

FLIGHT JACKET

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Marine Corps Air Station Miramar, Calif.

February 6, 2004

CWO pleads guilty, gets life in prison

Story by Cpl. Tara Dawn Smith

MCAS Miramar Combat Correspondent

Chief Warrant Officer 2 Larry A. Framness, Marine Wing Support Squadron 371, Marine Corps Air Station Yuma, Ariz., pled guilty to charges stemming from three attempts to commit murder during a general court martial held at Miramar's Joint Law Center. In addition to attempted premeditated murder, Framness pled guilty to dereliction of duty, making a false official statement and adultery.

The charges were tied to an affair with the wife of Chief Warrant Officer 2 James H. Glass, also of MWSS-371. Framness attempted to kill his fellow chief warrant officer while both were stationed at Ali Al Salem Air Force Base, Kuwait.

Military Judge Col. Robert S. Chester, Marine Corps Base Camp Pendleton, oversaw the proceedings.

The defense contested Framness was concerned for the welfare of Wendy Glass, Glass' wife, and that Glass' life insurance was not the prime motive for the murder attempts.

Capt. Peter M. Madden, trial counsel, presented evidence which included Mrs. Glass' testimony that Glass was never a threat to her. The prosecution also produced physical evidence documenting how Framness and Mrs. Glass intended to use Glass' life insurance.

According to testimony, on May 13, 2003 while in theater, Framness asked Glass to accompany him to an abandoned guard shack in a secluded part of the base. Once inside the shack Framness stated he needed to leave to check out the situation, but instructed Glass to remain in the shack. While waiting in the shack, a grenade was thrown inside severely injuring Glass. Glass was able to make his way back to his tent, where he received medical care. Framness later turned himself in, admitting he was the one who threw the grenade.



In this artist's rendering, Military Judge Col. Robert S. Chester (right) listens to the testimony of Wendy Glass, wife of Chief Warrant Officer 2 James H. Glass, in the case against Chief Warrant Officer 2 Larry A. Framness (left) at the Joint Law Center here Jan. 28. Photo illustration by Greg High

"In a negotiated pre-trial agreement, Framness agreed to plead guilty to all charges in exchange for protection against a sentence of life without the possibility of parole," said Capt. Clinton M. Crosser, trial counsel.

As an inducement to the agreement, Framness agreed to waive his rights to parole and clemency for a period of 25 years.

Chester explained he considered Framness' otherwise spotless record when deliberating his sentence. However, he said he concluded that, "(Framness') actions speak of lies." Further, Chester called Framness' actions a, "conspiracy of the worst kind."

As in all courts-martial by judge alone, Chester was unaware of the contents of the sentencing portion of the pre-trial agreement.

The sentence includes dismissal from the United States Marine Corps, and forfeiture of all pay and allowances. Framness was given 258 days credit for time served in pre-trial confinement.

"Long-term confinees typically go to Fort Leavenworth, Ky.," said Crosser.

The next step in Framness' legal process is a series of appeals that are automatically invoked as a review of the proceedings.

Glass has been returned to full duty and continues his service in the Marine Corps. In his testimony he said he joined and continues to be a Marine because, "It was an ethos. I loved every idea (the Marine Corps) had. I love the Marine Corps. I love leading Marines. There is no better job than leading Marines."

Marine Corps 'family' takes the bank on 'Family Feud'

Story by Staff Sgts. Chad McMeen and A.C. Strong

Los Angeles Public Affairs Combat Correspondent and MCAS Miramar Combat Correspondent

Six Miramar Marines competed for a potential total prize of more than \$60,000 on the game show "Family Feud," Jan. 31.

"The show has been kicking around the

idea of an all military show for a while but about two weeks ago we got serious about it," said Sarah Dansby, contestant producer. "In the past we've done shows with all firefighters, ("Playboy") playmates, ice skaters and various other specials but I think this one gave people something to relate to."

Throughout the day, representatives from the Marine Corps competed with reps

from the Army, Navy and Air Force. According to Dansby, they taped six shows instead of the scheduled five because, "everyone was having such a great time."

"I think each of the services performed above average on the show," said Dansby. "The Marines seemed to really rock during the fast money portion of the show... that's when you can really see the discipline and

focus put to use."

Open tryouts were held at Naval Station 32nd Street Theater Jan. 21. However, being a workday, most Marines couldn't take the day off to try out. At the end of the day, there weren't enough Marine players who met the show's criteria.

Dansby and fellow producers decided to

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Inside

Weekend forecast from Miramar's weather station



69°/43°
Today



63°/45°
Saturday



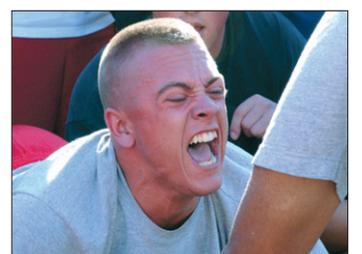
63°/41°
Sunday

Bands rock
Miramar
E-Club



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MWSS-373
works hard,
plays harder



Page 6

This date in Marine Corps history

Feb. 6, 1968 - Two reduced Marine battalions, 1st Battalion, 1st Marines with two companies, and 2nd Battalion, 5th Marines with three, recaptured Hue City, Vietnam, hospital, jail, and provincial headquarters. It would take three more weeks of intense house to house fighting, and nearly a thousand Marines killed and wounded, before the imperial city was secured.

Miramar Mail



"Why is the command making us download our W-2s instead of providing them for us?"

Cpl. Philip McClelland, patrolman, PMO

Effective Sept. 17, 2003 all current myPay active/reserve military users and Defense Finance and Accounting Service civilian employees who request or already have a myPay Personal Identification Number and access myPay, consent to receive only an electronic W-2. They may, however, elect to receive a hard copy W-2 at <https://mypay.dfas.mil/mypay.aspx>.



Maj. Gen. Jon A. Gallinetti

Editor's note:

E-mail your questions to the Commanding General, Marine Corps Air Station Miramar at: ombpaoflight@miramar.usmc.mil

African American History Month observance

Story by Capt. Melissa Y. Ayres

Manpower and Reserve Affairs Officer

The 78th national observance of African American contributions to American history is celebrated during the month of February. Dr. Carter G. Woodson established Negro history week in 1926 and the week was expanded to a month in 1976.

This year's theme, "Brown vs. Board of Education of Topeka, Kansas," commemorates the 50th anniversary of the Supreme Court decision that subsequently ended federally sanctioned racial segregation in pub-

lic schools. Linda Brown, an African American girl, attending fifth grade at the public schools in Topeka, Kan., was denied admission into a white elementary school. The National Association for the Advancement of Colored People supported her case, along with similar ones in Kansas, South Carolina, Virginia and Delaware. All five cases were argued in the Supreme Court together in December 1952 by Thurgood Marshall, who then headed the NAACP Legal Defense and Education Fund. The Court's unanimous decision handed down on May 17, 1954 declared that separate edu-

cational facilities are inherently "unequal" and, as such, violate the 14th Amendment to the United States Constitution, which guarantees all citizens "equal protection of the laws."

Prior to this decision, President Truman signed Executive Order 9981, which directed the racial integration of the Armed Forces. This gave greater credence to the military oath to "Support and defend the Constitution of the United States" and thereby strengthened our military's reputation as a powerful force of national defense. The Executive Order and Supreme

Court decision laid the groundwork for the desegregation of public schools and our society as a whole.

Commanders are encouraged to recognize the significance of the African American contributions to American society and history to provide equal access to all opportunities regardless of physical appearance. Commanders are further encouraged to conduct programs and promote participation in observance events both on base and in the local community and are authorized to develop local themes for use at their commands.

Dental shortage creates zero-tolerance for no-shows

Story by Navy Lt. Raoul Santos

Miramar Dental Officer

For the past few months, the Branch Dental Clinic here has been full of activity striving to maintain oral health for those personnel preparing to deploy in support of Operation Iraqi Freedom II.

Although there will be dentists deployed with participating units, treating personnel with emergent dental needs at the clinic before they deploy is not only more comfortable for the dentists and patients, but more importantly, it allows personnel and their units to optimally per-

form their missions.

Due to eight dental staff members preparing to deploy and recent permanent change of station moves, BDC Miramar is currently understaffed.

Consequently, the availability of routine dental appointments and cleanings has decreased as we are concentrating our resources to those with emergent dental needs and who are scheduled to deploy. Because of the dental staff shortage and the limited availability for appointments, BDC Miramar has permanently adopted a zero-tolerance policy for appointment failures that will be strictly enforced.

Although dental care on

base is currently limited, appointments for exams are always welcome, and BDC Miramar also offers walk-in appointments for those needing them.

As personnel start deploying, appointments for routine dental care and cleanings will again be readily available. At BDC Miramar, we are committed to accomplishing our primary mission - ensuring operational dental readiness and achieving customer and patient satisfaction.

To schedule a dental appointment, call 577-1824 or stop by building 2495 for more information.

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FLIGHT JACKET

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Pfc. Skye Jones

Combat Correspondents

Bands 'battle' at E-Club

Local artists compete for label sponsorship

Story by Lance Cpl. Paul Leicht

MCAS Miramar Combat Correspondent

The Miramar Enlisted Club brought back live local rock-'n'-roll Saturday night with the annual "Battle of the Bands."

The event featured nine local bands, including As If One, GLU, F Zero, Top Dog, Seven Times, The Midas Touch, Wrong Fiasco, Stellar, and Me vs. Nixon, who rocked the club from 8 p.m. to 2 a.m. and competed for top prize - the opportunity to receive a record label sponsorship.

With only 35 minutes to set-up, perform and break-down their instruments and stage gear, each unsigned musical group performed an explosive force of three songs for the audience of Marines, friends, peers and the judges who would decide the winner.

"We're mainly looking at each band's overall performance, sound and presence," said Robert Shaw, marketing director, Illionaire Records.

The judges included members of the San Diego band Mower, California Sound and Lighting, local photographer Paul Parks, and executives from Illionaire Records who provided the top prize worth \$2,500.

"For an unsigned band, winning tonight is an awesome opportunity for them to gain record label sponsorship and develop as artists with a new creative identity and marketing," said Shaw. "Our label will provide the winner with a custom-made Web site and compact disc design with 100 compact discs, 5,000 flyers, a featured artist spot on our label's Web site and two songs on our label's compilation album 'Red, White and Black.'"

Shaw said that their label also helps bands become more involved in performing at clubs in the San Diego area, doing summer tours, gain air time on local radio stations and making their songs available for downloading from the Internet.



As If One lead vocalist and guitarist Justin Marrick, right, and bassist Mike Peters perform live on stage at the E-Club's Battle of the Bands here Saturday night in front of a crowd of Marines, friends, family and members of the music industry. Warrick and Peters are both former Marines with Marine Aircraft Logistics Squadron 16 who are pursuing their music career dreams while playing shows in the San Diego area. Photo by Lance Cpl. Paul Leicht

Greater exposure for unsigned local bands means everything if the dream of rock-'n'-roll fame is to ever come true, Shaw explained.

"Getting more exposure is cool, but tonight we're here to just have a good time and create some energy," said Jai Bowie, bassist for GLU whose lead singer and guitarist, Rey Hoover, is a civilian working at Miramar's Air Operations.

All of the bands brought excitement and a night of fun entertainment to the E-Club audience who had the chance to win prizes between performances throughout the night, including free concert tickets and beer steins from KOIZ Rock 105.3 FM.

For the eight bands that went home without the top prize, there were prizes for them as well that included a mixing board with microphone and a pair of microphones with cords courtesy of California Sound and Lighting.

As the evening drew to a close after six hours of rock-'n'-roll, the judges returned a tie vote for both Stellar and Me vs. Nixon with As If One coming in third.

But in the end it was the crowd that issued final judgment to break the tie and Stellar emerged victorious to win the 'Battle of the Bands,' ready to hit the road to fame as another of San Diego's latest aspiring local musical talents.

CVIC discusses integrating technology for warfighters

Story by Lance Cpl. John Sayas

MCAS Miramar Combat Correspondent

Battles on the warfront as they happened were shown on television and in newspapers around the world through thousands of images and hours of video taken by the media during Operations Enduring and Iraqi Freedom.

Many of those images were taken by Combat Visual Information Center Marines capturing the war as it came into focus while attached to units moving through the combat zone.

How those images and video could be better used and made available to commanders as well as the general public was one of several topics discussed during the 3rd Annual Combat Camera and Combat Visual Information Chief's Conference here Jan. 28-30.

The purpose of the conference was to discuss ways of integrating technology for the Marine warfighter, according to Master Gunnery Sgt. Vonzell A. Mattocks, enlisted occupational field specialist. The officers and staff noncommissioned officers who attended the conference also discussed how visual information centers Corps-wide could be used more efficiently for both operational forces and supporting establishments using briefs on lessons learned from deployments

such as OEF and OIF and training exercises.

"We really did not have the focus that we have today as far as helping the warfighter and commands make decisions," said Mattocks, a Pasadena, Calif., native. "If used properly, a commander can make educated choices. We have to educate upward and tell (commanders) that we are a great commodity."

Mattocks said there are two sides to the 4600 occupational field. Combat Camera provides military departments, unified combatant commanders, and on-scene commanders with direct image capability in support of operational and planning requirements during world crises, contingencies, exercises and wartime operations, according to Mattocks.

Visual information services include but are not limited to still photography, video, graphic arts, computer-based training, desktop publishing, printing and reproduction, video productions and multi-media authoring.

"Our combat mission is first and it wasn't always like that," Mattocks said. "We changed everybody's MOS to make Marines understand that there are two missions - combat and garrison. We were 98 percent garrison at one time."

There are currently about 500 enlisted Marines and 20 officers in the 4600 field.

Mattocks said a lot of times senior SNCOs get empowered to do a lot more than an average gunnery sergeant. Because of the limited manpower available within the combat camera field, gunnery sergeants are expected to move up the ladder in management much quicker compared to other occupational specialties, Mattocks said.

"The 4600 MOS is taking all the gunnery sergeants and making them 4691, which is suppose to be master sergeant or master gun-

nery sergeant billets," he said. "Because we are doing that to them, it is only fair that we give them the information to be educated so that they can go out do great things."

Mattocks said he expects to see an increase in conference attendance because of the type of information being given during the annual event.

He said the conference is being used to educate visual information chiefs so they can be successful during the next war.

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continued from page 1

stay another day, and coordinated with Miramar and Los Angeles Public Affairs to locate a new venue for tryouts.

The day of the tryouts, the group from Family Feud enjoyed a quick tour of the Air Station, and showed up at the tryouts in Marine Corps T-shirts.

Marine Corps Community Services' DJ McCluskey, offered the use of the Great Escape, aboard Miramar, for the second round of tryouts. Scheduling them during lunch time at the Great Escape, which is located next to the Miramar dining facility in building 5509, allowed dozens of Marines to show up to try out.

Staff Sgt. Christopher L. Morrow, intelligence chief, Marine Heavy Helicopter Squadron 462, Marine Aircraft Group 16, was one of the first chosen.

"The production put us all up in hotel rooms for two nights, paid us for food and fed us on the set," said Morrow. "All of that in addition to competing on the show and winning some money.

"The whole experience of being on the Family Feud has been awesome," said the Canton, Ohio native, who was promoted to staff sergeant Feb. 1. "We had a good team and went 3-0 on the show and went home with some money, so we're all very happy about that.

"The other services were very competitive and it gave me the opportunity to test my wits," said Gunnery Sgt. John K. Martin, assistant engineer chief, Marine Wing Headquarters Squadron 3 from Newhaven, Conn. "I think I'll invest my winnings on some prop-



Sgt. Christopher Morrow concentrates on his answers during the quick cash portion of the 'Family Feud' television game show where accumulating 200 points will earn the team \$20,000 in cash. Photo by Staff Sgt. Chad McNeen

erty I've been looking at in North Carolina. I always like to have my money working for me instead of me working for it."

The Marines played three games and won one "fast money," for the \$20,000 prize that

will be split between the five who played.

"We're looking forward to doing another show just like this one next year," said Dansby, whose favorite part of her visit to Miramar was watching the F/A-18s take off,

but wants to check out MAG-16s helicopters next time. "It's a way for us to give something back to the servicemembers."

The shows are scheduled to air during Sweeps Week, May 2 and 3.

Squadrons get upgrades for training, flight management

Story by Lance Cpl. John Sayas

MCAS Miramar Combat Correspondent

A mobile training team from Training and Education Command based in Quantico, Va., conducted a five-day Squadron Assistance Risk Assessment Program course with Marine Aircraft Group 16 Marines here Jan. 26 - 30.

The SARA 5.0 program is an upgraded version of the current program already being used Corps-wide by Marine aviation squadrons for flight scheduling and training man-

agement, according to Capt. Jimmy Parker, technical lead, Training Management Systems, Aviation Training Branch, Training and Education Command.

Parker said all Marine aviation squadrons will receive the newest version of SARA 5.0. Training teams have been providing the training to squadrons since last November and should be completed by this summer. MAG-11 is scheduled to receive the training in early March.

"This is the most significant enhancement in its seven year history," he said.

There have been several upgrades to the program since it was first introduced to the Marines in 1996. It is normally maintained by operations clerks who track flight schedules, flight hours, type of flights flown, and other training requirements for Marine pilots.

"It's a quick and easy job," Cpl. Ernesto Aldrete, operations clerk, Marine Heavy Helicopter Squadron 769 stationed out of Edwards Air Force Base, and Burlingame, Calif., native. "Once you have the database created, all you have to do is (insert) a disk in and it uploads all the pilot's flight information ... it automatically updates everything."

In addition to being used as a training management tool, the program can be utilized as an Operational Risk Management tool because it helps maintain all the training data for aircrews, and shows whose training has expired on certain skills, Parker said. The program has the ability to create daily reports for review by safety officers and squadron commanding officers to ensure the accuracy of training management data and identify any potential safety hazards.

"The way it handles training management data is now in accordance with current Marine Corps manuals and orders that tell us how we work," Parker explained. "Previous versions of SARA were not maintaining (data) the way they were suppose to so we fixed all that behind the scenes."

Some of SARA's other new features include the ability to automatically download Training and Readiness updates into SARA databases within minutes and provide enhanced risk models that enforce objective criteria taken straight from Marine Corps and Navy aviation administration manuals.

SARA also identifies when crews fly day or night, enforces the proper mix of qualifications and designations, calculates all sun and moon data that can be printed on flight schedules automatically, and allows clerks to easily transfer aircrews between squadrons and manually add new crewmembers in the minimum amount of time possible.

"It's a significant upgrade, but it still has some limitations and our shop is looking at how to overcome those limitations, whether its fixing SARA, continuing to upgrade SARA, or go with another program," Parker said. "This is the best thing going and we are doing the training for it."



Lance Cpl. Adrian R. Beeman, operations clerk, Marine Medium Helicopter Squadron 165, and Bath, N.Y., native, goes through SARA training here Jan. 26-30. The SARA 5.0 program is an upgraded version of the current program already being used Corps-wide by Marine aviation squadrons for flight scheduling and training management. Photo by Lance Cpl. John Sayas

Great Escape offers relaxed atmosphere for servicemembers

Story by Cpl. Jeff Zaccaro

MCAS Miramar Combat Correspondent

Enlisted servicemembers stationed here will be happy to know that they still have a home away from home at the Great Escape center.

The Great Escape is home of the Air Station's Single Marine Program, and provides a place for servicemembers to relax, have fun and participate in trips and activities.

According to Jonelle Myers, SMP recreation guide, the center can be utilized by any enlisted grade servicemember and their guests and offers pool tables, big-screen televisions and video games free of charge.

"We have 600 movies and a variety of video games for the (Microsoft) X-Box, (Sony) Playstation 2 and Nintendo 64," she said. "Our TVs also have cable, so servicemembers can come down here and watch shows or games."

In addition to the free entertainment, pre-paid Internet access is available on seven computers.

"For members Internet access is \$6 an hour, and for non-members it is \$7.20 an hour," said Myers. "It only costs \$2 to get an Internet membership card."

Not only does the center offer these services everyday, but also weekly trips, according to Sean Mountes, SMP recreation guide and sergeant with Headquarters and Headquarters Squadron aviation ordnance.

"We have drivers and vehicles so people who don't have cars can get off-base," said Mountes. "We go skiing at Big Bear, go whale watching, or sometimes we will simply just go to the mall."

The SMP also sponsors their own activities at the Great Escape such as weekly pool tournaments, sports pools and the upcoming SMP Price Is Right.

According to Myers, servicemembers can find out about these events by reading the calendar board at the Great Escape, through basewide e-mails, unit SMP representatives or flyers.

Whatever the occasion, the SMP wants to ensure that servicemembers utilizing the Great Escape or any of their activities can have fun while escaping some of the pressures of a military lifestyle.

"Everyone comes here just to hang out and relax," she said. "Rank doesn't really matter down here, and everyone is pretty much on a first name basis. It is just a nice place to get away."

Food is also sometimes offered for free at the Great Escape, and can always be ordered from Pizza Pizzazz during their regular business hours through a window in the pool hall.

One of the most convenient things about the Great Escape is it is open late to accommodate most work schedules.

"We are open Sunday and Monday from 10 a.m. to 11 p.m., and Tuesday through Thursday from 10 a.m. until 12 a.m. and Friday and Saturday until 1 a.m.," said Mountes.

Mountes added during three and four day weekends the Great Escape tries to stay open 24 hours throughout the holiday so servicemembers will have something more to do than just sit in the barracks.

For more information on the Great Escape, call 577-6171, or stop by building 5509.



Staff Sgt. Michael Hanks, finance travel chief, and Eric Berger, finance operations officer, stand by their modified Jeep Wranglers. Hanks and Berger have been swapping ideas and parts since they first purchased their Jeeps. Photo by Cpl. Jeff Zaccaro

Co-workers create 'sky-high' Jeeps

Story by Cpl. Jeff Zaccaro

MCAS Miramar Combat Correspondent

On Sept. 23, 1940, the American Bantam Car Company of Butler, Pa., graced the military supply system with the first Jeep.

Since its introduction nearly 64 years ago, the Jeep has gone through many changes to meet military and civilian demands.

Although in 1983 they were phased-out of the military for the current High Mobility Multipurpose Wheeled Vehicle, to some enthusiasts here they are not forgotten.

Eric Berger, finance operations officer, and Staff Sgt. Michael Hanks, finance travel chief, are just two of many Jeep enthusiasts at Miramar who have not only found a hobby in Jeeps, but also a friendship.

"I used to own a 1977 Jeep, and when I saw Hanks' '99 I wanted to get back into it so I started looking around for one," said Berger. "Around the same time I bought a new 2003, so did Hanks, and we have been bouncing ideas back and forth ever since."

With Berger and Hanks' new purchases, they had a good foundation to start building some serious off-road machines.

"We both purchased Rubicon Express four-and-a-half-inch lifts, and put on new wheels with 33 inch tires," explained Hanks.

Although the two Jeeps were sitting on the same kind of suspension and were equipped with new wheels and larger tires, Berger and Hanks each opted for different brands to match their personalities.

"He just cares about looks so he got

chrome wheels. I got the black ones because mine actually have to work," joked Hanks.

After their Jeeps were sitting "sky-high" and they further discussed future upgrades, Berger and Hanks decided to install aftermarket lighting kits on each of their vehicles to improve visibility while off-roading at night.

For better power and torque delivery, Hanks then decided to upgrade the exhaust, a new throttle body and spacer and new gears on his Rubicon edition Jeep. Berger's 4.0-liter inline six-cylinder engine remains stock as he has been focusing his modification time into fabricating his own brush guard and rear tire rack.

With all of their upgrades installed, Berger and Hanks have no problem exploring the areas of Southern California that most people don't even know exist.

"There are plenty of places around here like the Glamis Sand Dunes and the Los Coyotes Indian Reservation where you can go find a nice trail and take the kids out for something different to do," said Hanks.

Hanks also believes that having a Jeep helps Marines get to know their fellow servicemembers and community locals.

"There are Jeeps everywhere here, and within a month of getting mine someone stuck a flyer under my wiper advertising a Jeep get together," he said. "For those who just got here it is an excellent way to meet new people."

Berger and Hanks plan on trying their hands at some of the upcoming excursions around San Diego, and more upgrading.

"Sometimes I will just sit in the garage and look at my Jeep thinking about what I am going to do to it next," said Berger.



Although it looks small from the front, the Great Escape, located in building 5509, across from the softball fields, houses numerous televisions, pool tables, more than 600 movies, seven Internet-ready computers, three video game systems and arcade machines. Photo by Cpl. Jeff Zaccaro



Pfc. Derek W. Ceglowski, construction engineer, Marine Wing Support Squadron 373, pushes himself to the limit while fellow Marines cheer him on during the push-up challenge at the squadron's pre-deployment, pre-Super Bowl field meet Friday. Ceglowski pumped out 85 push-ups in two minutes. Photo by Lance Cpl. Paul Leicht

MWSS-373 takes time out for fun

Story by Lance Cpl. Paul Leicht

MCAS Miramar Combat Correspondent

Marines from Marine Wing Support Squadron 373 gathered for a pre-deployment, pre-Super Bowl field meet at Mills Park here Friday afternoon.

Joined by family, friends and even their unit mascot Spanky, a 4-year-old male bulldog, the "Ace" Marines took some well-deserved time off to enjoy some good food and activities under San Diego's clear blue skies.

"We have a very busy schedule coming up for the rest of the year as we get ready to deploy in September, and with the Super Bowl weekend we wanted to give the Marines a great opportunity to have fun while building unit camaraderie," said Capt. Roman V. Benitez, commanding officer, engineer operations company, MWSS-373. "Our schedule until we deploy is packed. We are participating in a Combined Arms Exercise, Desert Talon, and a joint task force in Arizona where we'll be doing some roadwork along the border with Mexico as well as other company training. These Marines have been working hard and will continue to work hard for the rest of the year, so they deserve some fun today."

With the smell of barbeque ribs, corn on the cob and other foods filling the air, the Marines showed that they also know how to play as hard as they work with a range of activities, including basketball, soccer and some more military forms of competition.

The squadron's field meet highlighted a push-up challenge, giving some very moti-

vated "Ace" Marines the chance to demonstrate their physical strength and esprit de corps.

All the Marines who hit the deck in turns to pump out as many push-ups as they could in 2-minutes showed a determination to set

a standard for motivation and dedication to their fellow Marines.

"I pushed myself as hard as I could," said Pfc. Derek W. Ceglowski, 18, construction engineer, MWSS-373, a native of Bottineau, N.D. who completed 85 push-ups. "Hearing

my friends' cheers of encouragement really motivated me."

Even on a nearby court, Marines from MWSS-373 played a friendly game of basketball with an equal intensity of fun and competition.



Marines from Marine Wing Support Squadron 373 compete in a 2-minute push-up challenge during the unit's pre-deployment, pre-Super Bowl field meet at Mills Park here Friday afternoon. Photo by Lance Cpl. Paul Leicht



Enjoying the afternoon sun, Marines from Marine Wing Support Squadron 373 shoot some hoops on the basketball court during the unit's pre-deployment, pre-Super Bowl field meet at Mills Park here Friday. *Photo by Lance Cpl. Paul Leicht*



Marine Wing Support Squadron 373's mascot Spanky, a 4-year-old male bulldog, came out to Mills Park to share in the squadron's field meet fun. Spanky's handler is Staff Sgt. Albaro Duran, construction engineer, MWSS-373. *Photo by Lance Cpl. Paul Leicht*

Did you know he was a Marine?

Bob Keeshan, joined the Marine Corps in 1945 and is best known as Captain Kangaroo.

Rod Carew, spent six years in the Marine Corps Reserve and is best known as a Major League baseball player.

Ed McMahon, enlisted in the Marines and later earned his commission to become a fighter pilot before leaving the Corps as a colonel and is best known as the co-host for the "Tonight Show" with Johnny Carson.

F. Lee Bailey, served as a pilot in the Marines and is best known as the lawyer for O.J. Simpson.

Gene Hackman, quit high school at 16 to join the Marines and later earned his degree in journalism and television production and is best known as one of Hollywood's leading actors.

Mills Lane, served in the Marines as a rifle instructor and later graduated law school and is best known for his television courtroom series "Judge Mills Lane."

Lee Marvin, enlisted in the Marines and served in the Pacific and is best known for his role in "The Dirty Dozen."

George C. Scott, joined the Marines in 1945 and is best known for his film role as Gen. George S. Patton.

Lee Trevino, enlisted in the Marines at 17 and later became a pro-golfer.

Montel Williams, graduate of the Naval Academy, served 15 years in the Marine Corps before becoming a television talk show host.

Fallen aviator remembered



Brig. Gen. Mastin Robeson, commander, Combined Joint Task Force-Horn of Africa, addresses the crowd with help from Lt. Col. Jean-Christophe Darbon, a French coalition officer who interprets the message, at the Michaud Medical/Dental Clinic dedication here Jan. 31. *Photo by Cpl. G. Lane Miley*

Servicemembers gather for clinic dedication

Story by Cpl. G. Lane Miley

Combined Joint Task Force - Horn of Africa

CAMP LEMONIER, Djibouti – Servicemembers supporting Combined Joint Task Force-Horn of Africa and Marine Central Command, Djibouti, gathered here Saturday, to remember the life of a fallen warrior and dedicate a lasting tribute to his ultimate sacrifice.

Naval personnel from the first deployed Expeditionary Medical Unit moved from their temporary tent clinic to a permanent structure named the Michaud Medical/Dental Clinic to ensure better service for the soldiers, airmen, Sailors and Marines here.

Capt. Seth R. Michaud, a CH-53 Super Stallion helicopter pilot assigned to Marine Heavy Helicopter Squadron-461, was killed June 22, 2003, during a CJTF-HOA training accident while fighting the Global War on Terrorism.

Navy Capt. Bill Kinney, commanding officer, EMU, opened the dedication ceremony by welcoming the official party and

guests, who sat in front of him. To his left stood a formation of naval doctors, corpsmen, and dental technicians. To his right stood a formation of solemn pilots from Marine Heavy Helicopter Squadron-464 Detachment A (Reinforced).

Though Michaud, a Hudson, Mass., native, was assigned to HMH-461, a sister squadron to HMH-464, many of the Marines currently deployed here knew and served alongside the fallen warrior.

Capt. Gary W. Wilds trained alongside Michaud when the two were lieutenants at The Basic School in Quantico, Va. Wilds said there Michaud was fresh from the Naval Academy so he was quiet and reserved, but always professional.

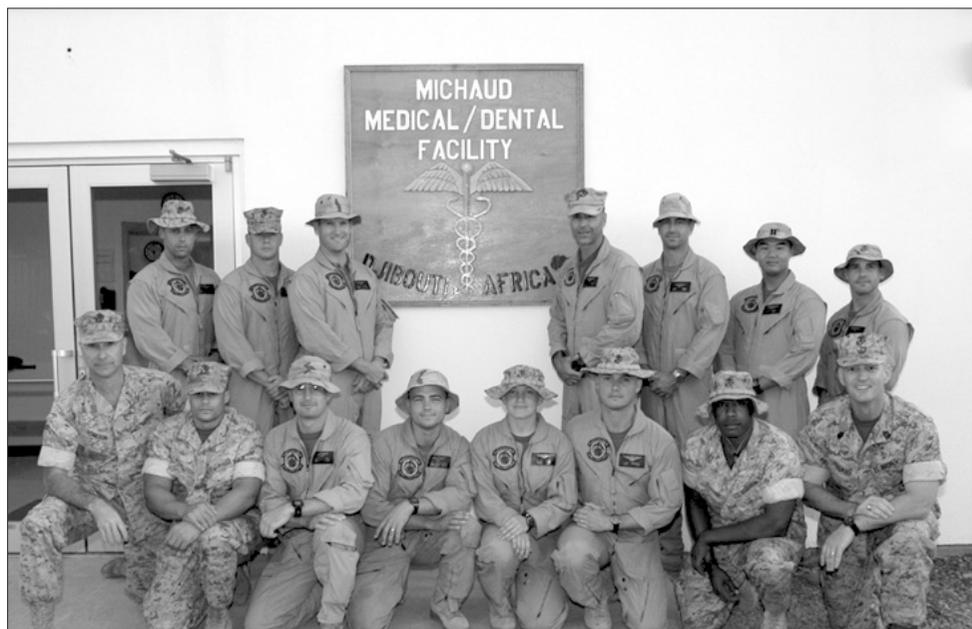
“In flight school he really began to blossom both personally and professionally,” Wilds said of his former comrade. “Seth had good study habits and a strong work ethic. He left for the fleet with solid stick skills and a thorough knowledge base of his new weapons system.”

Wilds, a flight line officer with HMH-464, said Michaud was focused on his job, but enjoyed his off time too.

“Seth always seemed to maintain the proper balance between work and fun. His spirits were always high, and that was a positive influence on all of us who served with him,” the Vero Beach, Fla., native said.



A memorial display of flight gear, a folded flag and a photograph of Marine Capt. Seth Michaud sit on a table in front of the newly dedicated Michaud Medical/Dental Clinic. The facility will serve as a lasting memory to the contributions and ultimate sacrifice of Michaud, who died in a training accident here June 22, 2003. The newly constructed, fixed facility will also provide the camp with a wide range of medical and surgical services in a more sanitary and healthful environment. *Photo by Cpl. G. Lane Miley*



Officers from Marine Heavy Helicopter Squadron 464 pose with the commanding officer and sergeant major of the Combined Joint Task Force - Horn of Africa in front of the hospital dedicated to the memory of their fallen fellow Marine. *Photo by Cpl. G. Lane Miley*

Brig. Gen. Mastin Robeson, commander, CJTF-HOA, expressed how the day was bittersweet while taking the lectern as keynote speaker for the event. He said Michaud was a great Marine, a dedicated family man, a superb naval aviator and an outstanding person. After sharing some of Michaud's strong characteristics with the crowd, Robeson added that hopefully one day Michaud's son could come here, whether in uniform or not and see the living memory to his father.

Following Robeson's comments Cmdr. Jack Lea, chaplain, CJTF-HOA, stepped for-

ward to give the invocation.

After the prayer, Kinney invited the guests to tour the facility and enjoy some of the refreshments provided.

“I wish Seth was home with his family right now, and they had to come up with another name for the clinic,” said Wilds. “I do, however, think it is fitting that the medical facility be in his memory. It is a reminder of what a great person he was as well as a reminder of the medical efforts put out in that time of need. He truly was a great person and will be missed.”



Julie Carlson, Marine Corps Community Services health promotions educator, instructs a group of Marines, Sailors and civilians in a PFT Crunch class. The class is geared to help improve the abdominal muscles during an intense 30-minute workout and is part of the aerobics program offered at the center. Photo by Sgt. J.L. Zimmer III

Semper Fit Center offers cardio workout classes

Story by Sgt. J.L. Zimmer III

MCAS Miramar Combat Correspondent

Keeping in shape by losing weight and burning more calories can be an ongoing battle. If staying in shape is your goal, then take a trip to the Miramar Semper Fit Center, building 2002, and find out if they have a fitness program that can assist in losing those unwanted pounds.

Offering a wide-array of classes, some which cater to individual needs, Amy Bucholz, group fitness coordinator, is armed with enough programs to make the weakest person strong.

"Currently we have approximately 50 aerobic classes per week," she said. "These numbers do not include the physical training classes for units, aqua aerobic classes or (advance aerobic) classes."

One program Bucholz and her staff is trying to implement is the Pilates class.

"We are in the process of creating a six-week Pilates

class," she added. "We are hoping it turns into an ongoing session."

For those who have not made the aerobics scene an everyday occurrence, Bucholz recommends some type of physical training if weight loss is the goal.

"Diet plans are okay," she said. "But if your goal is to lose weight and keep it off, you have to incorporate some physical activity and diet modification."

The center not only offers programs for active duty patrons, but they have also developed a program for spouses who have difficulties exercising with their children.

"There are four opportunities for spouses to bring their children with them to exercise each week," Bucholz said. "Mondays and Wednesdays we have a stroller walk and Tuesdays and Thursdays we offer them indoor aerobics.

"From what I have seen during these sessions, the children and the parents enjoy it."

Bucholz added that seven of the aerobic

instructors at the center are active duty and know how important some of the aerobic classes are to train Marines for physical fitness tests.

One of the instructors Cpl. Antonio Lane, maintenance administration clerk, Marine Aviation Logistics Squadron 11, gives classes on cardio kickboxing.

Lane teaches cardio kickboxing because it gives him a chance to be a group leader.

"I do this to push the participants to their limits and sometimes past them so they can obtain their physical fitness goals," said the 27-year-old Chicago native.

Lane knows that he has a positive impact on the participants in his class.

"More often than not the participants react more positively to an active duty instructor because the instructor can relate to the physical needs of the individual participant," he said.

Bucholz concluded that if there are any reasons to stay fit and participate in the aerobics programs it should be because of the "Top 10 Reasons to Constantly Train Your Cardiovascular System," a handout given to patrons at the fitness center.

The first four reasons are the short term affects: stress reduction, reduced craving for high calorie, high fat foods, an increased sense of well-being and an increased metabolism.

The last six reasons are the long term affects: decreased systolic blood pressure, increased insulin sensitivity (type II diabetics may be able to reduce dependence on oral insulin), increased good cholesterol levels, decrease in body fat, an overall better cardiovascular system and a significantly decreased risk of heart attacks and sudden death related to heart attacks.

For more information on the aerobics program at the Miramar Semper Fit Center, contact Amy Bucholz at 577-4654 or go to their Web site at www.mccsmiramar.com.

Parts-R-Us burns H&HS Heat in 48-17 intramural basketball victory

Story by Cpl. Jeff Zaccaro

MCAS Miramar Combat Correspondent

Allen Rawls, Marine Aviation Logistics Squadron 11 Parts-R-Us team member, lead his team to victory against the Headquarters and Headquarters Squadron Headquarters Heat with 12 points during a Jan. 26 intramural basketball season opener.

From the jump off, Parts-R-Us seemed to have the distinct edge over Headquarters Heat as Robert Williams quickly put them on the board with 2 of his 8 game points.

Williams was able to score once again, and three of his teammates made their way to the books before Bradley Ball chalked on Headquarters Heat's first 2 points nearly nine minutes into the half.

Although further first-half points for Headquarters Heat were few and far between, the team's attitude was strong enough that the team did not give up.

"No matter what we do, we are the best. Even if we lose by 80 we are still successful as a team," Headquarters Heat coach Charles Carte told his team at half-time.

With the scoreboard reading 26-4 in

favor of Parts-R-Us, team coach Shawn Thomas knew his team needed to pull together a little bit to keep the lead.

"We just need to concentrate on offense and slow it down a little bit to get good shots," he said.

Apparently both team captains did their jobs well during halftime, as Headquarters Heat went on a small scoring stint during the second half, but Parts-R-Us was still able to contain them.

When it came down to points, Parts-R-Us' Rawls and Headquarters Heat's Jonathan Rich dominated the second half.

In back and forth play between the two teams Rawls was able to record 8 second-half points and Rich put down 7.

When the buzzer finally sounded signifying the end of the game, Parts-R-Us had scored 31 more points than Headquarters Heat, calling it a game at 48-17.

Although the game was a big victory for Parts-R-Us, Thomas knows his team must work on their technique to keep winning.

"We didn't do bad. There are a couple of days before our next game so we can practice," Thomas told his team. "We are going to need to get our trash together. Good job on the first win."

Chapel weekly schedule of events

Holy Family Catholic Community

- ◆ Mass: 11 a.m. Sunday, 11:30 a.m. weekdays.
- ◆ Rosary: 10:30 a.m. Sunday.
- ◆ Confession: 10:15 a.m. Sunday or for appointments call Father Berchmanz at 577-1333.
- ◆ Religious classes for children for first communion, confirmation: 9:30-10:45 a.m. Sunday.
- ◆ Youth gathering and planning following mass Sunday.
- ◆ Baptism: Normally the first Sunday of the month. Call chaplain's office for details.
- ◆ Marriage: Call chaplain for details at least six months before wedding.
- ◆ Instruction in the Catholic faith (RCIA). Call chaplain's office for details.
- ◆ Scripture Class: 7 p.m. Wednesday in Chapel classroom.
- ◆ Choir Practice: 6 p.m. Wednesday in Main Chapel.

Liturgical Christian

- ◆ Sunday: Choir rehearsal at 9 a.m.
Liturgical worship at 9:30 a.m.
Adult/Youth/Children Bible study at 10:45 a.m.
- ◆ Tuesday: Morning prayer group (Room 4) at 6 a.m.
Contemporary Gospel Service at 7:30 p.m.
- ◆ Wednesday: Crafts and conversation at 9 a.m. Free childcare provided.
Women's bible study at 10:45 a.m.
Baptist service at 7 p.m.
- ◆ Thursday: Liturgical choir rehearsal at 7:30 p.m.
- ◆ Friday: Baptist bible study at 7 p.m.

Jewish

- ◆ First Friday of the month at MCRD San Diego at 7 p.m.
- ◆ Last Friday of the month in Edson Range Chapel Camp Pendleton at 7:30 p.m.

USO Valentine

The United Services Organization Council of San Diego will celebrate Valentine's Day with professional photography sessions and photos for all active duty military members and their families.

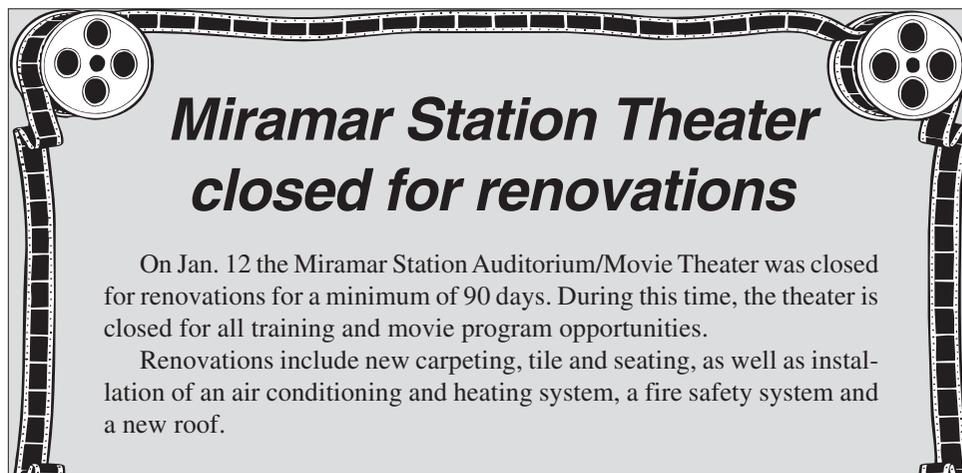
On Feb. 14, the USO's downtown center will partner with Joseph Scott Photography to offer free sittings in the portable studio set-up at the USO.

Professional photographer Joe Fialho of Joseph Scott Photography will donate his talents from 1 to 4 p.m. During the three-hour period all active duty military couples,

families and single men and women are invited to join the USO as they "capture a moment in time" for themselves or to send to loved ones.

Free 4x6 inch prints will be available for pick-up at the USO after Feb. 24. The prints are donated to the USO by George's Camera Exchange.

Adding a bit of fun on this Valentine's Day, the USO will also host an area talent agency featuring male and female models available for single servicemen and women to have their photographs taken with. All interested participants must be pre-registered no later than 9 p.m. on Feb. 13.



**Miramar Station Theater
closed for renovations**

On Jan. 12 the Miramar Station Auditorium/Movie Theater was closed for renovations for a minimum of 90 days. During this time, the theater is closed for all training and movie program opportunities.

Renovations include new carpeting, tile and seating, as well as installation of an air conditioning and heating system, a fire safety system and a new roof.

Commissary scholarships

The Scholarships for Military Children Program was created to recognize the contributions by military families to the readiness of the fighting force and celebrate the role of the commissary in the military community.

Unmarried children (under the age of 23) of active duty, reserve/guard and retired military personnel may apply for a Scholarship for Military Children. They must have a minimum cumulative grade point average of 3.0 and the submission deadline is Feb. 18.

For more information please visit www.militaryscholar.org.

Financial training

Attention all Miramar staff sergeants and above: Marine Corps Community Services will be conducting a three-day Train-The-Trainer financial counseling class Feb. 25-27. The sessions will be conducted in building 2273, starting at 8 a.m. each day.

This training is designed to prepare participants to be Command Financial Specialists, as per Marine Corps Personal Services Manual (MCO P1700.24B).

L.I.N.K.S.

Upcoming L.I.N.K.S. dates
are as follows:

Saturday, 9 to 9:30 a.m.

Feb. 20, 9:30 a.m. to
3:30 p.m.

Feb. 21, 9 a.m. to 4 p.m.

Since those who are impacted by financial hardship suffer emotionally, the goal of a command financial specialist is to assist Marines and their families by minimizing and/or preventing credit abuse, bounced checks, wage garnishment, bankruptcy and financial stress. Meanwhile, they will promote command readiness, self-confidence, high job performance, consumer awareness, financial stability and good quality of life.

Participants will be trained in counseling techniques, money management, consumer affairs and more.

Seating is limited, so please call for reservations. Contact Tom Graneau at 577-9802.



MAG-11 serves up some fun for Marines

A Marine from Marine Aircraft Group 11 Headquarters winds up before dunking a fellow Marine taunting him from the dunk tank during the unit's pre-Super Bowl party at Mills Park here Jan. 30. More than 150 Marines and family members were on hand to enjoy the fun organized by Sgt. Justin M. Taricani, MAGTF/Training NCO, MAG-11. *Photo by Lance Cpl. Paul Leicht*

Miramar recycles

For more information,
call Station Recycling
at 577-6366.

Wingspan

Wingspan airs on Channel 44
Mondays and Wednesdays at 11 a.m.
Wingspan is a local command access
program that informs the Marines and
Sailors aboard MCAS Miramar about
what is going on around the Corps.