Flight Jacket

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47th Annual Massing of the Colors in Balboa Park

Maj. Gen. Charles F. Bolden Jr., Commanding General, 3rd Marine Aircraft Wing, speaks before a crowd during the 47th Annual Massing of the Colors and Service of Remembrance ceremony Nov. 4. *Photo by Cpl. Kristopher S. Haloj*

By Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

Active duty as well as retired service members, Boy Scouts, Girl Scouts and many other organizations gathered at Balboa Park's Organ Pavilion Nov. 4 to take part in the 47th Annual Massing of the Colors and Service of Remembrance.

Third Marine Aircraft Wing's Commanding General Maj. Gen. Charles F. Bolden Jr., was the guest of honor at the affair.

The ceremony was established close to five decades ago by the San Diego Chapter of The Military Order of World Wars as a show of honor for the American Flag and the men and women, dead and living, who have bravely fought to preserve it.

At the adjutant's call, dozens of color guards — from the Marine Corps Recruit Depot San Diego color guard to the Girl Scouts of San Diego-Imperial Council color guard – marched on the colors.

Former San Diego Chapter MOWW commander and master of ceremonies, Charles L. Smith, explained the importance of the ceremony.

"This is dedicated to the perpetuation of the principles upon which this country was founded," said Smith. "Even though we are long out of uniform we believe it is our duty

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CMC issues Birthday message

As we commemorate the 226th anniversary of the founding of our Corps, Marines everywhere can take pride in their contributions to our great nation. We are a Corps born of an act of Congress, consecrated in sacrifice, steeped in tradition, and tested in battle. Our earned legacy is filled with the names of many great Marines: Lejeune, Vandegrift, Puller…Butler, Bestwick, Daly — who fill the annals of our lineage with their inspired acts of vision and gallantry.

Heroic actions on the battlefield are a hallmark of our legacy. Equally compelling are the countless heroic deeds of many other Marines who exemplify the virtue of placing the needs of others above their own. Whether it be a Marine saving an Okinawan child from drowning, or pulling people from a burning wreck, or a family extending itself to provide a safe, nurturing home for disadvantaged children, our lives are indeed full of heroism. Today we celebrate these deeds, not as exploits, but as contributions to the greater good – circumstances where Marines take care of not just their own, but reach out to care for others.

A lone Marine standing vigil on a dark night in Kosovo; a Marine Reservist serving as a firefighter or police officer who responds to an emergency in his community; a civilian Marine working alonside his counterparts in uniform who shares the perils and realities of a terrorist attack; and a commit-

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Marines, Sailors join forces to feed homeless

By Sgt. W.A. Napper Jr.

CPAO, MCAS Miramar

More than 20 Air Station Marines and Sailors met at the St. Vincent de Paul Village November 2.

Petty Officer Second Class Consuelo V. Cuasay, Chapel religious program specialist, said officials at the village asked for help from Miramar's service members.

"If they ever need help or volunteers they give us a call," she said. "I put out a flyer asking for volunteers, and these Marines and Sailors gave their time to help."

The volunteers did everything from help prepare food to serve it to the diners and find them a seat. For many, seeing those in need helped put their own life in perspective. For others, just being able to help was satisfying enough.

"It's a good thing to be able to help out your fellow man," said Sgt. Carlos Barillas, 3rd Marine Aircraft Wing G-4 maintenance management analyst. "I would definitely do this again."

St. Vincent de Paul Village is a nonprofit, non-domination organization that provides a place to stay for up to 1,200 people each night. Cooks serve approximately 3,500 meals, and in the winter up to 5,000. The facility was created in the 1970s with only 60 cots, and served only soup and bread. Much more than a soup kitchen, Village personnel provide an environment for those down on their luck to start over. According to former Marine Master Sgt. John Moore, St. Vincent de Paul Village volunteer manager for support services, similar organizations could learn a thing or two from the Village.

"This is the only true rehabilitation facility in the area," he said. "We are a model for the world."

Unlike other relief agencies, the Village provides nearly all services needed by the homeless all under one roof. There is a school for children, medical and dental facilities, legal aide, as well as help for mental heath. Moore says the facility is comparable to "one-stop shopping."

"If someone comes in needing help, they stop right here," he said. "We have everything they need."

Moore said he is thankful for the support from the Air Station's Marines and Sailors, and knows he can rely on assistance from his comrades-in-arms.

"You guys have come down here and set up shelters of 400 beds in day," he said. "You do it all."

Moore also said he likes that Marines and Sailors, unlike other volunteers, don't leave when it comes time to help clean up.

"Most of you come down to help with holiday meals – when we really need it," he said. "The military is really community minded, and it shows."

Petty Officer 3rd Class Virginia Mayo, Marine Air Control Group 38 corpsman, serves food to the homeless at the St. Vincent de Paul Village. Nearly 1,200 homeless were fed by the 20 Marines and Sailors. *Photo by Sgt. W.A. Napper Jr.*

San Diego school earns prestigious honor, general congratulates students

Major Gen. Charles F. Bolden Jr., 3rd MAW commanding general, congratulates students at Los Penasquitos Elementary School on their accomplishments in becoming one of the country's Blue Ribbon Schools. The local school was awarded the blue ribbon honor for their superior academic improvement over the last four years. *Photo by Sgt. Mike Camacho*

By Sgt. Mike Camacho

CPAO, MCAS Miramar

Major Gen. Charles F. Bolden Jr., 3rd Marine Aircraft Wing commanding general, was guest speaker at a ceremony awarding Los Penasquitos Elementary School with the prestigious Blue Ribbon School Award Nov. 2.

The school is one of 264 in the country that received the award for the 2000-2001 school year.

Several of the school's students are from military families. Sergeant William C. White, military police officer and parent, helped arrange to have Maj. Gen. Bolden as the guest speaker.

"Because of the general's prominence in the community, matched by his successful career, I think he was the best person to invite as our guest speaker," said Principal Jeff King.

Major Gen. Bolden explained the core values with the students, inviting three different children to the front of the group and allowed them to give their definition of each value.

"We have three terms that we learn as Marines – honor, courage and commitment," said the general. "When I think of the accomplishments you have made, I think you have demonstrated these three characteristics probably better than we do."

"We have three terms that we learn as Marines – honor, courage and commitment. When I think of the accomplishments you have made, I think you have demonstrated these three characteristics probably better than we do."

Maj. Gen. Charles F. Bolden Jr.
3rd MAW commanding general

The Blue Ribbon Schools Program is designed to promote and support improvement of education by identifying and recognizing schools that are models of excellence.

The schools chosen are all self-assessed meaning that all of the required criteria for review is based upon what the school has done to improve academics.

"This program encourages us to share information with the other local schools to give an understanding of the standards which we've demonstrated educational success," said King.

Postal Service informs of detergent mailings; to reduce calls to emergency personnel

Compiled by Cpl. C.A. Eriksen

CPAO, MCAS Miramar

With the current attention on unknown substances and the fears of anthrax in the mail running high, postal inspectors in St. Paul, Minn., have given their colleagues a heads-up that Publishers Clearinghouse sent out packages of powdered detergent.

The St. Paul Postal Inspection Service issued an advisory to inspectors Tuesday. The memo was sent out after postal inspectors got a call from a worried customer who had received a leaky package of the powder, according to postal inspector Jeanne Graupman.

The postal service wants to reduce the number of calls emergency personnel are likely to receive concerning a white powdery substance in/on mail when this mailing reaches local customers, according to Sam Ordinario, delivery supervisor Mira Mesa postal center.

"The main concern is that customers will mistake a spillage for anthrax," said Ordinario. "The goal of customer and employee safety prompted the warning, but we do not expect there to be an impact on carriers or customers."

Oxyclean is being mailed only to customers who ordered it, according to Chris Irving, senior director of consumer affairs for Publishers Clearinghouse in Port Washington, N.Y. The Oxyclean household cleanser is being sent out in 1.5 pound brown envelope packages and the return address is 720 Winners Circle, St. Cloud, Minn.

To ease people's fear United States Postal Service wants to reassure the public that the only way people have or will receive the detergent is if they previously ordered a product through Publishers Clearinghouse, and the detergent would have been sent as a gift, according to a recent USPS press release.

Publishers Clearinghouse has temporarily suspended shipment of Oxyclean after it was determined to be among suspicious mailings that have generated calls since Anthrax was found in the mail system.

Publishers Clearinghouse sells household items in addition to magazine subscriptions.

What makes a package suspicious

Things to be suspicious of when inspecting letters and packages: powdery substance on the outside; unfamiliar sender; no return address; illegible return address; unusual weight for its size; oddly shaped or wrapped in a large amount of tape; strange odors and if the city and state on the postmark do not match the address.

Station Dental on the move, in new building

The Branch Dental Clinic is once-again in its original building after renovations were recently completed. *Photo by Sgt. Mike Camacho*

By Sgt. Mike Camacho

CPAO, MCAS Miramar

The Branch Dental Clinic moved out of the trailers and into a renovated building, Friday.

According to Navy Capt. Carlton D. Cherry, Branch Dental Clinic company commander, the move won't directly affect patient treatment.

"When they visit the clinic, I think the Marines will feel proud to receive care here," said Cherry.

One of the main benefits to the move is that additional space the clinic now has. The renovations created nine more rooms, which should help productivity.

For more than a year, the clinic has been operating out of two annexes. Now all of the dental clinic's equipment and facilities will be in one central location.

"The move will allow us to operate more efficiently," said Petty Officer 3rd Class Diana A. Alcova, dental technician. "It's great, because it's cleaner facility, better atmosphere and improved organization."

There is a possibility that the appointment desk phone number will change. If the number changes the clinic will make sure all personnel are notified of the change.

Marines should feel confident in the clinic's move, Cherry added.

"Our clinic is just as good if not better, than the civilian practices," Cherry said. "We have state of the art equipment, and the quality of our providers is top notch."

All for a cause ...

Corporal Mark P. Ledesma, combat correspondent, Headquarters and Headquarters Squadron, is doing his part to "Change Tomorrow Today," by registering in the 2001 Combined Federal Campaign. The 2001 campaign kicked off Sept. 24. According to Maj. Carl A. Maas, MCAS Miramar's assistant CFC coordinator, units aboard Miramar are reporting higher participation than in previous years. For those wishing to contribute to CFC, talk to your staff noncommissioned officer-in-charge or your unit CFC representative to get registered. This year's deadline is Dec. 14. ***Photo by Cpl. Kristopher S. Haloj***

Helping those who help: MALS-11 Marines donate money to Red Cross

By Sgt. W.A. Napper Jr.

CPAO, MCAS Miramar

Shortly after the terrorist attacks of Sept. 11, Marines of Marine Aviation Logistics Squadron 11 banded together and raised money for the American Red Cross – an organization with a history of helping not only people in need, but Marines in need.

Gunnery Sgt. Heriberto Morales, MALS-11 Substance Abuse Counselor, organized the effort when he was unable to buy flags because local stores had run out.

"I figured the next best thing was to design a shirt with a flag on it," he said. "It's a shame that something tragic like this brings out everyone's patriotism."

Morales said Devilfish Marines were planning a fundraiser to help lower the cost of their Marine Corps Birthday Ball tickets, but when tragedy struck the nation, they decided to share a portion of the profit with the Red Cross.

Morales said they chose the Red Cross because they are known for quickly helping Marines in need, whether it's a plane ticket home or money to help fix their car in a time of need.

"They're always there for Marines," he said. "I think that's pretty awesome. Hopefully donating money to them will be contagious and spread to the big corporations out there."

The shirt's design was of the National Ensign with a few F/A-18 Hornets flying in the right corner. Under the picture was the phrase "Send in the Marines." The shirt was sold at various locations here, including the Commissary, Jet Mart, the Flying Leatherneck Museum and the gym. Morales said 25 percent of the profit would go to the Red Cross.

The squadron presented Charlene Weiscopf, Navy/Marine Corps Relief Society counselor, with a check for $500, Nov. 1.

The NMCRS works closely with the Red Cross, and Weiscopf accepted the check on their behalf. She said the money will go into the Red Cross's Liberty Fund. She also said that although the amount of money seems small, it will do more for the organization than most people realize.

"This check means instant access to resources for emergencies," said Weiscopf. "These funds will help them provide services like vehicle repair and disaster relief. 'Only $500' does do a whole lot."

Meals on the go – DeCA brings traveling chef to Miramar Commissary

Traveling Chef Brian Jones dices onions in preparation of his "Mom's" Homemade Corn Chowder. Jones was on hand at the commissary to show patrons some quick simple meal and desert ideas. He also gave some healthy cooking tips. ***Photo by Cpl. C.A. Eriksen***

By Cpl. C.A. Eriksen

CPAO, MCAS Miramar

With time running short leading up to the holiday seasons, it may be harder to sit down and plan a healthy meal. Miramar commissary customers were given some helpful hints recently by the Traveling Chef's program from the Overseas Service Corp., according to a Defense Commissary Agency press release.

Chef Brian Jones, recent graduate of the Florida Culinary Institute, provided some samples of quick meals and deserts using basic food items that most families have readily available in their homes, according to Lisa Martinez, area manager, North San Diego, OSC. Recipes are comprised of food items from sponsor companies that are available in the commissary.

"These companies make it possible to put together simple meal ideas and introduce new products at the same time through the Traveling Chef program," said Martinez.

"It's a good way to get new ideas and variety for meals," said Jones.

During the two-hour presentation, Jones cooked simple meals that only require one pan for preparation. All recipes for each meal and desert were available on recipe cards as well as coupons for the individual items needed for each recipe, according to Martinez. The recipes are also available on the DeCA Web site *www.commissaries.com*.

See **Chef,** page 10

Ad Space

What IRR means to every Marine

By Sgt. Mike Camacho

CPAO, MCAS Miramar

There are hundreds of reasons individuals join the Marine Corps. There are just as many reasons Marines choose to leave the Corps after honorably serving their nation.

Unfortunately, many Marines leave the Corps without knowing all of the benefits and entitlements available to them.

One of those entitlements is the benefit of being placed on Individual Ready Reserve status.

The IRR is the status a Marine is automatically placed in once he or she finishes their Contractual Military Service Obligation. First-term Marines have a total commitment of eight years. Marines who completed four years of active duty then have four years on IRR.

Marines don't have to sign more contracts and are not obligated in such a manner that prevents them from relocating or having a change of mind, while in an IRR status. For instance, if a Marine begins drilling with a unit in his hometown and finds a job in another city where there is no unit, there is no obligation for that Marine to continue his drill weekends.

While in an IRR status, Marines are able to immediately join a unit after leaving active duty or they can chose to wait, up to several years. This flexibility allows the Marine time to look at all their options and make a better decision.

"If a Marine is interested in using his Individual Ready Reserve time to support the Marine Corps mission then the first thing they should do is study all of the options," said Gunnery Sgt. Paul L. Roland, prior service recruiter, Marine Forces Reserve. "If a Marine is still on active duty then they should talk to their career planner or local prior service recruiter. If a Marine waits until after they are out then they should contact Marine Corps Reserve Support Command to find the unit closest to them."

If the local reserve unit does not require a Marine's current military occupational specialty that does not necessarily mean he or she cannot attend monthly drills. Most units have on the job training or will even send the Marine to attend further Military Occupational Specialty training.

"Many Marines leave the Corps without ever knowing all their benefits," said Roland. "The Reserves offer Marines leaving active duty a great way to stay connected to their Corps. Just because they left active duty doesn't mean that they can't continue to serve. My job is to simply inform Marines of all their options," he added.

For more information contact 1-800-Marines, *www.marines.com*, your career counselor or your nearest prior service recruiter.

Out with the old ...

Tony Malone, carpenter, Public Works Department, separates a pile of concrete ruble from an old paint storage building for recyclable material. All recyclable material has to be sorted from the concrete before the concrete can be hauled away. The outdated building was torn down to make room for additional parking and storage for some of their heavy equipment. ***Photo by Cpl. C.A. Eriksen***

Ad Space

Law Center offers free tax prep course

By 1st Lt. Clinton M. Crosser

MCAS Miramar Tax Center

Preparations are underway to open Marine Corps Air Station Miramar's Tax Center. The Tax Center will be active from early January to May.

Each year we request Marines from the various tenant Wing and Station commands to support the center as Electronic Return Originators. We also request that units nominate Marines from their command to provide assistance at the unit level, as Unit Tax Advisors. Individuals who are nominated by their command to be a part of the Tax Center, as s or EROs, will have the opportunity to receive over 80 hours of tax instruction in California and Federal income tax preparation.

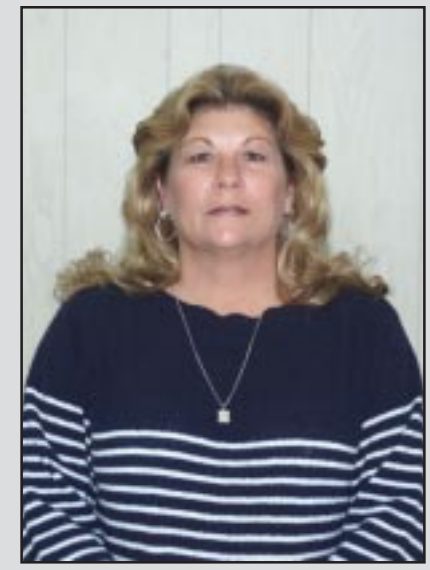
In order to be certified as a paid tax-preparer in California, individuals must only complete 60 hours of instruction. For instance, if you want to work for H&R Block, a respected tax preparation and accounting firm, you need only 60 hours of tax preparation instruction. Our tax-preparers will receive all this instruction free of charge. This instruction can cost $300 or more if taken through a commercial course or college. Last year, our preparers assisted more than 7,000 clients with their tax returns. That number is expected to increase substantially this year. Serving as a UTA or an ERO is the type of experience that can benefit you forever.

If you want to learn more about Federal Income tax laws for your own taxes, participate in a highly visible program or gain some extra experience before separating, this is the program for you. If you are separating or retiring in July or August this is a great opportunity to gain some extra experience before leaving active duty.

The Tax Center will be staffed with 15-20 selected Marines who will be assigned to the center from mid-December to the end of April. Selected UTA's will remain with their unit, but must attend the tax preparation instruction. We are looking for motivated, dedicated, hard-working individuals, who have strong customer service skills and interests. If you are interested in being nominated, notify your unit legal officer, adjutant or Key Volunteer, by Nov. 16.

Mir Remarks

How do you think veterans of America's War on Terrorism will be remembered on Veteran's Day?



"It will go down in history. It will always be remembered as one of the worst disasters in U.S. history like Pearl Harbor."

April Tervino
AT&T
Customer Service Representative

"The country will realize the sacrifices made to support our country along with sacrifices to families, they will also be more appreciative of the freedoms secured."

Gunnery Sgt. Jose Sifuentes
VMFA-323
maintenance administration chief

"Civilians will have a lot more appreciation – more patriotism after the events of Sept. 11."

Cpl. John A. Ayala
MAG-16
assistant adjudant chief

SACO works to fight alcohol and drug use

By Sgt. Troy M. Ruby

CPAO, MCAS Miramar

Drug and alcohol abuse is a disease and Gunnery Sgt. Paul D. Leigh, Headquarters and Headquarters Squadron Substance Abuse Counseling Officer, Marine Corps Air Station Miramar is a key part of the cure.

Leigh is responsible for educating 1,208 Marines and Sailors assigned to H&HS about the dangers of alcohol abuse and use of illegal drugs.

A former military policeman, Leigh volunteered to take over the SACO position for H&HS last November. He was excited about the opportunity to use his MP training and own experiences to educate and make a difference to the squadron.

"I think the two blend perfectly together. As an MP, I would get to see the Marine or Sailor during their traumatic experience involving alcohol or illegal drugs. As a SACO, I'm getting a chance to see them the day after and I get to be involved in their next step toward recovery," said Leigh.

Leigh has his sights set on reducing, and hopefully eliminating, drug use and alcohol-related incidents within the squadron during his two years in this billet. He has several tools he uses to work toward this goal.

The first is education. It begins the moment Marines check into the squadron and continues until the day they check out. He uses lectures, videotapes and displays of drugs and drug paraphernalia to show Marines what is out there so they can stay away from it.

This kind of training is just as important for supervisors, said Leigh, because they need to know and understand what their Marines are being offered and could be getting into. Leigh uses himself as an example during much of his training.

"When I was a sergeant, I was close to walking across the threshold of being an alcoholic," said Leigh. "With the proper guidance, though, I was able to steer myself clear of that. Now, I can talk to others in the same situation today and honestly say, 'I know where you are and I know the road you are about to take.'"

As squadron SACO, Leigh also acts as a deterrent by conducting at least two random urinalysis tests each month. In addition, he also conducts unit sweeps, where everyone in the unit is tested – to catch Marines who are using illegal drugs. The whole purpose is to make it clear to Marines – if they use illegal drugs, they are going to get caught eventually, said Leigh.

Assessment and evaluation is also a big portion of Leigh's job. If a Marine is involved in an alcohol-related incident, he talks to the Marine to determine if it was a one-time event or if they need counseling assistance.

Once the determination is made that they need intensive counseling, he talks with them throughout the course to determine how they are progressing.

Once they complete their counseling, Leigh then meets with them at least twice a month for a year to ensure they are progressing with their alcoholic's anonymous classes and are staying clean and sober.

Along with his years of experience as an MP, Leigh has also been through extensive training to prepare for his job.

"It was a one week class that covered everything from the different kinds of drugs, the affects they have on the body, the packaging process and how to properly conduct a urinalysis," said Leigh. "We even went to (Naval Medical Center) Balboa hospital and got a tour of the lab where they actually test the specimens. It's amazing how quickly they can test for so many different things all at once. The technology is astounding."

Gunnery Sgt. Leigh discusses the evils of drugs with a Marine assigned to Headquarters and Headquarters Squadron. Leigh uses displays to show Marines what drugs are out there so they can steer clear. ***Photo by Sgt. Troy M. Ruby***

Leigh added that, as the SACO he can only do so much. The staff non-commissioned officers and officers need to get more involved with their Marines if we are going to make any forward momentum.

"They really need to sit down and talk to them and try and find out more about their lifestyles," said Leigh. "I see too many Marines and Sailors sitting in the barracks on the weekends just drinking themselves into oblivion. With the right guidance, they could get involved in other things like Big Brother/Big Sister programs and MCCS programs and stay away from illegal drugs and excessive alcohol use."

Editor's note: Check out next week's edition of the newspaper for more information on the consequences of drug use in today's Marine Corps.

Timesharing offers excellent training opportunity for Marines

By Sgt. Tisha Carter

CPAO, MCAS Miramar

Marines from Headquarters and Headquarters Squadron Air Traffic Control Facility recently teamed up with Marines from Marine Air Control Squadron 1, Detachment B in a timeshare program.

The program allows detachment Marines who are attached to the Station as part of the Fleet Assistance Program, the opportunity to control aircraft from expeditionary units located at midfield on the south side of the runways.

"While Det. Bravo Marines are used by the facility for manning purposes, then gain valuable air traffic control experience."
Capt. Timothy Wilson
MACS-1 Det. B operations officer

"In other words, we take the air traffic control facility to the field with us," said Capt. Timothy Wilson, MACS-1 Det. B operations officer. "To do this, Det. Bravo employs expeditionary, tactical gear known as the Marine Air Traffic Control Landing System."

According to Wilson, detachment controllers fill a variety of roles at the Station air traffic control facility by participating in the FAP. Roles range from controlling all aircraft via radar and the naked eye to acting as ATC facility managers. This relationship helps both detachment Marines and the ATC facility.

"While the Det. Bravo Marines are used by the facility for manning purposes, they gain valuable air traffic control experience from the Marines and DOD personnel permanently attached to the facility," stated Wilson.

Timesharing allows Marines valuable training on equipment necessary to complete their mission.

"It is significant that the Marines become familiar with the gear before an actual deployment occurs," said MACS-1 detachment commander, Capt. Jeffery Cooper.

The timeshare evolutions are usually one week long and the units try to conduct them at least once a month. However, operational commitments sometimes dictate the length and frequency of these events.

Ad Space

Marine Corps powers merge in mighty show of strength, firepower at exercise

By Sgt. Carolyn S. Sittig

CPAO, MCAS Miramar

Air and ground forces meet in a surge of power and performance as they unite in a Marine Air Ground Task Force. Infantry units coordinate rocket, missile, and machine gun fire as AH-1 Cobras and UH-1N Hueys from Camp Pendleton provide close air support. The larger portion of the air power comes from CH-53E Super Stallions and CH-46 Sea Knights from Miramar that are the heavy assault and troop transport.

A CAX is held monthly at Marine Air Ground Combat Center Twentynine Palms, Calif., where an expeditionary field is established along with tents and makeshift hangars – all adding to the realism of an austere environment. Each month a different set of air, ground and support units participate in the exercise. This allows each unit to get this invaluable training.

A crew chief with HMLA-267, Marine Corps Air Station Camp Pendleton, readys a 50 caliber machine gun aboard an UH-1N Huey for live-fire during training at CAX. ***Photo by Sgt. Carolyn S. Sittig***

"During 22 days at CAX there are a series of exercises starting from very simple to complex," said Lt. Col. Russell O. McGee Marine Light Attack Helicopter Squadron 267 executive officer. This gives units a chance to familiarize themselves with the area and coordinate fire support between the different elements. Typically, units begin in the area of operations and launch ordnance while stationary then they begin to coordinate while they are on the move, explained McGee.

Training at CAX is unique because it allows all the units to not only operate as a MAGTF, but to be able to coordinate live fire drills. Because major coordination is needed to keep things flowing smoothly and safely, units meet regularly to discuss future operations, something nearly impossible in a real situation. "They've taken the difficulties out of the equation and we can meet with ground forces each night to eliminate some of the guesswork in a real situation," said McGee.

In a MAGTF, it is critical to combine ground fire, air fire and all other types of fire to keep the opposition on the defensive. To be successful, Marines need CAX training, said Lt. Col. James Sanny, MAG-16 director of safety standardization.

Aside from the invaluable combat training, Marines learn to live "in the field". Marines live and work around the airfield. They stay in tents and eat in the field.

According to McGee, Marines living in a rural environment on a daily basis pick up lessons to help in day-to-day survival in a real situation.

"CAX training is vital for both pilots and ground forces for winning in battle. A and well-planned and orchestrated combined arms fire support will ensure the enemy is kept in check, so the MAGFT can reach and secure it's objectives," said Sanny.

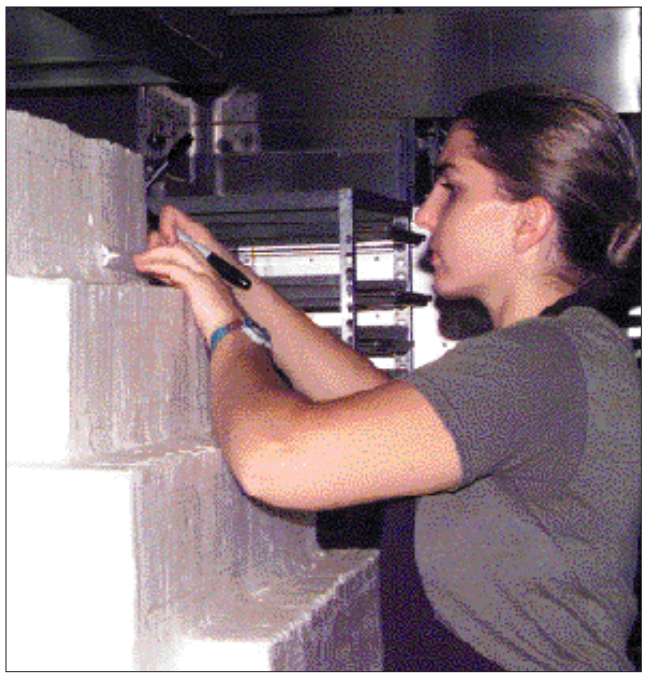
The expeditionary airfield used during CAX at MCAGCC Twentynine Palms, Calif., is the same type of field that would be used in real-life operations. Most Marine Corps aircraft can land on the field. ***Photo by Sgt. Carolyn S. Sittig***

An AH-1 Cobra lands on the expeditionary airfield at MCAGCC Twentynine Palms after a training flight. ***Photo by Sgt. Carolyn S. Sittig***

Ad Space

Looks can be deceiving – birthday cake not all it appears to be

Corporal Evida Ricker, H&HS cook, slowly adds on the details to the Marine Corps birthday cake. Both Ricker and Cheatham sacrificed their liberty time to perfect the birthday cake. *Photo by Cpl. Mark P. Ledesma*



Corporal Lynnsey Cheatham, H&HS cook, designs on the ceremonial cake. *Photo by Cpl. Mark P. Ledesma*

By Cpl. Mark P. Ledesma

CPAO, MCAS Miramar

Cooks from Gonzales Mess Hall began last week preparing the cake to be used by 3rd Marine Aircraft Wing, and Marine Corps Air Bases Western Area in the cake-cutting ceremony at their 226th Marine Corps Birthday celebration.

Corporals Elvida E. Ricker and Lynnsey M. Cheatham, Headquarters & Headquarters Squadron, were assigned to create, bake and design this year's ceremonial cake.

The ceremonial cake is comprised of four separate pieces of plastic foam layered and decorated with icing. A section of the foam - the left bottom corner - is removed so that a real cake can be put in place, giving the illusion that the cake is real.

Ricker and Cheatham are both new to the bakery and have never had a chance to work on this type of project.

"It's an exciting project," said Cheatham, a native of Reno, Nev. "The Marine Corps Birthday celebration is a once a year event and everyone will get to see our work on display."

"It feels good when you see your finished product and everyone compliments you," said Ricker, a native of Yucaipa.

In addition to the ceremonial cake, Ricker and Cheatham are also tasked with making cakes requested by individual units. Because of the additional duties, Ricker and Cheatham have taken the initiative to work on the cakes during their off-duty hours.

"Some sections that requested extra cakes don't understand that only two bakers are assigned to making all the cakes," said Ricker. "They don't know that we put in a lot of our personal time providing them with the cakes they requested."

"A lot of people don't really know how difficult and time consuming baking is," said Cheatham. "With cooking, you can alter the taste of the food if you make a mistake. All you have to do is add extra things to the ingredients to fix the taste, but with baking you have to be exact. In baking if your not exact with you ingredi-

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Ad Space

Two-hand pistol shooter proves marksmenship fundamentals work

Gunnery Sgt. Buck Schulz, closely watches a pistol shooter at Brown Pistol Range here. Schulz can fire the M9 service pistol with both hands because he has mastered trigger control, he says. *Photo by Sgt. W.A. Napper Jr.*

By Sgt. W.A. Napper

CPAO, MCAS Miramar

"With the pistol, trigger control is everything vice sight alignment," said Gunnery Sgt. Buck Schulz, range chief, Brown Pistol Range. "The mental aspect of firing a pistol is half the battle."

Schulz, a Hobart, Ind., native, stands behind the 25 shooters, seeing everything, including what his range Marines are doing – or not doing correctly. It's rare when Schulz has to step in and correct one of his Marines, but when it happens he knows the Marine won't make that mistake again.

There's a relaxed atmosphere here at Brown Pistol Range. However, at the same time, the air has a hint of stress – Marine shooters stress about possibly not qualifying with the Beretta M9 service pistol, and what Schulz calls the "fog of war" – the sound of rounds going down range, aircraft flying overhead, anxiety and fear all contribute to that fog. If the shooters only knew Schulz's record for unqualified shooters, they wouldn't be so stressed out and worried.

In nearly three years of service at Brown Pistol Range, Schulz has only had three Marines not qualify with the M9 at Brown Range. He credits his 10 range Marines for his success, as well as using the principles of Operational Risk Management.

"From day one we remediate and make everything as safe and as simple as possible," he said. "If a Marine makes a mistake there's a Marine (coach) right there to help."

Schulz's Marines use positive reinforcement to teach and guide the shooters. Positive feedback is a main factor in the range's relaxed atmosphere and his first-time pistol shooters often qualify as expert.

"It takes all the stress out of the shooters," said Schulz. "Once you relieve that stress, they can pay attention to firing the pistol properly and accurately."

Firing the M9 is completely different than firing the M-16A2 service rifle. With the rifle, shooters aim at a specific point on the target – the pistol is less accurate so shooters must aim for a generalized area on the target. The rifle is a supported weapon. The pistol is not. With the rifle, the focus of the shooter should be sight alignment. The pistol requires that shooters concentrate on trigger control first and sight alignment second. Schulz said shooters need to recognize these differences and change the way they think about firing the weapon in order to be successful

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Ad Space

Aces throw the book at Law Center, 13-6

The Aces Julio Dominguez cracks a base hit during the team battle against the Joint Law Center Oct. 30. *Photo by Cpl. Kristopher S. Haloj*

By Cpl. Kristopher S. Haloj

CPAO, MCAS Miramar

The 11-9 Marine Wing Support Squadron 373 "Aces" slammed the 11-6 Joint Legal Center 13-6 in an intramural softball play-off game, securing their first play-off win Oct. 30 at Field #4.

In the first inning, both teams looked good, getting to the bases and fielding the ball. Each made it home an equal number of times, ending the inning with two each. After that things seemed to fall apart for JLC.

Between the second and third innings the Aces were able to come away with four RBIs while JLC came up empty handed until the fourth inning. The boys in black and green pulled their heads out of the clay and showed the Aces they meant business, trampling over home plate for four RBIs and holding their opponents to nil, which tied the game 6-6.

The strong rally in the fourth would be the last time JLC even came close to a win.

During the fifth inning, the Aces went bananas, taking advantage of many JLC errors. The team burned across the home plate seven times refusing to give JLC even a taste of second base.

Aces third baseman, Timothy Barrons, mits a throw, crushing one of the many dreams JLC had of winning the intramural softball game. Photo by Cpl. Kristopher S. Haloj

With two innings left to play, JLC still had an opportunity to come back, but was unable to do so as the Aces held the score at 13-6.

"We finished the game strong," said Aces coach, Steven Tomaselli. "Everyone played good, good team effort, good control of the ball. If we keep that up, the next game we'll do it again."

Intramural softball games are held every Tuesday, Thursday and Friday, for team schedules call 577-1202.

Ad Space

Messhall features Marine Corps birthday meal

The Gonzales Hall messhall will be holding the Marine Corps birthday meal today from 10:30 a.m. to 1:30 p.m. The meal costs $5.30 and $4.40 for family members of private through corporal. Some savory fares available are shrimp cocktail, T-bone steak, rice pilaf and more.

Messhall has special hours for Veterans Day

The Gonzales Hall messhall has modified hours of operations for Nov. 10-13. Breakfast brunch is from 8 to 11 a.m. and dinner is from 3 to 5 p.m.

Midrats are closed Nov. 9-12.

MAG-16 holds safety fair

Marine Aircraft Group 16 is holding its first-ever safety fair Tuesday from 7:30 a.m. to 4:30 p.m. and Wednesday from 7:30 a.m. to 2 p.m. in Hangar 6. The event will feature a variety of booths geared toward different types of safety. Food and refreshments will be sold and squadron store memorabilia is available for purchase.

MAG-16 is also seeking volunteers to assist with the booths. No experience is required.

For more information, call Lt. Col. Sanny or Capt. Gabriel at 577-4534 or 577-6845.

Agencies offer scholarships

In an effort to raise awareness about available scholarships to military personnel and their families, the following information is provided on scholarships:

1) Ron Brown: *www.RonBrown.org*

2) Jackie Robinson Foundation: *www.JackieRobinson.org*

3) Project Excellence: *www.project-excellence.com*

4) United Negro College Fund: *www.uncf.org/programs*

5) Kodak: *www.kodak.com/US/en/motion/programs/student/scholarship.shtml*

6) Intel Science Talent Search: *www.sciserv.org/sts*

7) National Action Council For Minorities in Engineering: *www.nacme.org/sch_index.html*

8) Gates Millennium: *www.gmsp.org/SOW4*

9) National Society of Black Engineers: *www.nsbe.org/scholarships*

10) ARMY ROTC —(for Historically Black Colleges): *www.usarotc.com/index.htm*

11) American Institute Of Certified Public Accountants: *www.aicpa.org/members/div/career/mini/smas.htm*

12) Developmental Fund for Black Students in Science and Technology: *http://ourworld.compuserve.com/homepages/dlhinson/dfb_sch.htm*

13) Coca-Cola Scholars: *www.coca-colascholars.org*

14) Ambassadorial: *www.rotary.org/foundation/education/amb_scho*

15) Ronald McDonald House Charities and the United Negro College

Fund: *www.mcdonalds.com/countries/usa/community/education/scholarships/index.html*

16) Xerox Technology Minority: *www.xerox.com* and type in "Scholarship" in the search engine.

17) Alpha Kappa Alpha: *www.akaeaf.org/scholarshipprogram.html*

18) National Collegiate Athletic Association: *www.ncaa.org/about/scholarships.html*

19) National Alliance for Excellence: *www.excellence.org/programs.html*

20) Harry S. Truman Scholarship: *www.truman.gov*

21) National Association of Hispanic Journalist: *www.nahj.org/student.html*

22) National Association of Black Journalists: *www.nabj.org/html/studentsvcs.html*

23) Hispanic College Fund Scholarships: *http://hispanicfund.org/hcf-scholar.html*

24) Arts Recognition And Talent Search Awards: *www.artsawards.org*

25) Society of Women Engineer: *www.swe.org/SWE/StudentServices/Scholarship/brochure.htm*

26) American Institute of Architects Minority Disadvantaged: *www.e-rchitect.com/institute/scholar.htm*

Get exclusive shopping privileges

The Westfield Works Wonders 2001 is offering after-hours shopping Nov. 18 at the following locations: Horton Plaza, Mission Valley, North County, Parkway, Plaza Bonita, Plaza Camino Real and UTC. The event runs from 6- 9 p.m. There will be discounts, entertainment, refreshments, free gift wrapping and prizes.

Only ticketed patrons will be allowed in. Tickets are $500 and can be bought through Gunnery Sgt. Marshall. Contact Marshall at 577-1222.

Free movies from MCCS

Today

Jeepers Creepers	(R) 4:30 p.m.
Rock Star	(R) 6:30 p.m.
Two Can Play that Game	(R) 8:45 p.m.

Saturday

Lara Croft: Tomb Raider	(PG-13) 6:30 p.m.
The Mummy Returns	(PG-13) 8:30 p.m.

Sunday

Doctor Doolittle 2	(PG) 1 p.m.
The Musketeer	(PG-13) 6:30 p.m.

Wednesday

Don't Say a Word	(R) 6:30 p.m.

Thursday

Atlantis: The Lost Empire	(PG) 2 p.m.
Jeepers Creepers	(R) 6:30 p.m.

The Station theater is equipped with a 35 mm projection system and Dolby Digital Surround Sound. All movies are free for DoD ID card holders and their guests. For movie synopses see the current theater flyer or call 577-4143.

Cake,
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ents, you have to start the process all over again."

"What is special about the birthday cake is the time and effort these Marines put into making and decorating the cakes," said Staff Sgt. James L. Graham, cook training administrator and Fayetteville, N.C. native.

The ceremonial cake will be used Friday for MCABWA and H&HS cake cutting ceremony and for the Officers and Staff Noncommissioned Officers and Noncommissioned Officers and below Balls.

Chef,
continued from page 3

"Each recipe is carefully chosen with healthy eating in mind," said Martinez.

"Most people find it amazing how healthy the recipes actually are," said Jones.

The Traveling Chef program was started in response to commissary focus groups wanting professional help in cooking tips and meal preparations for busy schedules, according to DeCA press release. "There has been increased interest in the chefs by commissary patrons with emphasis on more recipes," said Martinez.

Currently, the opportunity is held only once a year, but there has been discussion of having it held two or three times a year due to patron interest, according to Martinez.

Colors,
continued from page 1

to continue to serve our country."

Following a service of remembrance prayer and welcome message, the guest of honor, Maj. Gen. Bolden, addressed the masses.

"Today is a very important day of remembrance. It's a celebration of legacy and a celebration of heritage, and I hope you will take it in that respect," said Maj. Gen. Bolden. "It is a time for us to remember and reflect on the lives of hundreds of thousands of men and women from this and other countries who served this great nation and other great nations, but particularly the United States, and some who made the ultimate sacrifice; enabling us to stand here today."

The ceremony went on with the reading of "Old Glory" and the Firing of the Volleys. It concluded with the retiring of the colors.

For over 75 years, the San Diego Chapter of MOWW has held ceremonies and promoted patriotic education throughout the area. As it says in their constitution, "To promote and further patriotic education in our Nation; Ever to maintain law and order, and to defend the honor, integrity, and supremacy of our National Government and the Constitution of the United States."

For more information on MOWW and 2002 Massing of the Colors ceremony, call John Brunhauer at (760) 434-1562.

CMC,
continued from page 1

ted spouse who finds the time to serves as an advocate for family programs in addition to making a home and supporting the family – all are among the heroes of all generations. We are indebted to them for their example of strength and their presence of character. They embrace our core values and live them to the fullest. They inspire us to do the same. We admire and appreciate their example as we celebrate the birth of our Corps and our rich heritage. As our motto enjoins us, let us resolve to be faithful, to our God, our country, our Corps and to our families. Let us also resolve to be always faithful to those Marines who have bestowed upon us our proud legacy of sacrifice, courage, and victory against any foe.

To all Marines, past and present, who uphold the finest traditions of our Eagle, Globe, and Anchor, Happy Birthday and …

Semper Fidelis,

James L Jones

J.L. JONES
General, U.S. Marine Corps

Ad Space

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Range,
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at the pistol range.

Pistol shooting also has what Schulz calls a "wobble area." Since the pistol is not supported by a body part other than the hands, and it is unsteady and the sight picture on the target moves.

"The angle of error is greater with the pistol – it's a very unforgiving weapon to fire," he said. "Pistol shooting is more mental than anything. Once they get that concept down, they'll be able to stare at the front-sight blade and accept the wobble area. It's all trigger control."

Schulz often hears from shooters that firing the pistol accurately all the time is next to impossible. It's usually shooters who lack trigger control that have difficulties on the range Schulz said.

Being a man of his word, Schulz is able to put his money where his mouth is when it comes to the importance of trigger control. He's able to fire the M9 and put rounds in the black – with either hand.

Schulz wasn't always an ambidextrous shooter with the pistol. He had to learn trigger control as a lance corporal. Once he got that down, shooting with either hand became second nature.

"When I demonstrate, I tell them to pick a hand," he said. "Then I'll put five rounds in the black with that hand. Then just to prove my point (about the importance of trigger control) I switch hands and put five more rounds in the black."

For Schulz, working at the pistol range is more than just a job – it's a responsibility to see as many Marines as possible qualify with the M9 service pistol. "I have to ensure that Marines can accurately put rounds downrange and not be a liability in combat. I'm lucky that I've got a great staff of coaches out there.

All of Schulz's Marines first attended the Coaches Coarse at Marine Corps Base Camp Pendleton's Edson Range. Within five weeks, the Marines are ready for nearly any situation they may face on the pistol range. Schulz says his Marines take that knowledge to the next level by always maintaining their professionalism and mixing with it knowledge and compassion.

"When a shooter fails, the last thing they want is someone to get in their face," he said. "You have to be able to nurture an individual and teach them. You can't be stressing them out like some kind of drill instructor. When everything runs smooth, it runs safe. I get Marines who look forward to come to this range (because of the low-stress environment)."

"I would put my staff against any range staff in the Marine Corps and I guarantee we'd come out on top – including the Marine Corps Team instructors."

One of Schulz's top Marines is Lance Cpl. Christopher Souden, who's been at the range since September 2000. Like every other coach, Souden gets to the range well before 7 a.m., when the first round gets fired. Without stopping for lunch, Souden and his fellow coaches stand all day watching, guiding and evaluating the shooters.

"It's not easy working at the pistol range. It's all worth it when a struggling Marine qualifies. That's the best thing – it's very rewarding," said Souden.

Schulz and his Marines do everything they can to make shooters feel at ease and comfortable firing the M9 service pistol. They help the shooters overcome their fears and have success at Brown Pistol Range.

"We get a lot of Marines who don't pick up things the first time, so you have to have patience," said Schulz. "If a Marine fails, we've failed."

Flight Jacket

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Commander, Marine Corps Air Bases Western Area

Maj. Gen. Charles F. Bolden Jr.
Commanding General, 3rd Marine Aircraft Wing

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