at PFT standards for female Marines

A change to female physical fitness standards may put the Corps' move away from flexed arm hangs on hold.

The Marine Corps is expected to issue a directive this week that would maintain current standards allowing female Marines the option to perform either pull-ups or flexed arm hangs during their annual physical fitness test, or PFT, according to a public affairs officer with Headquarters Marine Corps. The change to pull-ups, which was initially announced in 2012, gave women the option to choose between the two exercises until Jan. 1 of this year, but was later extended to give women additional time to prepare. The extension, according to the official, would allow the Corps to gather more information regarding the integration of female Marines into combat-arms specialties.

The decision to allow additional time came in November after an internal study found that 55 percent of women in recruit training at Marine Corps Recruit Depot Parris Island, South Carolina, could not perform the minimum number of pull-ups required. The move to pull-ups, according to the Corps' official website, is to create a more gender-neutral fitness evaluation for Marines.

Air Force raises enlistee age limit from 27 to 39

Thanks to a new Air Force policy announced recently, enlisted recruits can now experience the joys of basic training all the way until age 39.

News briefs...

Admiral Michelle Howard becomes first four-star woman in Navy history

The ceremony included a bit of comedy, but there was no denying the significance: For the first time in its history, the Navy promoted a woman to become a four-star admiral.

Surrounded by friends, family and peers, Adm. Michelle J. Howard was promoted to her new rank at the Women in Military Service for America Memorial at Arlington National Cemetery. She'll take over as the vice chief of naval operations, the No. 2 officer in the service. She is not only the first woman to hold the job, but the first African-American.

It's the latest achievement for Howard, who previously was the first African-American woman to serve as a three-star officer in the U.S. military and command a U.S. Navy ship. Navy



Secretary Ray Mabus said her promotion is a "representation of how far we have come, and how far she has helped bring us."

Why the military can't find recruits

By William Treseder
Military1.com

The Defense Department is losing the battle for talented (and even not-so-talented) people. Millions of young men and women have decided against military service or failed to even consider it.

For many young people, military service could be the best option. It can give them structure and challenges, as well as an opportunity to serve a cause greater than themselves, learn to work with truly diverse teams of people in intense environments, and receive the best leadership training anywhere.

And yet they aren't joining, or can't join.



What's keeping them back?

Dysfunctional public education disqualifies many from service because of the high school diploma (or GED equivalent) requirement. Right now 1 out of 5 students does not finish high school on time. The military, once an option to gain valuable skills while serving the country, is now denied to them.

Increasing obesity rates also remove many potential candidates from the running. To state the obvious, you can't be fat and join the military; too many physical tasks are required to perform basic duties. We continue to gain weight as a nation and thus, disqualify a growing number of young people every year.

Writing contest for military vets

Social Publishing House (SPH) is hosting a writing contest in July to look for military veterans to share their experiences. SPH is actively seeking military authors to publish by holding monthly writing contests. The contest is for first chapters of a memoir manuscript.

SPH is a startup company that began with the help of The Jonas Project,

a non-profit organization that sponsors veteran entrepreneurs. The Project generously sponsored Gilb, a former Marine Corps Logistics Officer, with a grant, mentorship, and promotion to help launch his search for military members to publishing books through their online store.

For more information or to enter, visit socialpublishinghouse.com.

Local job openings

RecruitMilitary.com has many job openings in San Diego County. Visit them for the list.

Revised SDAP rates announced

Revisions to Special Duty Assignment Pay (SDAP) for eligible enlisted Sailors were announced in NAVADMIN 156/14 released July 7.

The SDAP program enhances the Navy's ability to size, shape and stabilize the force by encouraging qualified Sailors to serve in designated Special Duty Assignments (SDAs) for a monetary incentive ranging from \$75 to \$450

a month.

The update incorporates two additions and several increases to existing SDAPs. Increases to existing SDAP levels are effective upon release of NAVADMIN 156/14.

In order to qualify for SDAP, a service member must be assigned to and working in a valid billet on the com-

SDAP RATES, cont'd. on Page 25

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CHARGERS REPORT



By Art Garcia

Having ended a three-year playoff drought after finishing with a 9-7 record last season, the San Diego Chargers have a tough task ahead of them in 2014 if they have any hope of advancing into the post season a second year in a row.

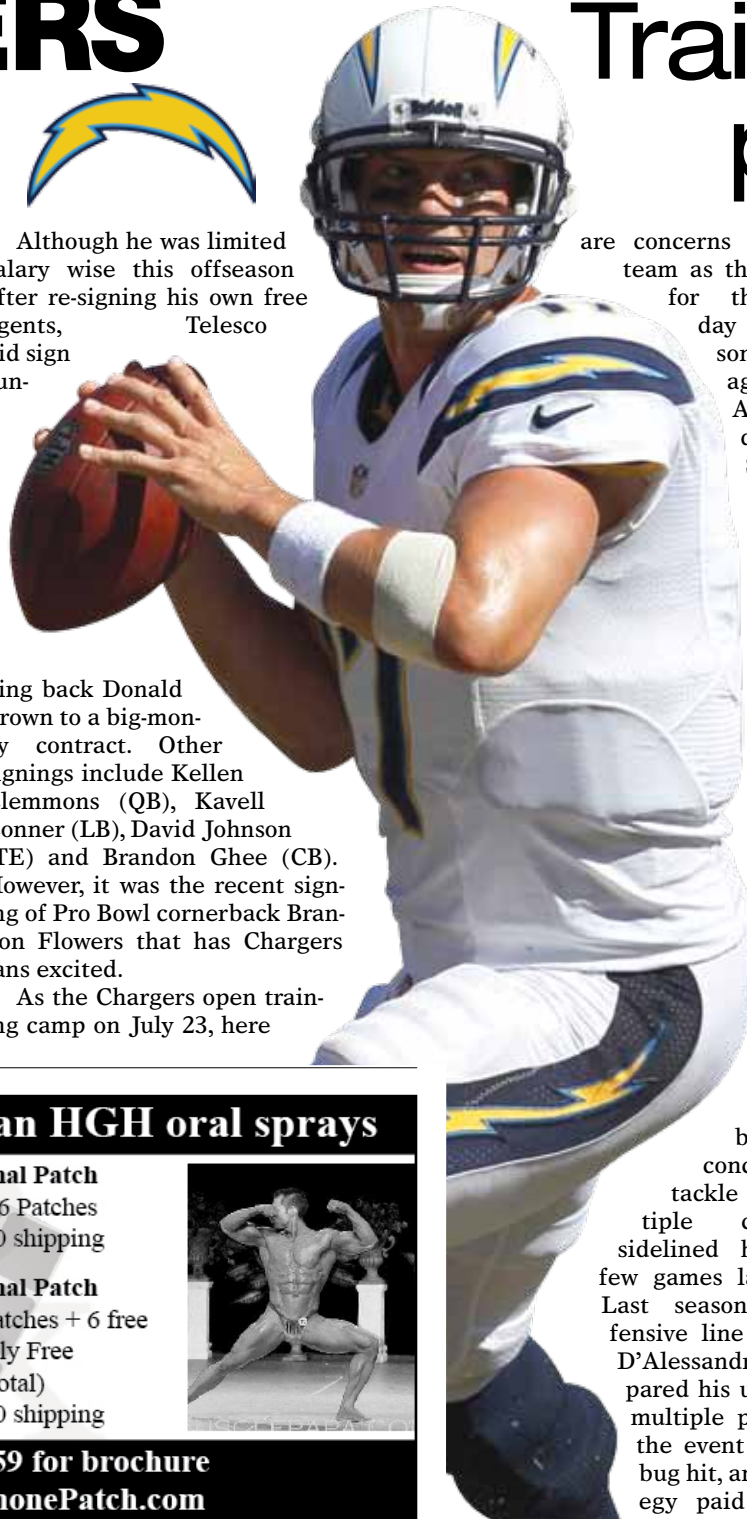
With the rest of the AFC West teams seemingly improving themselves by signing a number of big-named free agents, Tom Telesco continues to strengthen the Chargers by adding a few key players to the squad. Rather than signing players to high-dollar contracts, he believes in building the roster through the draft.

That philosophy paid off last year. During his rookie campaign as a GM in '13, Telesco signed the likes of Derrick Cox (CB), King Dunlap (OT), Chad Rinehart (OG), Rich Ohrnberger (C-G), Eddie Royal (WR), John Phillips (TE), Reggie Walker (LB) and Danny Woodhead (WR). All key contributors to a successful season and playoff run with the exception of Cox, who ironically, was Telesco's high-priced free agent signing.

Although he was limited salary wise this offseason after re-signing his own free agents, Telesco did sign running back Donald Brown to a big-money contract. Other signings include Kellen Clemmons (QB), Kavell Conner (LB), David Johnson (TE) and Brandon Ghee (CB). However, it was the recent signing of Pro Bowl cornerback Brandon Flowers that has Chargers fans excited.

As the Chargers open training camp on July 23, here

Training camp preview



are concerns facing the team as they prepare for their Monday night season opener against the Arizona Cardinals on Sept. 8.

Can the offensive line stay healthy and maintain the momentum they carried into the playoffs last season? Although the entire starting five return, the health of Dunlap has to be a major concern at left tackle after multiple concussions sidelined him for a few games last season. Last season new offensive line coach Joe D'Alessandris prepared his unit to play multiple positions in the event the injury bug hit, and his strategy paid dividends

when linemen were shuffled to different positions throughout the season.

Which receivers are going to step up and fill the No. 2 and No. 3 spots behind last year's rookie sensation, Keenan Allen? After suffering a season-ending neck injury in week two last season, Malcom Floyd is going to give it a go in '14... the problem is, even if he is fully recovered, he can't be depended on to stay healthy the entire 16 games. Eddie Royal is coming off his most productive year as a pro and is most effective playing the slot position. At this point it appears the battle for the No. 2 receiver spot will consist of Floyd, fourth-year veteran Vincent Brown and rookie speedster Tevin Reese. With Brown coming off a disappointing year where he seemed to get lost in the mix, another name to watch is Seyi Ajitrotutu who has great chemistry with quarterback Philip Rivers.

Who is going to man the all-important nose tackle position in the middle of the 3-4 defense deployed by Coach John Pagano? Football 101 tells us the number one object of a defense is to stop the run, and the Chargers have not had a dominating player anchoring the defensive front since Jamal Williams. The trade for Sean Lissemore last September paid off big for Telesco and he appears to be the starter, with fifth-round draft pick Ryan Carrethers pushing him for playing time. With no true dominant defensive tackle on the roster look for a steady rotation of fresh legs being shuffled in throughout the ball games.

Can the Chargers pass rushers provide steady pressure on opposing quarterbacks to help out its young secondary? If Melvin Ingram and Dwight Freeney are healthy and can remain on the field of play, the addition of second-round pick Jerry Attaochu coming in as a pass rush specialist should greatly improve the secondary. Facing the likes of Russell Wilson, Colin Kaepernick and Sam Bradford in addition to Peyton Manning and Alex Smith, putting more pressure on the quarterbacks will be a critical factor in the team's success in '14.

Will the signing of Brandon Flowers be the move that takes this secondary to the next level? What the self-proclaimed 'best cornerback in the league' brings to this young secondary is not only credibility and much-needed

CHARGERS, cont'd. on Page 25

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LeBron: "I'm coming home."

By LeBron James on SI.com

Before anyone ever cared where I would play basketball, I was a kid from Northeast Ohio. It's where I walked. It's where I ran. It's where I cried. It's where I bled. It holds a special place in my heart. People there have seen me grow up. I sometimes feel like I'm their son. Their passion can be overwhelming. But it drives me. I want to give them hope when I can. I want to inspire them when I can. My relationship with Northeast Ohio is bigger than basketball. I didn't realize that four years ago. I do now.

Remember when I was sitting up there at the Boys & Girls Club in 2010? I was thinking, This is really tough. I could feel it. I was leaving something I had spent a long time creating. If I had to do it all over again, I'd obviously do things differently, but I'd still have left. Miami, for me, has been almost like college for other kids. These past four years helped raise me into who I am. I became a better player and a better man. I learned from a franchise that had been where I wanted to go. I will always think of Miami as my second home. Without the experiences I had there, I wouldn't be able to do what I'm doing today.

I went to Miami because of D-Wade and CB. We made sacrifices to keep UD. I loved becoming a big bro to Rio. I believed we could do something magical if we came together. And that's exactly what we did! The hardest thing to leave is what I built with those guys. I've talked to some of them and will talk to others. Nothing will ever change what we accomplished. We are brothers for life. I also want to thank Micky Arison and Pat Riley for giving me an amazing four years.

I'm doing this essay because I want an opportunity to explain myself uninterrupted. I don't want anyone thinking: He and Erik Spoelstra didn't get along. ... He and Riles didn't get along. ... The Heat couldn't put the right team together. That's absolutely not true.

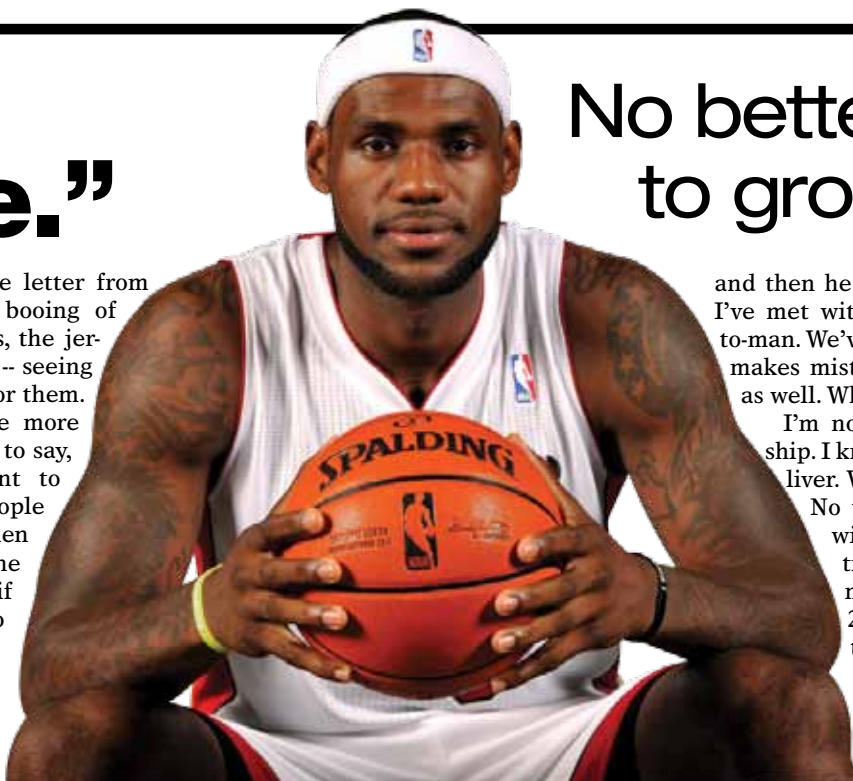
I'm not having a press conference or a party. After this, it's time to get to work.

When I left Cleveland, I was on a mission. I was seeking championships, and we won two. But Miami already knew that feeling. Our city hasn't had that feeling in a long, long, long time. My goal is still to win as many titles as possible, no question. But what's most important for me is bringing one trophy back to Northeast Ohio.

I always believed that I'd return to Cleveland and finish my career there. I just didn't know when. After the season, free agency wasn't even a thought. But I have two boys and my wife, Savannah, is pregnant with a girl. I started thinking about what it would be like to raise my family in my hometown. I looked at other teams, but I wasn't going to leave Miami for anywhere except Cleveland. The more time passed, the more it felt right. This is what makes me happy.

To make the move I needed the support of my wife and my mom, who can

be very tough. The letter from Dan Gilbert, the booing of the Cleveland fans, the jerseys being burned -- seeing all that was hard for them. My emotions were more mixed. It was easy to say, "OK, I don't want to deal with these people ever again." But then you think about the other side. What if I were a kid who looked up to an athlete, and that athlete made me want to do better in my own life,



No better place to grow up.

and then he left? How would I react? I've met with Dan, face-to-face, man-to-man. We've talked it out. Everybody makes mistakes. I've made mistakes as well. Who am I to hold a grudge?

I'm not promising a championship. I know how hard that is to deliver. We're not ready right now.

No way. Of course, I want to win next year, but I'm realistic. It will be a long process, much longer than it was in 2010. My patience will get tested. I know that. I'm going into a situation with a young team and a new

LeBRON,
cont'd. on Page 23

MOTORCYCLES

An advertisement for Harley-Davidson's Project Livewire motorcycle. At the top left is the San Diego Harley-Davidson logo. In the center is the Harley-Davidson logo with the text "PROJECT LIVEWIRE THE EXPERIENCE TOUR" below it. Below that is the headline "THE EXPERIENCE YOU DON'T WANT TO MISS" in large white letters. Underneath is the address and hours: "SAN DIEGO HARLEY-DAVIDSON * 4645 MORENA BLVD. SAN DIEGO, CA * 9AM-4:30PM DAILY" and the website "SANDIEGOHARLEY.COM". A large, detailed image of the Project Livewire motorcycle is shown from a front-three-quarter view. At the bottom, there is a red banner with white text: "STOP BY TO ENTER TO WIN A PROJECT LIVEWIRE TEST RIDE!". Below that is another white banner with red text: "RIDERS TODAY. DEFINE TOMORROW. PROJECT LIVEWIRE. THE FIRST ELECTRIC HARLEY-DAVIDSON* MOTORCYCLE." The largest text at the bottom is "FIRST STOP IN CALIFORNIA!" in white. At the very bottom, in small print, it says "*S&H B-D OR ITS AFFILIATES. HARLEY-DAVIDSON, LIVEWIRE, AND THE BARRA BAR & SHIELD DESIGN LOGO ARE AMONG THE TRADEMARKS OF H-D U.S.A., LLC."



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Huge military discount to Latin Food Festival

¡LATIN FOOD FEST! San Diego, September 11-13, 2014, announces its premier food, wine and spirits tasting extravaganza with some of the world's best chefs, distillers and vintners. The signature event, Grand Tasting Village, Presented by The Lincoln Motor Company, will take place on September 13 on the Embarcadero Marina Park North, San Diego Bay.

For a limited time, military and their families get a \$70 discount on tickets for the Saturday, Sept. 13 event at the Embarcadero Marina Park North. Visit www.latinfoodfest.com/taste and use the promo code HERO to get your discount. Tickets are regularly \$99 but only \$29 for military and their families.

Grand Tasting Village will feature over 100 tasting tents, cooking dem-

onstrations, a live music stage, book signings and thematic brand hosted pavilions, including "Wine Tasting Tent" Presented by Henry Wine Group, "VIP Playa" Presented by Coco Jack, "Spirits of the Americas Pavilion" Presented by Constellation Brands and "Taste Baja Expo" Presented by Mexico Tourism Board.

¡LATIN FOOD FEST! will educate palates and entertain over 7,000 patrons in high style at six events, which will include an Opening Party, Educational Seminars, Cocktail Parties, Chef Dinner, Chef Demonstrations on the Celebrity Cooking Stage, Silent Auctions, Culinary Grand Tasting Event at Embarcadero Marina Park North, and Wine Reception.

Learn about financial independence and early military retirement on podcast

By Ryan Guina

Retirement. It means many different things to different people. To some it means working until you are 65, then hoping you have enough money put away to live the rest of your life in relative comfort. Others are able to retire at an earlier age. How do they do it? How can they afford to retire after working a 20- or 30-year career? It's easy to say some people just make a lot of money,

so they can retire early. But there is a lot more to it than just earning money.

Yes, you need to earn money. But you also need to save and invest that money wisely. You also need to account for things like inflation and escalating health care costs, supporting your family, and outliving your nest egg.

In this podcast, learn how a retired Naval officer retired at 41. Listen to the podcast at <http://goo.gl/vHv5Bz>.

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Overcoming the time factor in getting your degree

From Military.com

Have you been thinking about getting your degree, but just haven't gotten around to it yet? Why not? In most cases, procrastination is caused by one of five factors.

The five barriers to getting your degree are:

- Confusion
- Money
- Time
- Fear
- Motivation

These five factors can block you from achieving your potential, but you can remove these barriers when you learn the terms, tricks, and tips that have helped thousands of other servicemembers and veterans get their education.

Dealing with the time factor

Does it seem you barely have enough time in a day to get anything done? Is the thought of adding school to your schedule overwhelming? If so you aren't alone. "Not enough time" seems to be the number one reason for not pursuing school. But if you don't have time now, when will you? If you're waiting until you get out of the service

to get started, you're missing a golden opportunity to get a jump on your education and you will probably never work for a more education friendly organization than the U.S. military.

So if you want to learn how to beat the "not enough" time factor, then the following information is just what you need to help find the time to get moving toward your educational goals.

There are four basic ways to attack the time factor:

- Online Courses
- Video or Correspondence Courses
- DANTES Credit-by-Exam
- American Council on Education (ACE)

The following table gives a quick guide to the benefits associated with each program:

DEGREE, cont'd. on Page 24

Program	Cost	Self-paced	Study Groups	Deadlines	Teacher Interaction	Flexible Class Hours	Text Books or Study Guides
Online Courses	Yes*	**	**	Yes	Yes	Yes	Yes
Video or Correspondence	Yes*	Yes	Yes	Yes	No	Yes	Yes
DANTES Credit-by-Exam	No***	Yes	Yes	No	No	Yes	Yes
ACE Credit for Military Schools and Experience	No	N/A	N/A	N/A	N/A	N/A	N/A

Local college offers two new degree programs

Mueller College, an institution of adult higher education located in Mission Valley, the heart of San Diego, is excited to announce the launch of two new degree programs. Adding to their three career-oriented certificate programs, Mueller College now offers degrees in Recording Arts and Small Business Operations.

This is not the first time Mueller College has been associated with music: the College runs a small local music performance venue (Across the Street) in the University Heights area of San Diego. Mueller College President and CEO, Dr. Jeff Welsh couldn't be happier: "My first job was teaching music when I was 14. I have been a professional musician for more than 40 years, and I am very excited to give back to the music community in such a significant way."

The Small Business Operations degree is for entrepreneurs who are starting their own business and need significant business savvy to get started.

For more information, contact Dan Roberts, 619-291-9811, dan.roberts@mueller.edu.

EDUCATION

According to the U.S. Department of Labor, employment for cybersecurity professionals is projected to grow by 37% by 2020.* Reinvent yourself to meet the growing demand for cybersecurity professionals, whether in the military or out. Plus, you can learn from experts using curriculum that's continually assessed by advisory councils so you can be confident you're learning the latest developments in the field.

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LEARN THE SKILLS YOU NEED FOR THE CAREER YOU WANT.

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M.S. IN CYBERSECURITY STUDIES

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*Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook report on Information Security Analysts (Job Outlook, 2012-2022)*. Published Date: Jan. 8, 2014.

We want you to make an informed decision about the university that's right for you. For more about the graduation rate and median debt of students who completed each program, as well as other important information—visit www.APUS.edu/disclosure.

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University
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Franklin D. Roosevelt
 32nd President of the United States
 Served from March 4, 1933 to April 12, 1945

“If you treat people right they will treat you right... ninety percent of the time.”

—Franklin Roosevelt



John Nance Garner
 32nd Vice President of the United States
 Served from March 4, 1933 to Jan. 20, 1941



World events

- Nazi Germany attacks Poland, and France, Australia and the U.K. declare war on Germany. This is the start of WWII.
- Russia invades Finland
- Dictator Francisco Franco conquers Madrid, ending the Spanish Civil War
- 71 people die across Victoria in one of Australia’s worst ever bush fires
- Earthquake kills 30,000 in Chile
- Last public execution in France — murderer Eugene Weidmann is decapitated by the guillotine
- Germany and Italy sign the “Pact of Steel”
- Assassination attempt on Hitler fails by 8 minutes.
- Thailand changes its name from Siam
- Pope Pius XI dies after failing health at age 81 after being Pope for 17 years

Congress, Neutrality and Land-Lease

“If we repeal it, we are helping England and France. If we fail to repeal it, we will be helping Hitler and his allies. Absolute neutrality is an impossibility.”

— Senator George W. Norris on the repeal of the Neutrality Acts, 1939

Between 1935 and 1937 Congress passed three “Neutrality Acts” that tried to keep the United States out of war, by making it illegal for Americans to sell or transport arms, or other war materials to belligerent nations. Supporters of neutrality, called “isolationists” by their critics, argued that America should avoid entangling itself in European wars. “Internationalists” rejected the idea that the United States could remain aloof from Europe and held that the nation should aid countries threatened with aggression.

In the spring of 1939, as Germany, Japan, and Italy pursued militaristic policies, President Roosevelt wanted more flexibility to meet the Fascist challenge. FDR suggested amending the act to allow warring nations to purchase munitions if they paid cash and transported the goods on non-American ships, a policy that favored Britain and France. Initially, this proposal failed, but after Germany invaded Poland in September, Congress passed the Neutrality Act of 1939 ending the munitions embargo on a “cash and carry” basis.

The passage of the 1939 Neutrality Act marked the beginning of a congressional shift away from isolationism. Over the next 2 years, Congress took further steps to oppose fascism. One of the most important was the 1941 approval of Lend-Lease, which allowed the United States to transfer arms to nations vital to the national defense.

U.S. news

- Albert Einstein writes President Roosevelt about developing the atomic bomb with Uranium, leading to the creation of the Manhattan Project
- World’s Fair opens in New York
- LaGuardia Airport opens in New York
- Regular television broadcasts began
- America amends Neutrality Acts to allow sending military

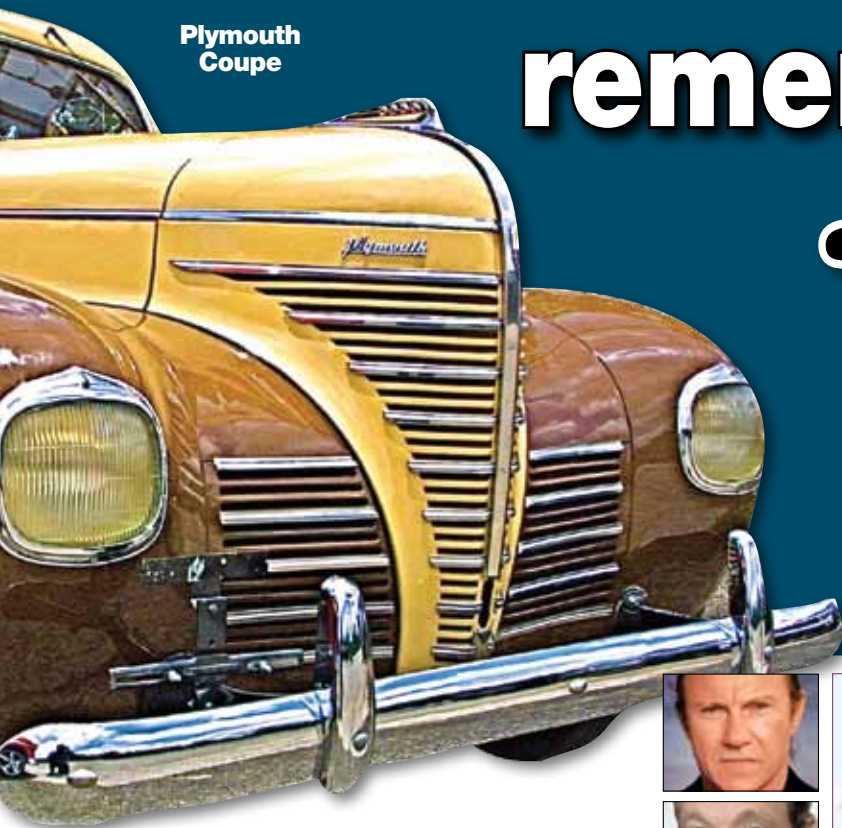


Nylons Introduced



1939 Packard

Plymouth Coupe



remember when...

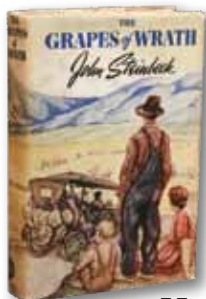
1939

aid to countries in Europe

- Continuing drought conditions in the north eastern U.S. cause mass crop failure and hardship
- Amelia Earhart officially declared dead after her 1937 disappearance

Popular culture

- The first nylon stockings go on sale
- John Steinbeck's "The Grapes of Wrath" is published



Sports

- World Series: Yankees d. Cincinnati, 4-0
- Lou Gehrig retires from MLB after being diagnosed with ALS

Movies

- Gone With The Wind
- The Wizard of Oz
- Stagecoach
- Of Mice and Men
- Wuthering Heights
- The Hunchback of Notre Dame

Amelia Earhart declared dead



Lou Gehrig



BORN THIS YEAR: Above right: Tina Turner, singer. Above left: Harvey Keitel, actor; Maury Povich, talk show host; Ali MacGraw, actress; Mike Ditka, NFL head coach.

Music

- "Moonlight Serenade," Glen Miller
- "Address Unknown," The Ink Spots
- "Over The Rainbow," Judy Garland
- "God Bless America," Kate Smith
- "Strange Fruit," Billie Holiday
- "When The Saints Go Marching In," Louis Armstrong



Born this year

- John Cleese
- Tina Turner
- Marvin Gaye
- Francis Ford Coppola
- Paul Hogan
- George Hamilton
- Ralph Lauren
- Lee Majors
- Lee Harvey Oswald
- Neil Sedaka
- Frankie Avalon
- Lily Tomlin
- Mike Ditka

AVERAGE COST OF LIVING

- Income per year \$1,730
- Minimum wage 30¢
- New house \$3,800
- Monthly rent \$28
- New car \$700
- Gallon of gas 10¢
- Dozen eggs 10¢
- Gallon of milk 23¢
- Loaf of bread 8¢
- First-class stamp 3¢
- Movie ticket 23¢



1939 TV Set



BMW 327 Roadster



Just for Laughs

Smuggler

A very distinguished lady was on a plane arriving from Switzerland. She found herself seated next to a nice priest whom she asked: "Excuse me Father, could I ask a favor?"

"Of course my child, What can I do for you?"

"Here is the problem. I bought myself a new sophisticated hair remover gadget for which I paid an enormous sum of money. I have really gone over the declaration limits and I am worried that they will confiscate it at customs. Do you think you could hide it under your cassock?"

"Of course I could, my child, but you must realize that I can not lie."

"You have such an honest face Father, I am sure they will not ask you any questions", and she gave him the "hair remover."

The aircraft arrived at its destination. When the priest presented him-

self to customs he was asked, "Father, do you have anything to declare?"

"From the top of my head to my sash, I have nothing to declare, my son," he replied. Finding this reply strange, the customs officer asked, "And from the sash down, what do you have?" The priest replied, "I have there a marvelous little instrument designed for use by women, but which has never been used."

Breaking out in laughter, the customs officer said, "Go ahead Father. Next!"

Jar jam

An 85-year-old man was requested by his doctor for a sperm count as part of his physical exam. The doctor gave the man a jar and said, "Take this jar home and bring back a semen sample tomorrow." The next day the 85-year-old man reappeared at the doctor's office and gave him the jar, which was as clean and empty as on the previous day. The doctor asked, what happened and the man explained. "Well, doc, it's like this — first I tried with my right hand, but nothing. Then I tried with my left hand, but still nothing. Then I asked my wife for help. She tried with her right hand, then with her left, still nothing. She tried with her mouth, first with the teeth in, then with her teeth out, still nothing. We even called up Arleen, the lady next door and she tried too, first with both hands, then an armpit, and she even tried squeezin' it between her knees, but still noth-

Celebrities aging badly: AXL ROSE



ing." The doctor was shocked! "You asked your neighbor?" The old man replied, "Yep, none of us could get the jar open."

Friendly guy

Bubba was bragging to his boss one day, "You know, I know everyone there is to know. Just name someone, anyone, and I know them."

Tired of his boasting, his boss called his bluff, "OK, Bubba how about Tom Cruise?"

"Sure, yes, Tom and I are old friends, and I can prove it." So Bubba and his

boss fly out to Hollywood and knock on Tom Cruise's door, and sure enough, Tom Cruise shouts, "Bubba! Great to see you! You and your friend come right in and join me for lunch!"

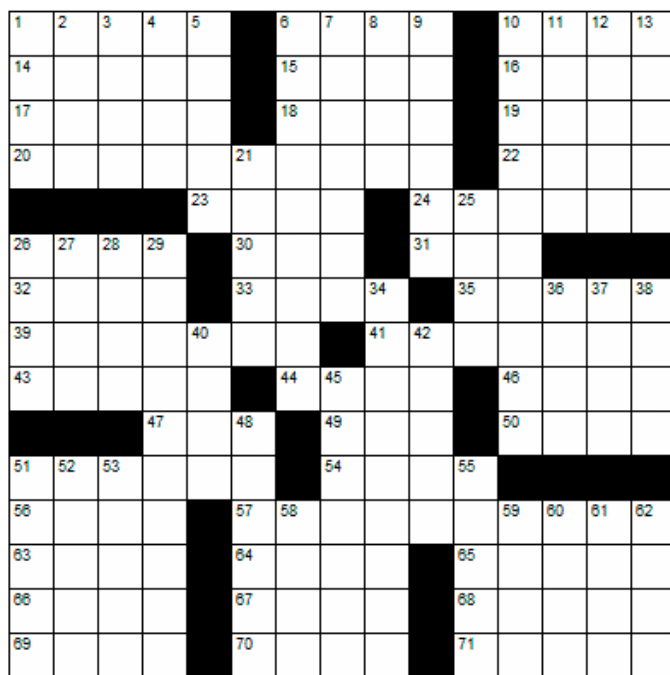
Although impressed, Bubba's boss is still skeptical. After they leave Cruise's house, he tells Bubba that he thinks Bubba's knowing Cruise was just lucky. "No, no, just name anyone else," Bubba says. "President Clinton," his boss quickly retorts.

"Yes," Bubba says, "I know him. Let's fly out to Washington." And off they go. At the White House, Clinton

PUZZLE PAGE

ACROSS

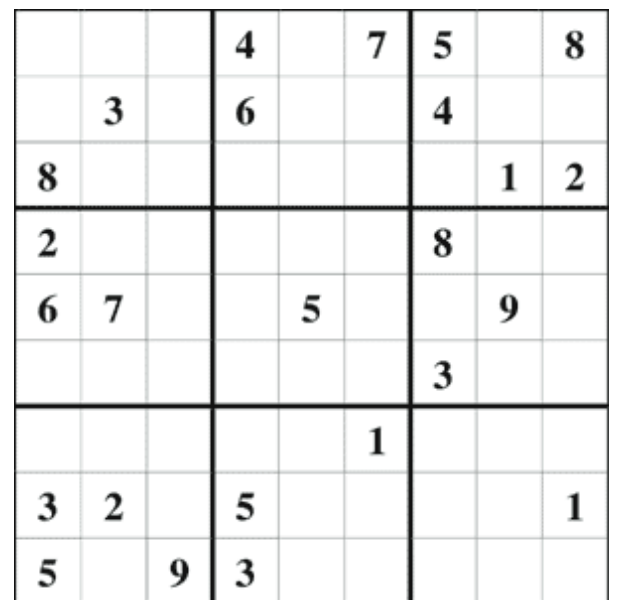
1. Pals
6. Kittens' cries
10. Russian emperor
14. Not urban
15. Wings
16. Bygone era
17. Sporting venue
18. A musical pause
19. Regrets
20. Dramatist
22. Against
23. Bristle
24. Basswood
26. Deception
30. Indian bread
31. Many millennia
32. Hubs
33. Countertenor
35. Leg bone
39. In general
41. Poster
43. Foot lever
44. Abominable Snowman
46. Desiccated
47. Consumer Price Index
49. 14 in Roman numerals
50. Not more
51. Migratory grasshoppers
54. Ends a prayer
56. Iridescent gem
57. Esteem
63. Novice
64. Cuts off
65. Symbol of authority
66. Two-toed sloth
67. Doing nothing
68. A drama set to music



69. Collections
70. College girl
71. Assail
10. Despotism
11. Noise
12. Mountain crest
13. Varnish ingredient
21. Kidney-related
25. Greek letter
26. Dud
27. Great affection
28. Breezed through
29. Heaven-sent
34. Made more efficient (British spelling)
36. Exposed
37. Colored part of an eye
38. Contributes
40. Austrian peaks
42. An organ of the body
45. Ideal
48. Slanted font
51. Water lily
52. Express a thought
53. Unit of weight for gems
55. Wealthy man
58. Extinct flightless bird
59. Adhesive strip
60. Midmonth date
61. Monster
62. Tidy

DOWN

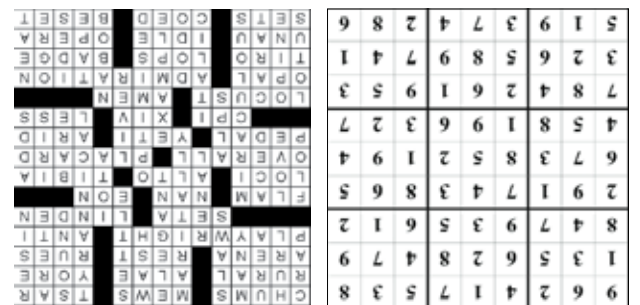
1. Poop
2. Throw
3. Component of mammalian urine
4. Numerous
5. Dishes of shredded cabbage
6. Matrimonially
7. Chic
8. Clean
9. Homestead



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.

This week's solutions:



spots Bubba on the tour and motions him and his boss over saying, "Bubba, what a surprise, I was just on my way to a meeting, but you and your friend come on in and let's have a cup of coffee first and catch up."

Well, the boss is very shaken by now, but still not totally convinced. After they leave the White House grounds, he expresses his doubts to Bubba, who again implores him to name anyone else. "The Pope," his boss replies.

"Sure!" says Bubba. "My folks are from Poland, and I've known the Pope a long time." So off they fly to Rome. Bubba and his boss are assembled with the masses in Vatican Square when Bubba says, "This will never work. I

can't catch the Pope's eye among all these people. Tell you what, I know all the guards so let me just go upstairs and I'll come out on the balcony with the Pope." And he disappears into the crowd headed toward the Vatican.

Sure enough, half an hour later Bubba emerges with the Pope on the balcony. But by the time Bubba returns, he finds that his boss has had a heart attack and is surrounded by paramedics.

Working his way to his boss' side, Bubba asks him, "What happened?" His boss looks up and says, "I was doing fine until you and the Pope came out on the balcony and the man next to me said, 'Who's that on the balcony with Bubba?'"

No authority here

A DEA officer stops at a ranch in Texas, and talks with an old rancher. He tells the rancher, "I need to inspect your ranch for illegally grown drugs." The rancher says, "Okay, but do not go in that field over there," as he points out the location. The DEA officer verbally explodes saying, "Mister, I have the authority of the Federal Government with me." Reaching into his rear pants pocket, he removes his badge and proudly displays it to the rancher. "See this badge? This badge means I am allowed to go wherever I wish... On any land... No questions asked or answers given. Have I made myself clear? Do you understand?" The rancher nods politely, apologizes, and goes

about his chores. A short time later, the old rancher hears loud screams and sees the DEA officer running for his life chased by the rancher's big Santa Gertrudis Bull. With every step the bull is gaining ground on the officer, and it seems likely that he'll get gored before he reaches safety. The officer is clearly terrified. The rancher throws down his tools, runs to the fence and yells at the top of his lungs... "Your badge... Show him your badge!!"

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COMMUNITY

LeBRON

Cont'd. from Page 17

coach. I will be the old head. But I get a thrill out of bringing a group together and helping them reach a place they didn't know they could go. I see myself as a mentor now and I'm excited to lead some of these talented young guys. I think I can help Kyrie Irving become one of the best point guards in our league. I think I can help elevate Tristan Thompson and Dion Waiters. And I can't wait to reunite with Anderson Varejao, one of my favorite teammates.

But this is not about the roster or the organization. I feel my calling here goes above basketball. I have a responsibility to lead, in more ways than one, and I take that very seriously. My presence can make a difference in Miami, but I think it can mean more where I'm from. I want kids in Northeast Ohio, like the hundreds of Akron third-graders I sponsor through my foundation, to realize that there's no better place to grow up. Maybe some of them will come home after college and start a family or open a business. That would make me smile. Our community, which has struggled so much, needs all the talent it can get.

In Northeast Ohio, nothing is given. Everything is earned. You work for what you have.

I'm ready to accept the challenge. I'm coming home.

STAND DOWN

Cont'd. from Page 4

- Veterans benefits
- Employment and job counseling services
- Acupuncture and massage therapy
- Recovery providers
- Shelters
- Chaplains services
- 12-step meetings for everyone
- And last but not least meals

Directions to Stand Down

From 163 South: Exit at I-5/Park Blvd., follow signs for I-5 South/Park Blvd. Turn Right on Park. Turn Left on Russ.

From I-5: Exit at Pershing/B Street follow signs for B Street. Turn Right on 16th St. Right on Russ, immediate left into parking lot.



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DEGREE

Cont'd. from Page 19

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Online Courses (Distance Learning)

Online courses follow the same format as traditional college courses, with a professor, textbooks, homework, exams, etc. However online courses have

a much higher degree of flexibility and usually use a combination of message boards, e-mail, chat rooms, CD-ROMs and textbooks. In a typical online course the professor will post weekly reading assignments, study questions and schedule a group online chat time. The student must post answers to the study questions and respond to at least one other student's postings by the end of that week. Online courses typically have weekly deadlines, however your daily/weekly study schedule is completely up to you. At the end of the course or module the student will have a final exam for lower level courses or

written essay requirement for upper level courses.

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DEGREE, cont'd. on Next Page

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CHARGERS
Cont'd. from Page 16

experience, but a certain swagger that the defense has been lacking since the Shawne Merriman years. His experience with the AFC West should have a big impact on the cornerback unit overall, especially first-round pick Jason Verrett and Steve Williams, last years' fifth-round pick. Look for Eric Weddle to have a big year now that he can focus on mentoring the safeties and leave the corners to Flowers' leadership.

The Endzone:

What appeared to be a major concern for the secondary just a short month ago has now turned into a bit of excitement and confidence with the signing of Flowers. Whether he starts opposite of Shareece Wright or takes over the No.1 nickel spot, bringing in an experienced veteran such as Flowers gives coach Pagano another toy to tinker around with. As bad as the defense was last year - 23rd total defense; 23rd in sacks; 26th in interceptions - the unit improved overall during the last six weeks of the season and finished 11th overall in points allowed.

SDAP RATES
Cont'd. from Page 15

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FIT FOR LIFE

Cont'd. from Page 10

tox me as well as add flavor and fun to my family's water to help increase their intake.

SHREDDED CHICKEN: I like to keep cooked chicken in the fridge mostly because if I need to fix a quick dinner, heated for lunch, made into sandwiches.

STRAWBERRIES: This fruit is a constant in our household. Funny that when I was young, I used to dip them in sugar when I consumed it. I can't believe I used to do that! It's so sweet naturally on its own. Know that it is a studied fact that if you leave strawberries tops on in the fridge on store bought container 1:3 they will go bad. Prep them immediately after purchase.

Other items to have on hand:

- Banana muffins
- Frozen fruit
- Broccoli

GAS PRICES

Cont'd. from Page 6

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(Bob Dinneen is the president and CEO of the Renewable Fuels Association.)



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