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- Navy SEAL murdered by PTSD sufferer
- Suicides of military at all-time high
- Women in combat

**Ex-Marine
LIZ CARMOUCHE gets a
shot at Bantamweight Title**

**Stretch of I-5 renamed
for Tuskegee Airmen**

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Approximately **15** of every **100** Iraq and Afghanistan veterans and as many as **30** out of **100** Vietnam veterans suffer from post-traumatic stress disorder...



This is one story.

continues on next page>>>

The Military Press

February 15, 2013

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LIZ CARMOUCHE

hits the big-time when she faces UFC Bantamweight Champion Ronda Rousey at the Honda Center in Anaheim on February 23.

MP reporter Art Garcia Jr. caught up with Carmouche and asked her some questions about her upcoming fight.



continues on page 23>>>

Legends of the West

Legend has it that the woman's likeness was painted by a distraught miner on the floor of a Central City, Colo. bar when his wife died of consumption (tuberculosis.) As the story goes, the miner drank himself into a stupor and then proceeded to paint his wife's portrait on the floor. Speaking tenderly of her, he painted long into the night and on past noon the next day. Once the artist was finished, he slept, never to wake again. Buried next to his beloved wife, witnesses say that on the anniversary of his death, the couple can be heard talking tenderly to each other through her portrait on the floor.



Find out the real story on Page 9

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Suspect in SEAL sniper murder is PTSD sufferer

By Stephen Rex Brown and Scott McBride
New York Daily News

The county's most lethal sniper's faith in the therapeutic value of guns tragically backfired. Sheriffs in Erath County, Texas, say Iraq War vet Eddie Ray Routh, 25, fatally shot Chris Kyle, the 38-year-old author of "American Sniper," and his friend Chad Littlefield with a handgun multiple times at the upscale shooting and hunting range they had gone to for treatment.

"He was out there helping that young soldier," said Paul Boccafogli, general manager of the Rough Creek Lodge near Dallas where the shooting occurred. "No one could anticipate anything like that happening. Ever."

Those who knew Kyle, who was credited with more than 160 kills in Iraq and was hailed for helping vets with post-traumatic stress disorder, said he and Littlefield were helping Routh work through the disorder.

"He didn't have any fear at all as far as working with an extreme case," said Travis Cox, director of FITCO Cares, the company Kyle established to give fitness equipment to wounded veterans.

"Just like in combat he would take it on head-on and do whatever he could to give these guys assistance," Cox said.

By bringing Routh to the range, Kyle was practicing a form of prolonged exposure therapy, which

is endorsed by the Department of Veterans Affairs. The therapy involves gradually reintroducing traumatized individuals to situations with which they can no longer cope.

Dr. Carmen McLean, a professor at the Center for Treatment and Study of Anxiety at the University of Pennsylvania, said it was common for soldiers to have crippling flashbacks triggered by sounds like fireworks and other loud noises.

Reintroducing them to gun fun can foster a return to normalcy. Rorke Denver, a lieutenant commander in a reserve SEAL team, said it is common for vets to help one another cope with PTSD by taking trips to the range.

"For warriors, that's a skill set that has become very familiar, very comfortable for us," said Denver.

Routh appears to be an extreme case. Hours after his arrest, he was shocked with a stun gun and put on suicide watch Sunday night after he menaced jailers with his food tray, Sheriff Tommy Bryant said.

He had been taken to a mental hospital twice in the last four months and threatened to kill his family and himself, according to police records. He told cops he was suffering from PTSD.

The exact nature of Routh's mental issues is unclear. He reached the rank of corporal, specialized in small arms repair and was stationed in Iraq from 2007 to 2008 and in Haiti in 2010, according to Marine Corps records. He received a medal for good conduct.



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He lived by the gun, he died by the gun

By Alan Duke
CNN.com

Chris Kyle had no regrets about any of the 160 people he killed as a Navy SEAL sniper during his five combat tours in Iraq.

His first kill was a woman who cradled a toddler with one hand and held a grenade in the other.

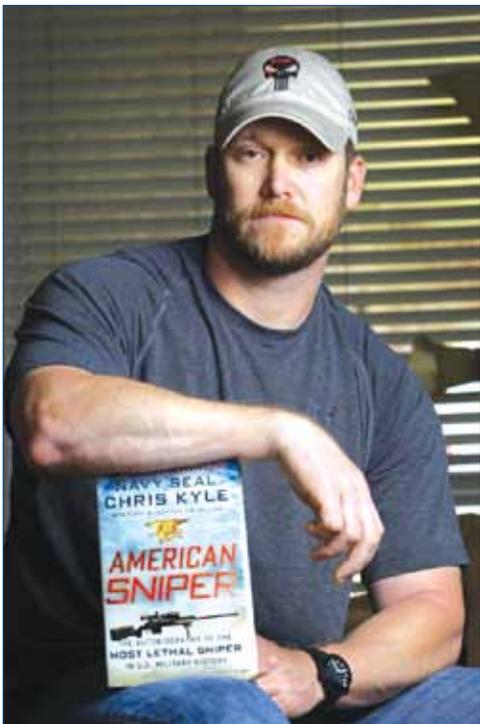
"I had to do it to protect the Marines," Kyle told Time magazine a year ago. "You want to lose your own guys, or would you rather take one of them out?"

Standing 6 feet, 2 inches tall and weighing a muscular 220 pounds, Kyle developed a deadly reputation in Iraq, prompting insurgents to put a bounty on his head, according to his autobiography.

"I'm a better husband and father than I was a killer," he told Time. "I'm pretty comfortable with not having to kill anyone. Now, don't take deer hunting away from me."

When Kyle's military career ended after a decade, he joined other former SEALs to start Craft International, a security company with the motto "Despite what your momma told you, Violence does solve problems."

Friend: Kyle 'a guardian of Marines' SEAL: Insurgents knew how



Chris Kyle, former Navy SEAL, with his book.

to identify me Former Navy SEAL killed at gun range Timeline of events in Navy SEAL death

He also became a best-selling author, a reality TV personality, a supporter of fellow vets suffering from post-traumatic stress syndrome, an avid hunter and an outspoken opponent of gun control.

Kyle, 38, was shot to death Saturday -- by a former Marine, police say -- while shooting for fun on a

Texas gun range. Another veteran was also fatally shot.

A west Texas native, Kyle studied agriculture at Tarleton State University in Stephenville, Texas, after graduating from high school in 1992. He left college after two years to work as a ranch hand until he joined the Navy in 1999.

He left the Navy as a chief petty officer in 2009 with a chest full of medals, including two Silver Stars and five Bronze Stars, according to his service record released by the Pentagon.

It was another distinction accumulated during Kyle's five tours of Iraq that has brought him the most attention. He wrote about it in a best-selling book published a year ago, titled

THE GUN, cont'd. on Page 22

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7,000 attend memorial

Chris Kyle's memorial service was held Monday, Feb. 11 at Cowboys Stadium in Arlington, Texas. The parking lots filled up quickly for the 1 p.m. service in the 80,000-seat stadium.

At the beginning of the service, the crowd entered slowly into the stadium with the hymn Mansions of the Lord playing on the P.A. system and images of Chris Kyle on the jumbo screen.

Serenaded by Scottish bagpipes, the casket carrying Kyle was placed on the blue star on the 50-yard line. A photo montage showed moments of Kyle's life from his childhood through adulthood.

Dozens of Navy SEALs, past and present, stood as the SEAL creed was read at the memorial.

One-by-one, boyhood friends and fellow military members paid tribute to Kyle.

"At home, he wasn't Superman. He was just a dad," one of Kyle's high school friends said. Some of the speakers were not identified in the program.

At the close of the service, Country star Randy Travis sang Whisper My Name then led the crowd in a rendition of Amazing Grace.

No politicians spoke at the service, however, former Alaska Gov. Sarah Palin posted on her Facebook page that she and her husband, Todd, were planning to attend the memorial. "I find it sad to see that flags aren't flying at half staff for this American hero," Palin wrote on the page.

Women in Combat

the debate

By Nicole Cottrell

The decision to lift the 19-year ban on women serving in front line combat positions opens up some hundreds of thousands of potential job positions for women in the military, and could come to include positions in the Navy SEALs and the Army's Delta Force.

When I first heard the news, my reaction was twofold. First, I was a little surprised—surprised that the decision came down and curious to know if there really were thousands of women currently serving in the military who were waiting to enter the front lines.

Second, I was certain that, what some saw as progress for women, others would see as an assault on the gender roles between men and women and as an attack on the military, as a whole.

Some have argued that women, who are not physically as strong as men and are not capable of carrying the often 100 pound packs necessary to serve on the front lines.

They argue that, in the name of fairness, women must be required to pass the same physical tests as men. If they are unable they cannot serve. The rules can't be changed to accommodate their gender.

Others have made a moral argument. Our nation has long proclaimed

morale?

Those on the other side of the argument say that the decision from the Pentagon is long overdue and that women have long battled inequality in the military. This decision simply brings the U.S. military into the 21st Century.

They argue that the conflicts in Iraq and Afghanistan have already propelled many women into combat positions, such as medics and military police, out of necessity. So why not make the decision for women to serve on the front line official?

They claim that there is no need to lower standards, but simply to give women a fair chance to compete. They admit that not all women want these combat positions, but those who do must prove themselves capable like any other soldier. More than that, why not cast a wider net in the search for better soldiers?

And so, I open this debate up to you. I am genuinely curious and interested in what you all have to say on this subject. I admit that I am conflicted and find both sides of the argument compelling.

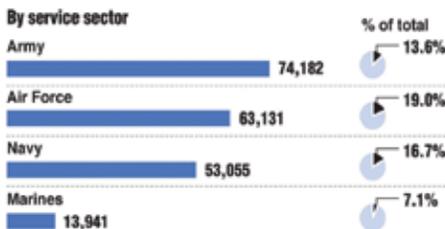
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that we will protect "our daughters," but suddenly we are knowingly sending our daughters into certain danger. And what if a woman soldier serving in the front lines were captured by the enemy? What would be her fate? Is it just and right for us to allow this as a potential outcome?

What of the men that would serving next to women in the face of such danger? Will men be tempted to seek to protect the woman in combat next to them versus themselves or their fellow male soldiers? How will this affect

Women in the U.S. military

The Pentagon is lifting its ban on women serving in combat, opening hundreds of thousands of front-line positions. A look at women in military service:



Iraq, Afghanistan
• Of the more than 6,600 who have been killed in these two wars, 152 have been women

Women are
14.2% of all active duty military
7.2% of all high-ranking officers

NOTE: Data as of Sept. 30, 2012
Source: U.S. Department of Defense, AP
Graphic: Judy Trisble

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Suicides and the military

From TimesNews.com

If every single day one U.S. soldier after another were being shot dead while deployed overseas, surely the American people wouldn't stand for it.

The situation is worse than that. Unofficial Pentagon figures, reported first by The Associated Press and published in the Times-News, show that, 349 active-duty service members took their own lives in 2012.

Troop suicides, the most in 11 years of tracking, exceeded military deaths last year: 310 in Afghanistan and one in Iraq, Time magazine military writer Mark Thompson reported Tuesday.

The suicides are each unique but with common threads, he wrote: "The post-9/11 stress of military life is real, even if some of those in uniform have never been in a war zone."

Casual observers only have to read stories emerging from military bases in North Carolina to witness the recurring cycle of preparing for deployment or going on deployment in the war on terror that started in 2001. Marines and sailors at Camp Lejeune or soldiers from Fort Bragg have deployed four, five or even six times to first Iraq and now Afghanistan. The strain on the troops is palpable. On families back home it's tortuous.

Post-traumatic stress, depression and behavioral issues can damage personal relationships. Active-duty

personnel might fear the uncertainty awaiting them in civilian life. Those in the field might not want to reveal their problems, and a strained counseling system might not adequately help them cope.

In early January, the Pentagon issued its study of 2011 military suicides, and it contained telling information, such as that 60 percent of the deaths involved firearms; 74 percent of those who took their lives didn't let others know they might harm themselves; 55 percent didn't have a known behavioral disorder; 24 percent were known to have substance abuse issues; and less than half had deployed to Iraq or Afghanistan. Relationships and jobs also were stressors.

Former Army psychiatrist Elspeth Ritchie said military leaders should use the latest data to help devise more ways of reducing suicide in the ranks.

Veterans need more attention, too. By some estimates, 18 veterans commit suicide each day, and Veterans Affairs facilities treat close to 1,000 ex-service members a month who've tried to kill themselves. But the strains on VA services are well-known.

A nation that allows a relatively small number of volunteers to put their lives at risk in war must also provide the resources to protect those lives, even from self-inflicted harm.

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COMMENTARY

America is sinking



Richard Matz, Publisher

Taxation without representation is no longer a myth but an actual fact. Many Americans, if not all realize that our system of government is broken. We can no longer say “we the people” because our representatives in Congress do as they please and not as “we the people” have instructed them.

Everyone must realize that our Congressman are controlled by lobbyists and special interest groups! We are all witnesses to the destruction of our country like the Titanic, America is sinking. You may think I’m an alarmist but to prove my point all we have to do is take a look at the job market. We all know men and women, who are willing to work but there are no jobs available. Many college students have earned their degrees, but with no jobs available they are going back to school to get their Masters or Doctorate degrees.

Large and small businesses are outsourcing high paying jobs. Many students have to take jobs with minimum wages, so what good are their degrees? Least we forget, most countries that have over thrown their governments are started by college students. Can that happen in America??? You

be the judge.

The only chance we have to save our country is to go to a flat tax like they have in Hong Kong. Hong Kong went to a flat tax about 20 years ago and it is one of the wealthiest countries in the world. If we go to a flat tax we can eliminate the 16+ trillion dollars that we’re in debt in one to two years. When time permits, research Hong Kong’s form of taxation and you will see it’s very simple yet



tremendously effective.

President Obama wants to increase spending and take us deeper into debt. His solution to fix our problems is to throw good money after bad. We’ve seen his solution has not worked in his previous four years. Do the Republicans have a better idea to solve our problems, I think not! We must remember that the Democrats and Republicans have destroyed our economy over the last 12 years. Eight years with the Bush administration and the past four years with Obama.

I pray to God (please forgive me for not being politically correct) we find someone in government that loves our country and will eliminate our senseless tax situation!

We always look forward to your comments, critique and kudos.
 email: rmatz@militarypress.com
editorsdesk@militarypress.com

Tuskegee Airmen Highway

Stretch of I-15 gets new name

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

On February 22, at 11 a.m., a three-mile stretch of Interstate 15, located near the Miramar Marine Corps Air Station (MCAS) in San Diego, CA, will be designated the “Tuskegee Airmen Highway.”

The effort to acknowledge the historic group was due to the efforts of Rancho Bernardo, CA residents CMSgt. USAF (Ret) Oscar Teel and Jeffrey Woodson. Republican State Senator Joel Anderson, 36th. District, sponsored the bill after meeting the two men and was able to get unanimous approval from the California State Legislature.

Restricted by racial segregation and Jim Crow Laws, the USAF formed the 332nd. Fighter Group and the

477th. Bombardment Group in 1941 for “coloreds” only. It was within these flying units that the now legendary pilots and crews trained in Tuskegee, AL (thus the name).

Between 1941 and 1946, close to 1,000 pilots earned their wings. The Tuskegee Airmen initially flew Curtiss P-40 Warhawk fighter-bomber aircraft, later Republic P-47 Thunderbolts and finally the North American P-51 Mustang. Beginning with the P-47s, the pilots painted the tails red and the nickname “Red Tails” was coined. In 2007, the group was presented the Congressional Gold Medal.

Teel and Woodson belong to the San Diego Chapter of the Gen. Benjamin O. Davis Jr. Tuskegee Airmen, Inc. For more information logon to www.tuskegeaisd.org.

Central City, Colo.

The richest square mile on earth

By Tom Stockman

Today's Central City, Colorado is a popular tourist destination, especially rich in heritage & history from Colorado's gold rush and mining days but also offering modern amenities and limited stakes gambling casinos.

Central City wasn't always just a tourist destination. Central City used to be the most prominent city in the Colorado Territory, the center of mining, business & commerce, culture, and of Colorado society.

The Colorado Gold rush

The Colorado Gold Rush began in 1858, leading prospective miners and settlers to discover modest gold deposits in the South Platte River and Cherry Creek in the modern-day Denver area.

In May of 1859, a major gold strike was found close to Clear Creek in the Rocky Mountains, and Central City was born. By July over

10,000 people lived in the new town of Central City and the surrounding areas.

By the end of 1859, between \$1-1/2 & \$2 million in gold was estimated as having been discovered, and the region quickly became known as "The Richest Square Mile On Earth."

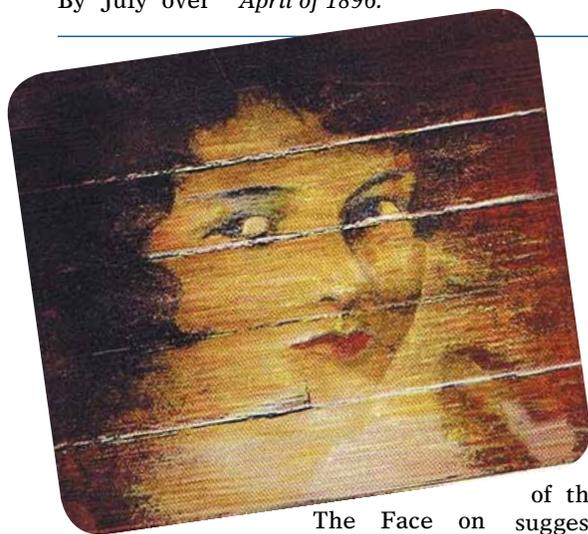
Most of the people retreated to lower elevations during the winter-but they'd be back. By the summer of 1860, an estimated 60,000 people lived in and around Central City, fueled by even more gold strikes made throughout the winter, including reports of a six-pound gold nugget being found.

As the easy pickings in the creeks and valleys dried up, the population stabilized at much more reasonable numbers, helped by many men heading back east to fight in the Civil War. Those now-depleted surface deposits were accurate indications of



A long funeral procession led by a band walks down Main Street in Central City, Colorado, probably during the 1890s, possibly for Sheriff R. B. Williams who was fatally shot by Samuel Covington, a quartz hauler from Nevadaville, in April of 1896.

RICHEST,
cont'd. on
Page 22



Legend of the Face on the Bar Room Floor

fight was that Davis was told to quit, or else he would be fired.

According to one version of the story, the painting was the suggestion of a busboy named Joe Libby; knowing that Davis would soon be fired, he suggested that the artist "give them something to remember [him] by".

In Davis' own words:

The Central City Opera House Association hired me to do a series of paintings and sketches of the famous mining town, which they were then rejuvenating as an opera center and tourist attraction. I stayed at the Teller House while working up there, and the whim struck me to paint a face on the floor of the old Teller House barroom. In its mining boom heyday it was just such a floor as the ragged artist

RICHEST, cont'd. on Page 22

Story of the painting

Davis had been commissioned by the Central City Opera Association to paint a series of paintings for the Central City Opera House; he was also requested to do some work at the Teller House. One afternoon at the bar he became embroiled in a heated argument with Ann Evans, the project director, about the manner in which his work should be executed. The upshot of the

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'Downwardly Mobile,' Rosie B's New Show

Television's leading blue collar lady is back. And now, it has nothing to do with nuts.

Fourteen years after her successful sitcom "Roseanne" wrapped its final season, Roseanne Barr has just sold a new scripted comedy to NBC. Called "Downwardly Mobile," it will feature Barr as a member of a mobile home community, emphasizing once again her working class roots in what the network hopes is as successful a formula as it was the last time.

Her first show unseated "The Cosby Show" from the top spot in the Nielsen ratings in March, 1989, and went on to years of ratings dominance.

The new show, which was first announced to be in development in August, presented a working class ethic could resonate with viewers in difficult economic times. Representing the true core of America's struggling citizenry has long been Barr's goal.

"I wanted to do a realistic show about a strong mother who was not



a victim of Patriarchal Consumerist Bulls*it," she wrote this spring in an article for NY Magazine chronicling her struggles for power with ABC over her first show. "In other words, the persona I had carefully crafted over eight previous years in dive clubs and biker bars: a fierce working-class Domestic Goddess. It was 1987, and it seemed people were primed and ready to watch a sitcom that didn't have anything like the rosy glow of middle-class confidence and comfort, and didn't try to fake it."

Even today, there are few television shows that competently represent that demographic; those that do feature characters in blue collar America often descend into stereotype and camp. Fox's "Raising Hope," for example, features a working class family that is amazed by lobster and a rich man's amazing toilet.

pop shorts

- **Monopoly Gets a New Game Piece: A Cat!** Hasbro announced via Facebook that, after polling fan votes, the cat game piece beat out a toy robot, guitar, helicopter and diamond ring to officially make it to the game board. To make room for the new piece in the line up, the tired old iron that's been around since the 1930s, is getting "foreclosed" on.

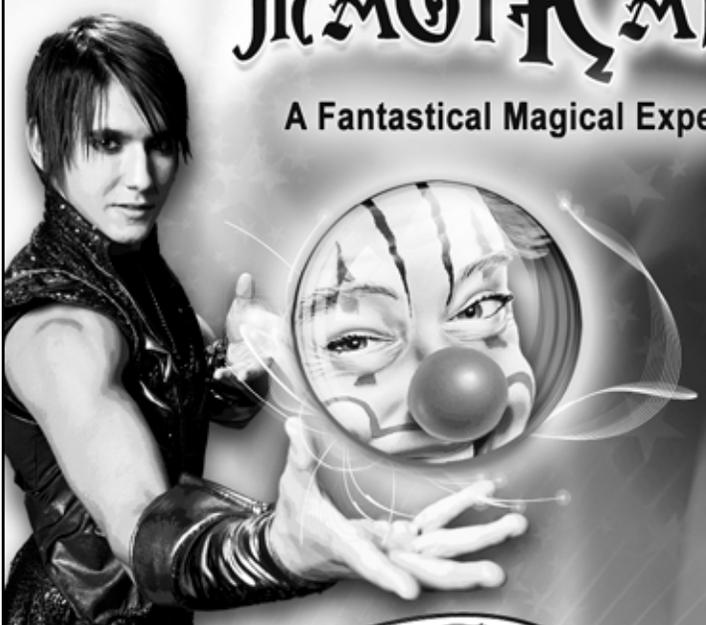
- **Lil Kim**, the pint-sized rapper, debuted a very new look earlier this week that immediately sent the Twitterverse aflutter over what exactly she might have had done to her face — and whether she might actually be a long-lost Jackson sibling.

- **Justin Bieber**, the most followed person on Twitter, has become the first artist in history to score five No. 1 albums before the age of 19.

- **The Material Girl** will auction MCNA Tour outfits for Hurricane Sandy Relief. Madonna has agreed to donate a slew of her outfits and props to help raise money to benefit the victims. In other news, the \$11 million suit filed against her in Russia for violating a local law banning homosexual propaganda has been dropped.

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HOUSING

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SAN DIEGO COUNTY — When you're buying or selling a home, there are many small but important legal issues that you may be unaware of that are, nevertheless, critical to understand. Residential real estate is not an uncomplicated process. When such a major investment is transferred from one party to another, there are subtle details to take care of that can turn into major problems if not handled correctly.

It is essential to understand the legal ins and outs that will properly protect you when you buy or sell a home. There are several issues that will certainly cost you if you are not properly informed. In a recent situation right

here in the San Diego County, misinformation cost

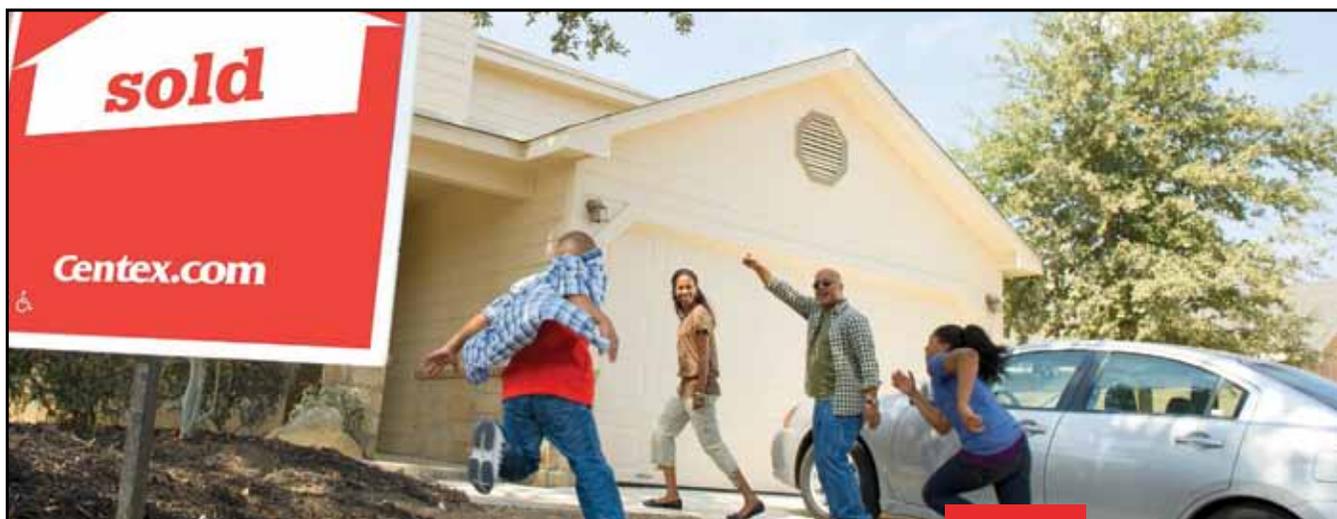
one local Vet, over three thousand dollars in the sale of their home. Don't let this happen to you.

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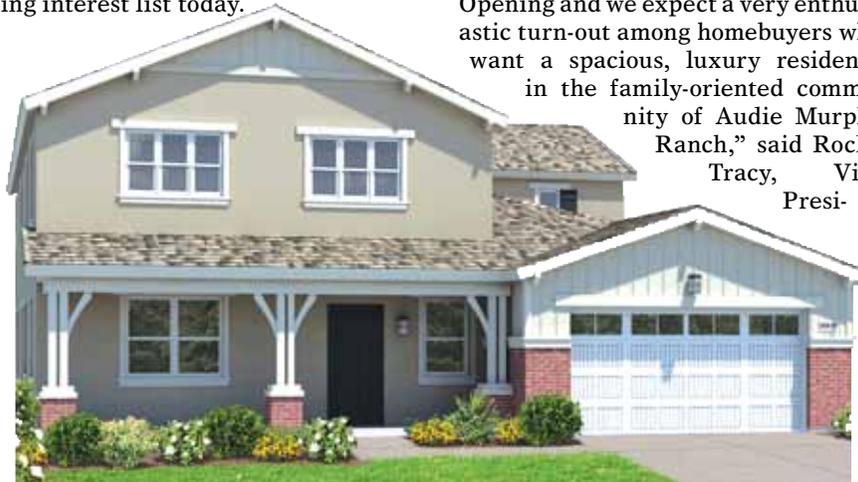
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Audie Murphy Ranch Now Open

MENIFEE, CA — Families who want an incredible value on a spacious new home in Menifee are invited to join a day of celebration when Brookfield Homes debuts its Big Sky neighborhood at Audie Murphy Ranch on Saturday, Feb. 23. The Model Grand Opening event begins with a ribbon cutting ceremony at 9 a.m. Throughout the day, homebuyers will enjoy tours of Big Sky's professionally decorated model homes, plus a variety of activities that will include a delicious pancake breakfast, balloon artist and refreshments. The popular K-FROG radio station will also be on-site doing a live remote broadcast and a Carrie Underwood ticket giveaway* from noon to 2 p.m. To receive important neighborhood updates and stay con-

nected, visit www.BigSkyBrookfield.com to place your name on the growing interest list today.



"There is high anticipation surrounding the Big Sky Model Grand Opening and we expect a very enthusiastic turn-out among homebuyers who want a spacious, luxury residence in the family-oriented community of Audie Murphy Ranch," said Rocky Tracy, Vice President

of Sales for Brookfield Homes. "Big Sky will offer large one- and two-story, single-family detached floorplans within this master-planned community and this event is the perfect opportunity for homebuyers to explore the beauty and function of

Win Carrie Underwood tickets at the Model Grand Opening on Saturday, Feb. 23*

each new home design, while enjoying a day of fun and entertainment. Guests are also encouraged to meet with members of the sales team, who can answer any questions they may have regarding the neighborhood and more importantly, help guide them to the Big Sky floorplan best suited for their family's needs and priorities."

Offering a picturesque, elevated location within the naturally majestic Audie Murphy Ranch community, Big Sky's new home designs will range from approximately 2,790 to 3,830 square feet of interior space, with three to six bedrooms and 2.5 to 3.5 bathrooms and a variety of room options to give families the flexibility they want. Three- and four-car oversized garages are ideal for buyers who need extra room for vehicles, sports equipment and tools. Generous lots will afford homeowners the opportunity to dine, entertain and relax outdoors. Prices are anticipated to start from the low \$300,000s.

An optional first-floor living suite with a preference to add a kitchenette is one of Big Sky's most innovative features. The living suite will be located within the house, yet separated from the main living areas with a private side entrance, offering family members the privacy of their own living area, while still staying connected to the household.

Three planned public parks including an 11-acre, future sports park will provide an abundance of recreational opportunities, including a baseball and soccer field, basketball courts, tennis courts, playgrounds and picnic areas with lighting. There's even a future skateboard park and proposed dog park for the family pet. Once completed, residents will enjoy a swimming pool, spa, children's pool, barbecues, picnic areas, playgrounds and a 3,500 square foot recreation building for special events. Students of all ages have access to a great education under the Menifee Union School District and Perris Union High School District, as well as charter school opportunities. The community's location near the I-15 and I-215 freeways offers convenient access to business and leisure from San Diego to San Bernardino. For more details, visit www.AudieMurphyRanch.com.

*K-FROG requires ticket holder to be present during the Carrie Underwood ticket giveaway in order to win.

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Red vs. Blue Air Combat



Photo and Story by Douglas Aguillard

Out in the Nevada desert, just outside of Las Vegas sits Nellis Air Force base and its different live fire training areas, called the Nellis Range Complex. The Nellis Range complex is located northwest of Las Vegas and covers an area of 60 nautical miles (111 km) by 100 nautical miles (190 km), approximately half the area of Switzerland. This space allows the exercises to be carried out on a very large scale. The last two weeks of January, the skies become thick with roars of jet engines and angry sounds after burners being engaged.

Each year, since 1975, air combat units from the United States and its

allied countries come together four to six times a year and learn how to survive in air to air combat. The origin of Red Flag was the unacceptable performance of U.S. Air Force pilots in air-to-air combat during the Vietnam War, in comparison to previous wars. Things had to fixed and Red Flag was born.

In addition to U.S. aircraft, Netherlands' F-16s, Singapore's F-16s, United Arab Emirates Mirage 2000's, and Sweden's Grippens participated.

This reporter was present for 5 days of the exercise, and being the first time at this type of exercise, I wasn't sure what to expect. On the day before Media Day, I stationed myself near the Las

Speedway just to the north of Nellis AFB, and was joined by as many as 75 photo-journalist and amateur photographers as plane after plane was launched into the sky, and then being recovered throughout the 3-4 hour operation each day.

The Blue Forces are made of the Allied Forces, flying various planes from B-1's and 52's, F/A-18's, F-22's to F-15's and 16's, while the Aggressor Red Forces were made up of US Air Force F-15's and F-16's, all painted in different camouflage schemes. First to take off were the

AWAC's and Bombers, then the Refuelers, followed by the Aggressor forces, and then shortly thereafter, the Allied forces were launch.

It seemed that there were at least 80-100 planes in the air at any one time.

On Media Day, the US Air Force graciously allows both American and Foreign media onto the base, where we were stationed between the two runways for up and close photographing of the exercise as the planes are taking off and landing. This is an amazing experience to be had, as one can feel the heat from the engines as the fighters take off, and feel the ground rumble beneath your feet.

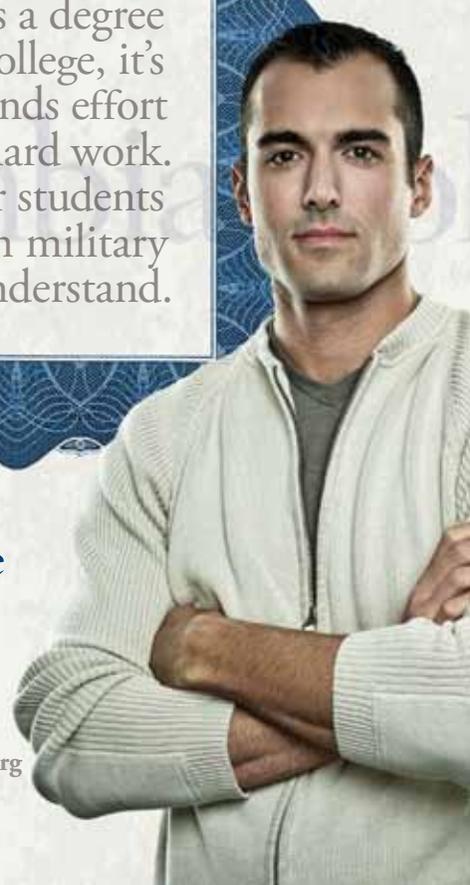
For more photos of the planes listed below, visit www.MilitaryPress.com.

UNITED STATES RED FLAG 13-2 UNITS INVOLVED

- 57th Wing, 64th Aggressors Squadron F-16Cs, Nellis AFB, Nev.
- 57th Wing, 65th Aggressors Squadron F-15Cs, Nellis AFB, Nev.
- 138th Fighter Wing, 125th Fighter Squadron F-16s, Tulsa, Okla.
- United States Navy, VFA-25 F-18Es, NAS Lemoore, Calif.
- United States Navy, VAQ-138 EA-18G Growlers, NAS Whidbey Island, Wash.
- 366th Fighter Wing, 389th Fighter Squadron F-15Es, Mtn. Home AFB, Idaho.
- 2nd Bomb Wing, 20th Bomb Squadron B-52s, Barksdale AFB, La.
- 7th Bomb Wing, 9th Bomb Squadron B-1s, Dyess AFB, Texas.
- 52nd Fighter Wing, 480th Fighter Squadron F-16CJs, Spangdalem AFB, Ger.
- 23rd Wing, 41st Rescue Squadron HH-60s, Moody AFB, Ga.
- 23rd Wing, 71st Rescue Squadron HC-130s, Moody AFB, Ga.
- 552nd Air Combat Wing, 960th Airborne Air Ctrl Squadron E-3s, Tinker AFB, Ok.
- 22nd Air Refueling Wing, KC135s, McConnell AFB, Kan.
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With GM and coaches in the fold...

Roster changes are next on the agenda

By Art Garcia Jr.

It took less than three weeks from the end of another disappointing regular season for team President Dean Spanos to hire Tom Telesco and Mike

McCoy to replace A.J. Smith and Norv Turner as the Chargers new general manager and head coach, respectively.

And now that McCoy completed his coaching staff, the immediate challenge is to focus on the current roster and make tough decisions on some big-name players whose roster spots could wreak havoc on the salary cap.

The obvious and number one priority facing the Chargers this offseason is overhauling the offensive line. With last year's big free agent signee Jared Gaither unlikely to be brought back at left tackle, Tyrone Green's inconsistent play at left guard and Jeromey Clary's continuous struggles at right tackle, the big question is who should stay or who should go?

Green is an unrestricted free agent who will likely be let go unless they can get him back on the cheap. However, since both tackles are under contract, the team will take a reported \$9.34 million cap hit if both Gaither (\$6 million) and Clary (\$3.4 million) are allowed to walk. Another problem is at right guard where highly-regarded Louis Vasquez is entering the final year of his contract and the Chargers must get him signed before he hits the free agent market in

2014.

Telesco and McCoy must also decide what to do with two of Smith's high-priced free agent signings last year that, like Gaither, turned out to be a waste of money for their lack of production on the field. Unlike Gaither, it wasn't for a lack of effort.

The contracts of Robert Meachem (\$5 million) and Eddie Royal (\$3 million) are guaranteed in 2013. Although neither receiver came close to living

up to expectations, the emergence of Michael Spurlock at both receiver and kick returner likely makes Royal the odd man out despite the \$3 million cap hit that will cost the team.

Find out what other big changes are happening with the Chargers.



Donald Butler photo courtesy nflfemale.com

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Death-defying duck

A duck walks into a feed store and asks, "Got any duck feed?"

The clerk tells him, "No, we don't have a market for it so we don't carry it."

The duck says, "Okay," and leaves.

The next day, the duck again walks in to the feed store and asks, "Got any duck feed?" Again the clerk says no and the duck leaves.

Next day, the duck once again walks in, and asks, "Got any duck feed?" The clerk says, "I've told you twice, we don't have duck feed, we've never had duck feed and we never will have duck feed. If you ask me again, I'll nail your feet to the floor." The duck leaves.

The next day, the duck walks in and asks, "Got any nails?"

"No."

"Got any duck feed?"

Not such a good speller

Emily Sue passed away and Bubba called 911. The 911 operator told Bubba that she would send someone out right away.

"Where do you live?" asked the operator.

Bubba replied, "At the end of Eucalyptus Drive."

The operator asked, "Can you spell

that for me?"

There was a long pause and finally Bubba said, "How 'bout if I drag her over to Oak Street and you pick her up there?"

Job security or securing a job

A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them.

His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing. The man says "I'm sending out 1,000 Valentine cards signed, 'Guess who?'"

"But why?" asks the man.

"I'm a divorce lawyer," the man replies.

Church humor

Once upon a time, two brooms fell in love and decided to get married.

Before the ceremony, the bride broom informed the groom broom she was expecting a little whisk-broom.

The groom broom was aghast. "How is this possible?" he asked. "We've never even swept together!"



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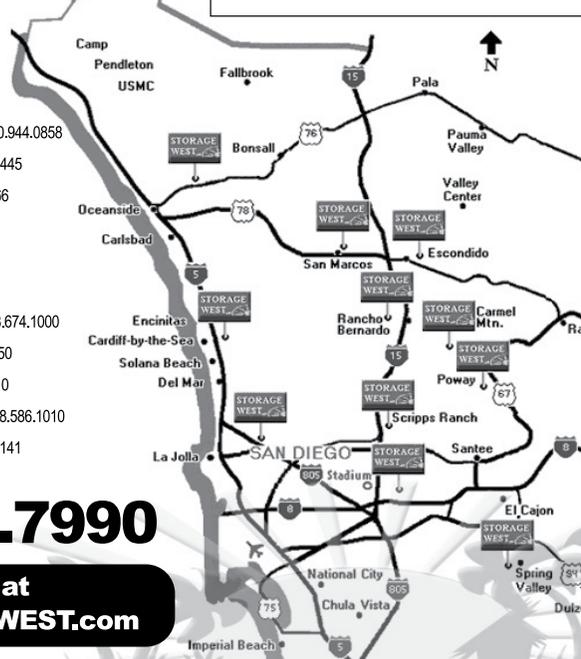
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THE GUN

Cont'd. from Page 5

"American Sniper: The Autobiography of the Most Lethal Sniper in U.S. Military History."

Although the military does not release such statistics, the book claimed

"The first time killing someone, you're not even sure you can do it," he said. "You think you can, but you never know until you actually are put in that position and you do it. ... And then, you're worried when you get home, are the politicians going to hang you out to dry and put you on trial for

Should vets with PTSD, mental illness still have access to guns?

Kyle had 160 confirmed combat kills from a distance of up to 2,100 yards. He holds the record for a U.S. military sniper, previously set at 93 by Marine sniper Carlos Hathcock during the Vietnam war.

Kyle seemed humble during a guest appearance to promote his book on TBS' "Conan" last year.

"I had more kills, but that doesn't mean I'm better than (Hathcock) is," Kyle said. "I was just put into a position where I had more opportunities. I definitely cheated. I used a ballistic computer that tells me everything to do. So, I was just a monkey on a gun."

He showed O'Brien a sense of humor when talking about the \$80,000 bounty placed on his head by Iraqi insurgents.

"I was worried about my wife coming home, because I thought my wife would turn me in," he joked.

Kyle modestly acknowledged to the Time interviewer that he was "decent" at killing.

murder?"

Did he regret any of his 160 kills? "No, not at all," he told Time.

Kyle's opinion of the American public's ability to understand war was poor.

"For the most part, the public is very soft, you live in a dream world," he said. "You have no idea what goes on the other side of the world, the harsh realities of what these people are doing to themselves and then to our guys. There are certain things that need to be done to take care of them."

His combat persona, though, could be turned on and off, he said.

"You're a little more aggressive when you're at work and when you come home, you relax and try to be the different person," he said.

Kyle helped established the FITCO Cares foundation, a charity that helps U.S. war vets "who have survived combat but are still fighting to survive post-traumatic stress disorder," the group's website said.

RICHEST

Cont'd. from Page 9

rich veins underground, and the real work of hard rock mining began.

Mini economic booms would occur over the years as technologies and infrastructure changed mining conditions, especially when the railroad came from Denver, and when a smelting company successfully began operations in nearby Black Hawk, so gold ore could be refined close to the mines for easier transportation to Denver.

Central City's Heyday

By 1870, the population of the area was about 4,000, about the same as Denver. Central City was the most important city of the Colorado Territory, with commerce and business as well as the mining.

The Teller House Hotel (which still stands today) was built in 1872 and was regarded as the finest hotel west of the Mississippi.

The fire of 1873 awakened the town to the dangers of having built most of Central City of wood, and all new buildings in the business district were required to use other materials. Alas and alack--too little, and too late!

In 1874, fire wiped out most of the business district. Major fire-proof buildings like the Teller House helped prevent the spread to other areas of town. Central City was rebuilt using brick and stone.

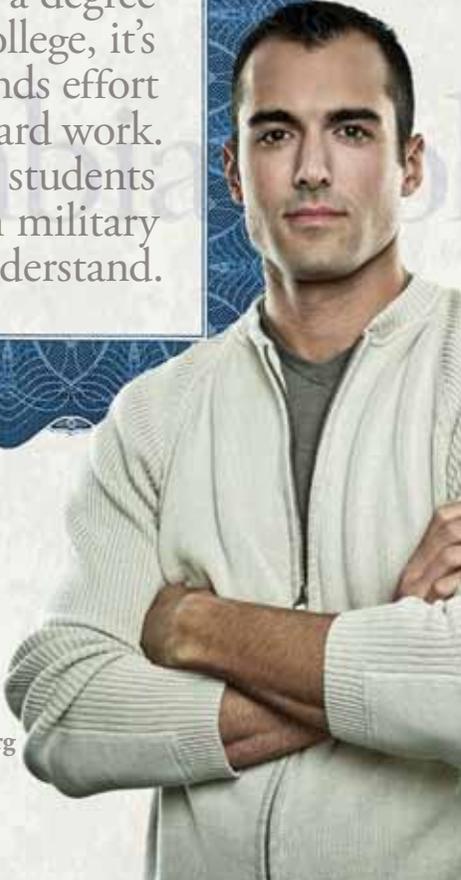
Many colorful personalities of Colorado lived there, including Horace and Baby Doe Tabor, Doc Holliday, and "Unsinkable" Molly Brown. The Opera House attracted international performers like the Barnum & Bailey Circus, Oscar Wilde, Buffalo Bill, and Harry Houdini. The Central City Opera House welcomed kings, presidents, princes, and many other important people of the era.

When Colorado was admitted to the U.S. as a state in 1876, Central City lost its bid to become the State Capital of Colorado by only one vote, to Denver.



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Carmouche battles for UFC title

Former Marine helicopter electrician Liz Carmouche hits the big-time when she faces UFC Bantamweight Champion Ronda Rousey at the Honda Center in Anaheim, CA. on February 23.

MP reporter Art Garcia Jr. caught up with Carmouche and asked her some questions about her upcoming fight.

AG: How does it feel to know you and Ronda will be making history as not only the first women's title fight in UFC history, but also be the first women's match to headline a UFC pay per view event as well?

LC: I feel great. It's amazing and it's a true honor to be part of history. I'm really grateful that the UFC has allowed me this opportunity and that I can be one of the people involved in making history on the part of UFC.

AG: Without a doubt this will be your biggest fight, do you feel any pressure at all with the fight coming up in two weeks?

LC: No – I'm just super excited for the fight.

AG: I would like to thank you for your service to our country, what got you into the military?

LC: Two different things. I was raised in Okinawa, Japan, so I was raised around a lot of different military communities and I got to see the best and worst of the military and it really appealed to me because I was looking for something to get my life in order – and the military really fit that. And the marines definitely fit the bill with the physical and mental challenges that I was looking for.

AG: You served three tours of duty to the Middle East -- did it help your MMA career in any way?

LC: Yeah I think it absolutely helped me. First of all, the separation between the United States and the times I had in Iraq taught me how to compartmentalize my life into two separate worlds and I think that helps out with the psychology within the sport. As well as those experiences I had in Iraq can never compare to any other difficulties I have the rest of my life. And I think because of that, it has made me very strong-willed and has really helped my success in the MMA.

AG: Ronda's background growing up was in Judo, what about your background and what influenced you to get into MMA?

LC: I don't really have a background; I started three years ago and have been going ever since. When I was in the military I found that there was some training that was similar and this friend that I worked with suggested that I get into MMA because I thought it would fit the physical demand I was looking for and I tried it out and it stuck.

AG: Ronda's strength as a mixed martial artist is clearly her judo and arm bar submissions, what are your strengths in this sport?

LC: I think I'm a well-rounded fighter and because of that I feel I have a lot of things going in my advantage.

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Photo courtesy Showtime Sports

AG: You're 2-0 since you lost to Sarah Kaufman and in Ronda's last fight she submitted Sarah via arm bar in just 56 seconds of the first round. Can you take anything away from that fight regarding Ronda's performance and use it to your advantage?

LC: Yeah – I take something away from every single fight she has participated in. I've studied her fights and have tried to integrate some of the things she does into my own training so I can compare it as well as make little notes and little changes to know exactly what I need to do to win this fight.

More of Liz's interview available on MilitaryPress.com



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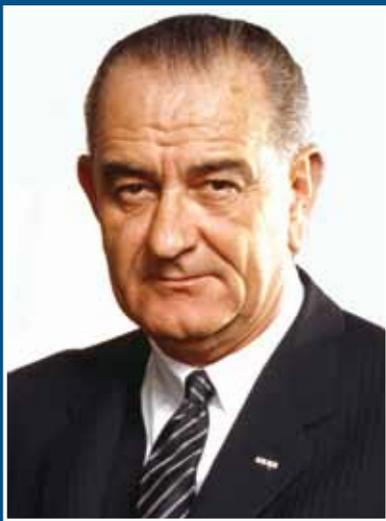
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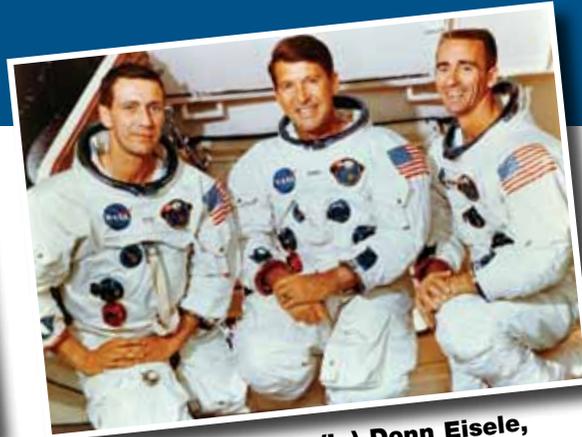


“If one morning I walked on top of the water across the Potomac River, the headline that afternoon would read “President Can’t Swim” — LBJ

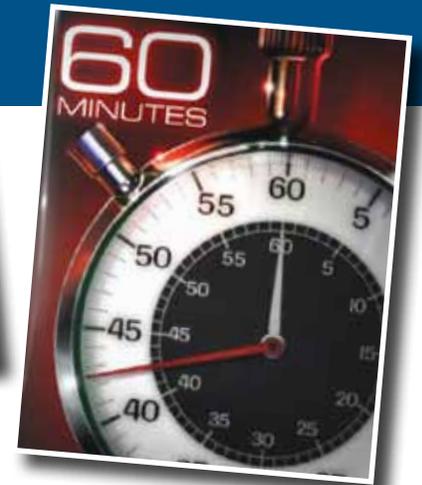
Lyndon Baines Johnson (August 27, 1908-January 22, 1973, often referred to as LBJ, was the thirty-sixth President of the United States, serving from 1963-1969. A Democrat, Johnson succeeded to the presidency following the assassination of President Kennedy, and after completing Kennedy’s term was elected President in his own right in a landslide victory in the 1964 Presidential election. Johnson was a major leader of the Democratic Party and as President was responsible for designing the “Great Society” legislation that included civil rights laws, Medicare, Medicaid, aid to education, and the “War on Poverty.” Simultaneously, he escalated the American involvement in the Vietnam War, from 16,000 American soldiers in 1963 to 550,000 in early 1968.



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Apollo 7 astronauts (L-) Donn Eisele, Walter Schirra, R. Walter Cunningham



In the news

- Anti-Vietnam War protests throughout the western world
- Assassination of Martin Luther King Jr.
- Senator Robert Kennedy is assassinated by Sirhan Sirhan at the Ambassador Hotel in Los Angeles
- ARPANET, the original Internet, is tested by the military
- 50,000 people participated in “The Poor People’s March” on Washington, D.C.
- The Zodiac serial murderer begins his reign of terror in California in what has been described as the perfect crime. He claimed in letters sent to newspapers to have murdered 37, but police files put the number at 11. He’s never been caught.

- Television installed increases 25 million in U.S., 20.5 million in Japan and 19 million in Great Britain
- Aristotle Onassis and Jacqueline Kennedy marry.
- Nuclear-powered U.S. sub Scorpion sank in the Atlantic Ocean with the loss of 99 crew members.
- Truth in Lending Act is passed to protect consumers during credit transactions.

Technology

- Boeing 747 made its maiden flight
- NASA launches Apollo 7, the first manned Apollo mission
- Air bags invented
- First successful heart transplant performed

- U.S. explodes experimental hydrogen bomb
- 911 Emergency telephone service begins
- The first ATM installed at First Philadelphia Bank

Popular culture

- First Big Mac goes on sale at McDonalds costing 49¢
- The Beatles create Apple Records and record “Hey Jude” as the first single not he label
- CBSs “60 Minutes” begins broadcasting

Popular films

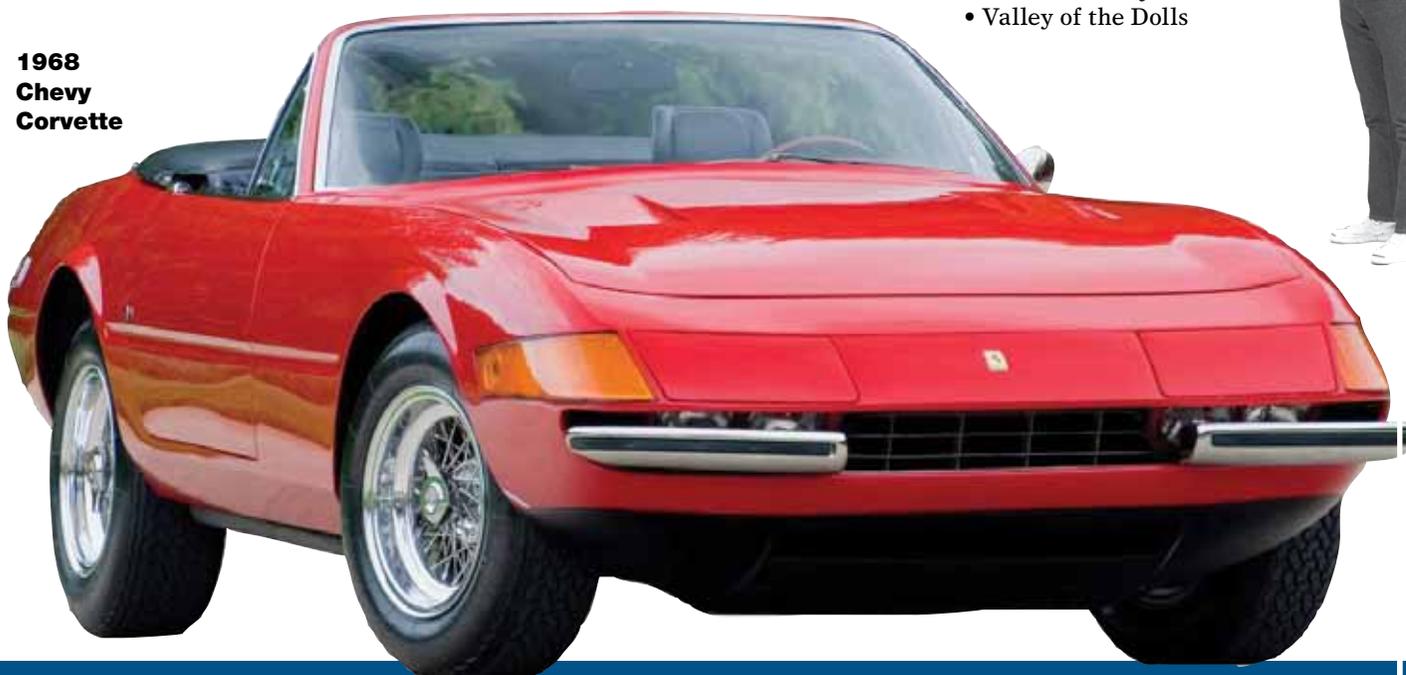
- The Graduate
- Guess Who’s Coming to Dinner
- Bonnie and Clyde
- Valley of the Dolls

- The Odd Couple
- Planet of the Apes
- Rosemary’s Baby
- Academy Award Best Picture 1968: Oliver

Fads & fashions

- Bellbottoms
- Lava Lamps
- Love Beads

1968 Chevy Corvette



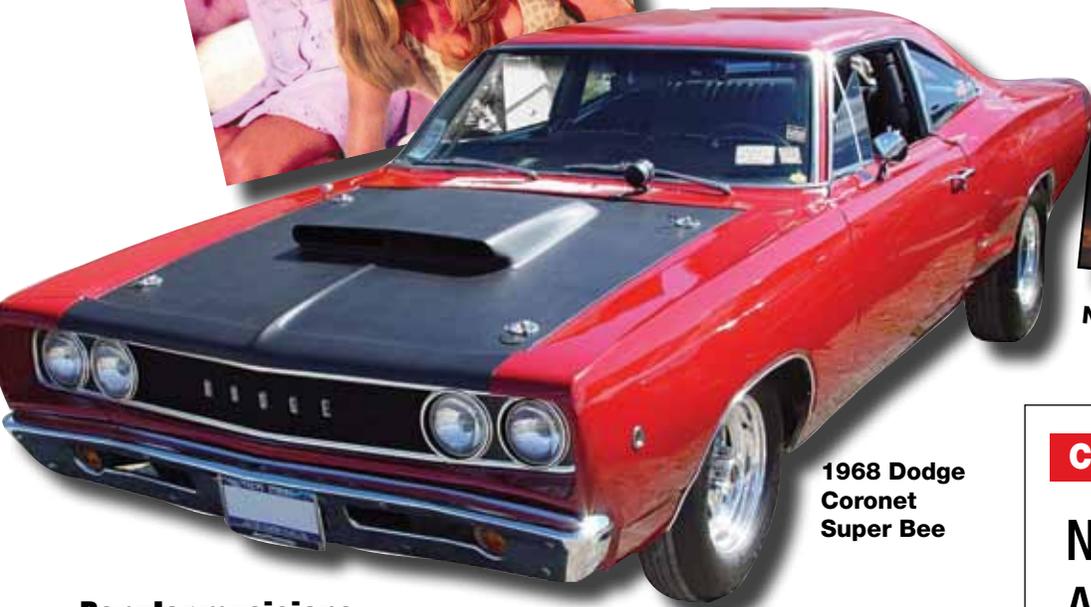
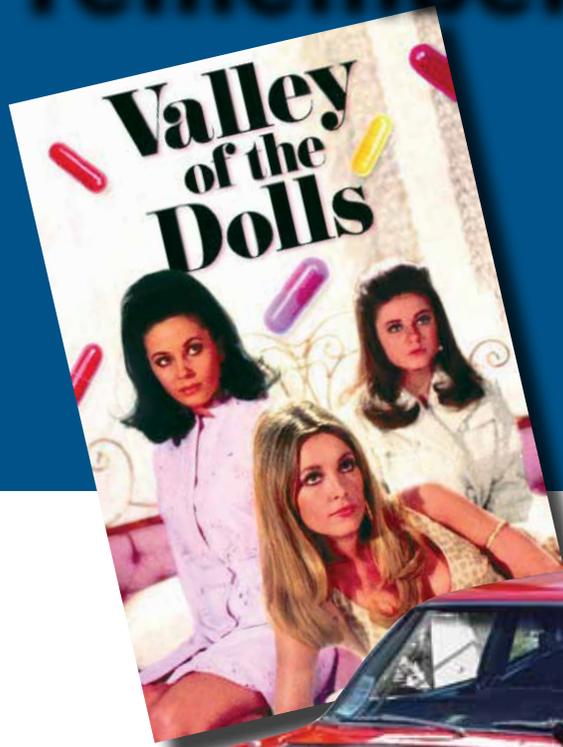
The Beatles



“One fifth of the people are against everything all the time.” — Robert Kennedy

remember when...

1968



1968 Dodge
Coronet
Super Bee



Nuclear Non-proliferation Treaty is signed.

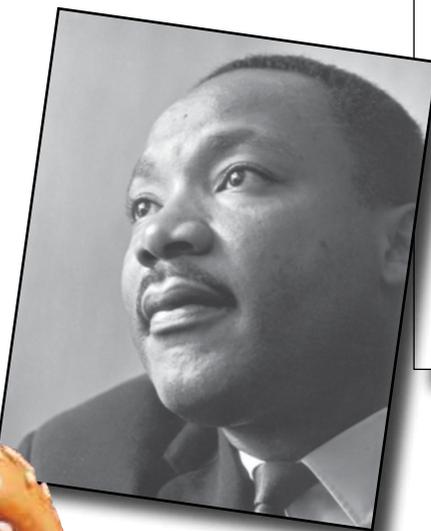
Popular musicians

- The Rolling Stones
- The Supremes
- The Beatles
- Fleetwood Mac
- Aretha Franklin
- Gary Puckett and The Union Gap
- The Grateful Dead
- The Monkees
- Simon and Garfunkel
- The Beach Boys
- The Bee Gees
- Cream
- Pink Floyd
- Moody Blues
- Bobby Goldsboro
- Marvin Gaye
- David Bowie

On TV

- Adam-12
- The Ghost and Mrs. Muir
- The Land of the Giants
- The Avengers
- Hawaii 5-0
- Carol Burnett Show

Martin Luther King Jr. is
assassinated.

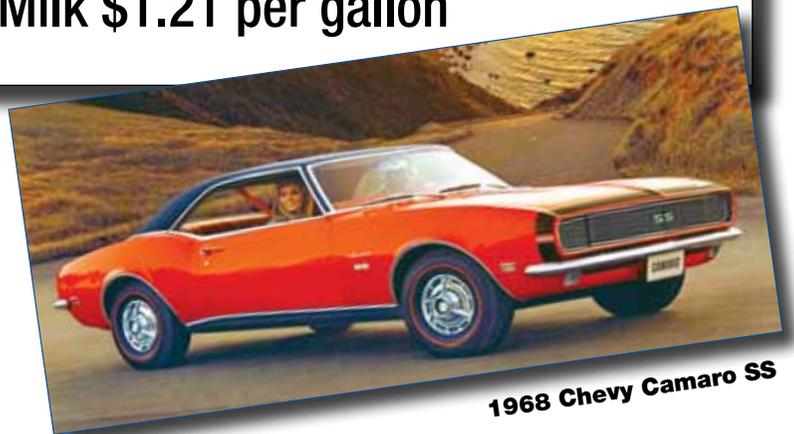


First Big Mac goes on sale.



COST OF LIVING IN 1968

- New house \$26,600
- Average income per year \$9,670
- Average monthly rent \$130
- Gas per gallon 34¢
- Average cost of new car \$2,450
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1968 Chevy Camaro SS

“In the future, everyone will be world-famous for 15 minutes.” — Andy

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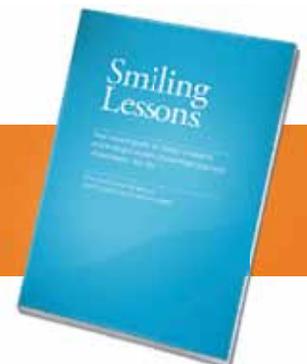
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