

FLIGHT JACKET

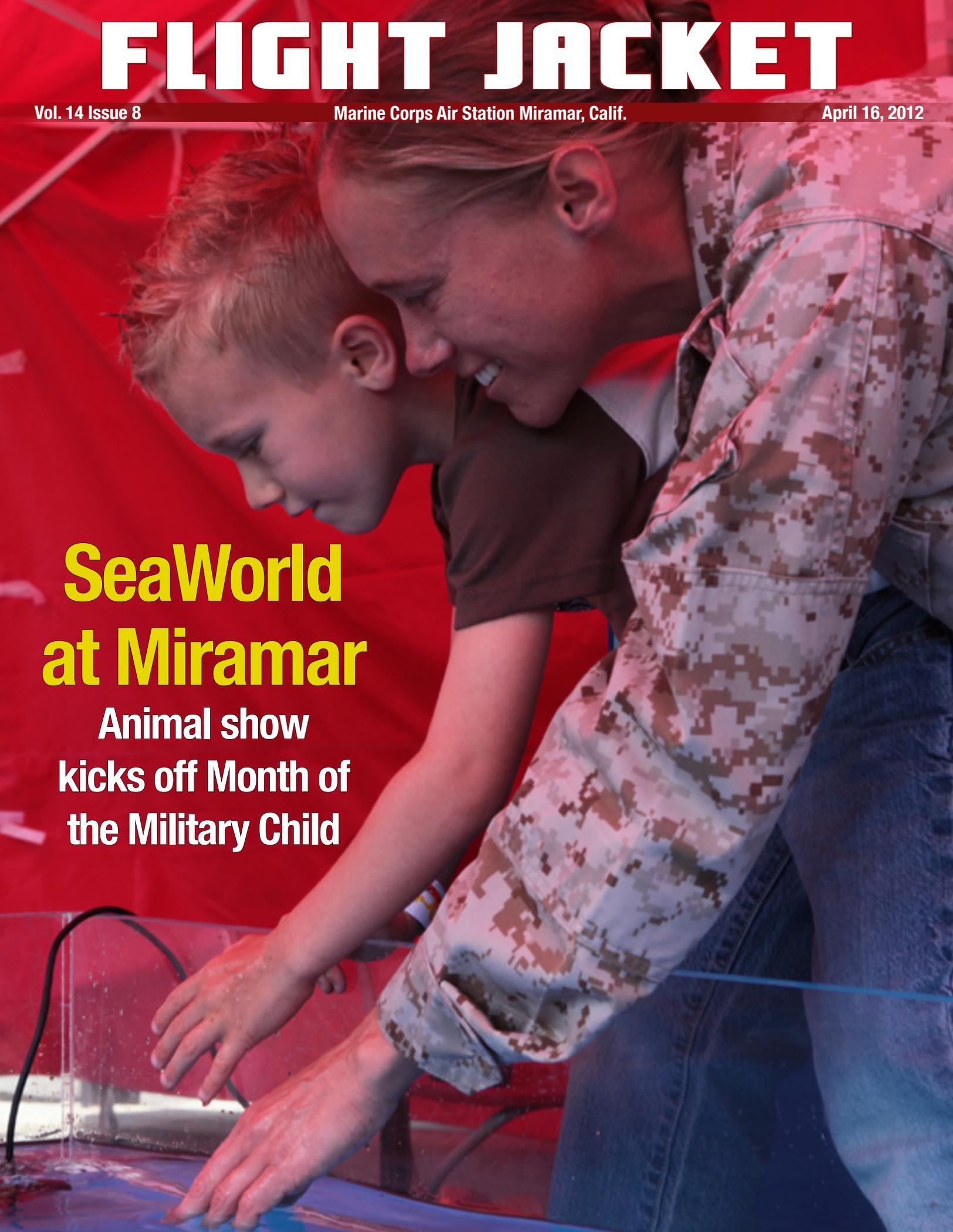
Vol. 14 Issue 8

Marine Corps Air Station Miramar, Calif.

April 16, 2012

SeaWorld at Miramar

Animal show
kicks off Month of
the Military Child





Dinner with winners: Marine Corps Aviation Association celebrates squadrons' performance

Active-duty and retired service members attended a Marine Corps Aviation Association awards dinner aboard the air station.

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SeaWorld Animal Show makes splash during Month of the Military Child

Marine Corps Community Services began the Month of the Military Child with a SeaWorld animal show at the Bob Hope Theater aboard the air station.

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Spending 60 hours 'unwasted'

The Great Escape and the air station's Single Marine Program joined forces to challenge service members to commit to an alcohol-free event called "Unwasted Warrior Weekend."

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Maj. Gen. Andrew O'Donnell Jr.
Commanding General
3rd Marine Aircraft Wing



Col. Frank A. Richie
Commanding Officer
MCAS Miramar

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The editorial content is edited, prepared and provided by the Public Affairs Office. Comments or questions should be directed to 858-577-6000.



Col. Frank A. Richie, left, the commanding officer of Marine Corps Air Station Miramar and Latricia Kamins, right, the program manager of the Sexual Assault Prevention and Response Program with Marine Corps Community Services speak about sexual assault awareness here April 10.



Col. Frank A. Richie, left, the commanding officer of Marine Corps Air Station Miramar and Latricia Kamins, right, the program manager of the Sexual Assault Prevention and Response Program with Marine Corps Community Services speak about sexual assault awareness here April 10. Richie spoke briefly of the efforts the installation will implement to raise awareness about sexual assault, like proclaiming April as Sexual Assault Awareness Month.

Miramar dedicates April to sexual assault awareness

Photos by Lance Cpl. Christopher Johns
Click [HERE](#) for more photos

ON THE COVER:

Sgt. Christina G. Thuman, the Provost Marshal's Office crime prevention non-commissioned officer in charge and an Earlville, Iowa, native, and her son Caleb, 4, view the Bat Ray display here April 5. Marine Corps Community Services and exotic-animal ambassadors from SeaWorld hosted the event to educate and entertain children during a Month of the Military Child event. (Photo by Pfc. Melissa Eschenbrenner)

Newly graduated officers, instructors and guests of honor gather for a photo together at the Bob Hope Theater here April 10. After weeks of training together, each of the new officers will go to a new duty station to begin their duties as military police officers with the United States Marine Corps.

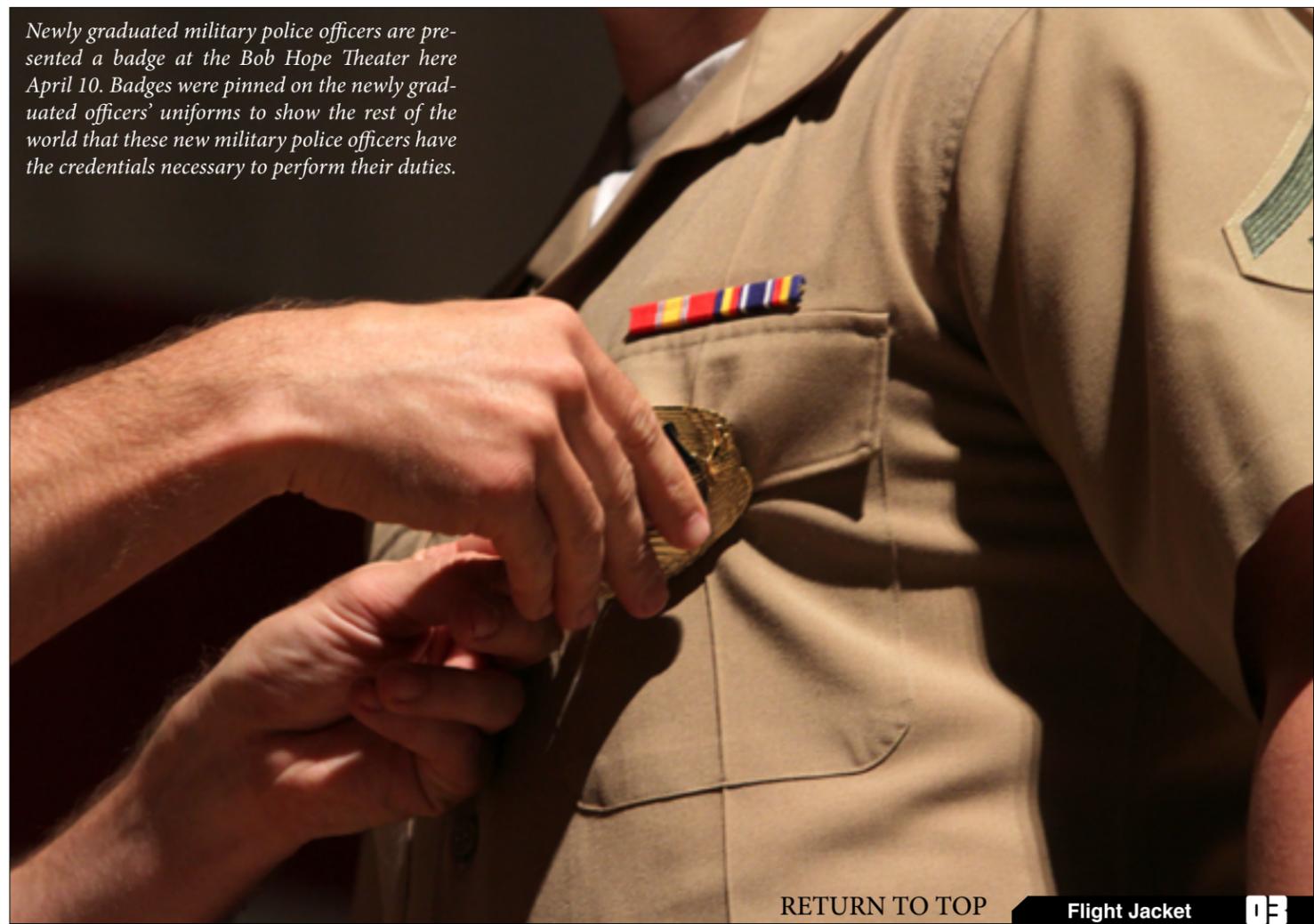


Marine Corps Police Academy West graduates 15 military police officers

Photos by Lance Cpl. Christopher Johns
[Click HERE for more photos](#)



Lt. Col. Mike D. Mizell, the provost marshal for Marine Corps Air Station Miramar, Calif., speaks about the achievements of the Marine Corps Police Academy graduates at the Bob Hope Theater here April 10. The new military police officers went through training at the Marine Corps Police Academy West aboard the air station in order to protect and serve their individual duty stations.



Newly graduated military police officers are presented a badge at the Bob Hope Theater here April 10. Badges were pinned on the newly graduated officers' uniforms to show the rest of the world that these new military police officers have the credentials necessary to perform their duties.



Dinner with winners: Marine Corps Aviation Association celebrates squadrons' performance

Photos by Lance Cpl. Christopher Johns

Awardees gather for a photo after a Marine Corps Aviation Association awards dinner here April 4. During the event, guests enjoyed a dinner followed by a speech from the guest of honor, Lt. Gen. Thomas D. Waldhauser, the I Marine Expeditionary Force commanding general and the U.S. Marine Corps Forces Central Command commander, and an awards ceremony.

Maj. Gen. Andrew O'Donnell, Jr., the 3rd Marine Aircraft Wing commanding general, speaks during a Marine Corps Aviation Association awards dinner here April 4.



Lt. Gen. Thomas D. Waldhauser, the I Marine Expeditionary Force commanding general and the U.S. Marine Corps Forces Central Command commander, speaks to guests during a Marine Corps Aviation Association awards dinner here April 4. Waldhauser spoke about plans to withdraw Marines from Afghanistan and told of feats Marines with 3rd Marine Aircraft Wing had accomplished.



Lt. Gen. Thomas D. Waldhauser, left, the I Marine Expeditionary Force commanding general and the U.S. Marine Corps Forces Central Command commander, and Maj. Gen. Andrew O'Donnell, Jr., right, the 3rd Marine Aircraft Wing commanding general, pose with Lt. Col. Matthew Mowery, the commanding officer of Marine Light Attack Helicopter Squadron 267 and a Troup, Texas, native, during a Marine Corps Aviation Association awards dinner here April 4.



Active duty and retired service members applaud during a Marine Corps Aviation Association awards dinner here April 4. During the event, guests enjoyed a dinner followed by a speech from the guest of honor, Lt. Gen. Thomas D. Waldhauser, the I Marine Expeditionary Force commanding general and the U.S. Marine Corps Forces Central Command commander, and an awards ceremony.

3rd MAW Band sounds off at Highland Games

Photos by Sgt. W. Zach Griffith



LAS VEGAS—Gunnery Sgt. Jesse Barta, the drum major for the 3rd Marine Aircraft Wing Band, leads the band down Fremont Street here April 13. The band played two shows for the Fremont Street Experience.



LAS VEGAS- Gunnery Sgt. Victor Ney, the enlisted conductor for the 3rd Marine Aircraft Wing Band, directs Marines through a song during the Fremont Street Experience here April 13. The band visited the city April 13-15 to showcase at the 8th Annual Las Vegas Celtic Gathering and Highland Games.



LAS VEGAS—Marines with the 3rd Marine Aircraft Wing Band wait in the drizzle between songs, April 13. The band was here from April 13-15 to showcase at the 8th Annual Las Vegas Celtic Gathering and Highland Games.



LAS VEGAS— Gunnery Sgt. Jesse Barta, the drum major for the 3rd Marine Aircraft Wing Band, leads the band and the L.A. Scots onto Floyd Lamb Park here April 14. The Marines and the Scots played closing ceremonies together on the first day of the 8th Annual Las Vegas Celtic Gathering and Highland Games.

Sgt. Christina G. Thuman, the Provost Marshal's Office crime prevention non-commissioned officer-in-charge and an Earlville, Iowa, native, and her son Caleb, 4, view the Bat Ray display here April 5. Marine Corps Community Services and exotic-animal ambassadors from SeaWorld hosted the event to educate and entertain children during a Month of the Military Child event.



SeaWorld Animal Show *makes splash during* **Month of the Military Child**

Story by Pfc. Michelle Piehl and photos by Pfc. Melissa Eschenbrenner

Marine Corps Community Services began the Month of the Military Child with a SeaWorld animal show April 5 at the Bob Hope theater aboard Marine Corps Air Station Miramar, Calif.

The national Month of the Military Child involves MCCS staff members, volunteers and vendors working together to celebrate families of active-duty military members.

“Throughout the whole month, military bases will be participating in events, thanking families and active duty members,” said Nicole L. Wright, the special events and air show advertising coordinator with the MCAS Miramar marketing department.



Service members and families had the opportunity to view Bat Rays and other exotic animals at the SeaWorld Animal Show here April 5. Month of the Military Child events are scheduled to continue every Thursday throughout the month of April, including free movies and an appearance by Mallory Lewis and Lamb Chop.

Wright explained this annual celebration is a chance to give back to families.

“It shows appreciation. It’s the reason why we are here in the first place,” said Wright. “[The children] adapt and overcome just as much as their parents do. They wanted to give the kids something that says, ‘Hey, you’re not forgotten.’”

The events scheduled in April give kids a chance to learn new things, as well as to appreciate and enjoy life, Wright said.

“I remember it being very hard, even with my dad be-

ing gone for two weeks. I can’t imagine a parent being gone for six months,” said Alyssa Newbarth, a senior trainer for SeaWorld’s Animal Ambassador Team and military wife. “It’s about giving back. It’s just a little thing we can do to say thanks.”

Month of the Military Child events are scheduled to continue every Thursday throughout the month of April. Free movies are scheduled to be shown at the base theater following each event.

For more information call 858-577-6365 or visit www.mccsmiramar.com.



Ingrid E. Dietrich, left, and Jen Miller, right, both trainers from the SeaWorld Animal Ambassador Team, handle a Scarlet Ibis during the SeaWorld Animal Show here April 5. Month of the Military Child events are scheduled to continue every Thursday throughout the month of April, including free movies and an appearance by Mallory Lewis and Lamb Chop.



Ingrid E. Dietrich, a trainer with the Animal Ambassador Team from SeaWorld, carries a two-toed sloth during the Month of the Military Child event here April 5.



Marines and family members interact with animals such as the ground tortoise here April 5.



Sgt. Justin M. Martinez, the internal information chief with Headquarters & Headquarters Squadron and a Denison, Texas, native, and his son Ryker, 2, look at Bat Rays at the SeaWorld Animal Show here April 5. The Bat Ray exhibit was one of many the SeaWorld Animal Show had to offer to entertain military children.

Capt. Phillip A. Wiktor, a UH-1Y Huey pilot and the hazardous materials officer-in-charge with Marine Light Attack Helicopter Squadron 169 and a Rochester, Minn., native, received the 2011 Marine Corps Ground Safety Officer of the Year Award at the 26th Executive Force Preservation Board in Washington, D.C., March 28. Wiktor was recognized for his continuous efforts to open the lines of communication between ranks involving safety precautions both off-duty and in the work center.



Capt. Phillip A. Wiktor, a UH-1Y Huey pilot and the hazardous materials officer-in-charge with Marine Light Attack Helicopter Squadron 169 and a Rochester, Minn., native, received the 2011 Marine Corps Ground Safety Officer of the Year Award at the 26th Executive Force Preservation Board in Washington, D.C., March 28.

HMLA-169 pilot named Marine Corps ground safety officer of the year

Story and photos by Lance Cpl. Erica DiSalvo

Capt. Phillip A. Wiktor, a UH-1Y Huey pilot and the hazardous materials officer-in-charge with Marine Light Attack Helicopter Squadron 169 and a Rochester, Minn., native, received the 2011 Marine Corps Ground Safety Officer of the Year Award at the 26th Executive Force Preservation Board in Washington, D.C., March 28.

Wiktor was awarded for his efforts while filling the collateral-duty role of safety officer, ensuring the squadron's Marines maintained proper safety precautions both off-duty and in the work center.

"Capt. Wiktor would constantly work with supervisors, ensuring safety procedures were stressed alongside on-duty maintenance efforts and off duty time," said Master Sgt. Patrick O. Burgess, the 900 division chief with Marine Aviation Logistics Squadron 12. "He basically empowered everyone to be safety observers."

Wiktor's command submitted his name to the award committee during the fall of 2011 for recognizing problems such as Marines involved in alcohol related in-

idents, laser and radiation protection and wearing proper protective equipment.

Wiktor also built the squadron's ground safety binder that worked as a checklist for each Marine. He then added documentation that showed safety's constant involvement in each section, explained Burgess.

Although Wiktor admits to working toward a safe environment, he views the award as a unit effort.

"I was kind of surprised to get the award," said Wiktor. "I was told my name was submitted but this was more of a squadron and team effort. Everyone from the [commanding officer] to junior Marines played a huge part in this. Whether it be [noncommissioned officers] making sure their fellow Marines have a ride when they drink, or just being able to have someone to talk to, communication was the key part. Realistically, it should be an award for the command; I just happened to be the guy steering everything in the right direction."

While it may be a squadron level effort, Wiktor played a key role in creating the ground safety standards of HMLA-169.



Spending 60 hours *'unwasted'*

Story and photos by Lance Cpl. Christopher Johns

The Great Escape and Marine Corps Air Station Miramar's Single Marine Program joined forces to challenge service members to commit to an alcohol-free event called "Unwasted Warrior Weekend," April 6-8.

In support of Alcohol Awareness month, The Great Escape held the annual event to show service members there are activities that are inexpensive and don't involve alcohol aboard the air station.

"On average, about six alcohol related incidents occur on any normal weekend," said Sgt. Christina Thuman, the crime prevention non-commissioned officer in charge with the Provost Marshal's Office and an Earlville, Iowa, native. "That doesn't include holiday seasons or certain holiday weekends."

During the event, approximately 1,060 service members made the commitment to not drink alcohol for 60 hours, while dozens of service members took part in more than 15 events at The Great Escape.

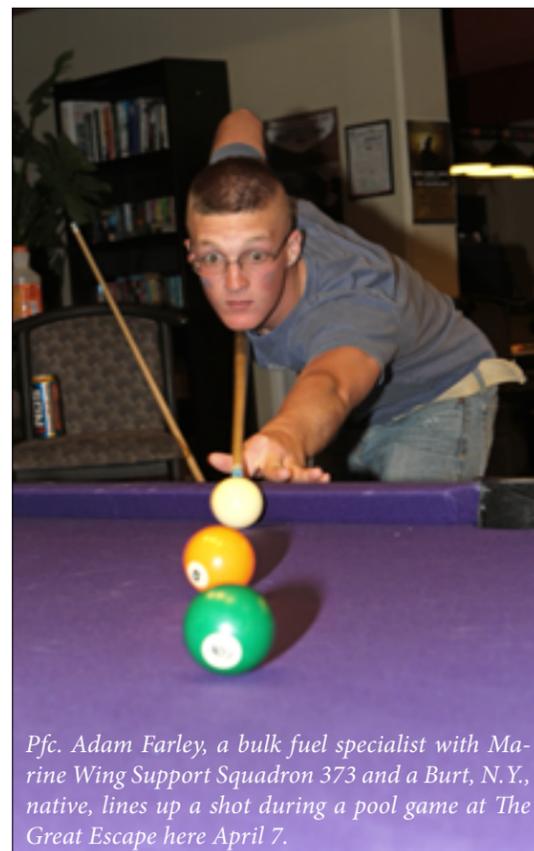
The events included a rock wall challenge, a dodge ball tournament, video game competitions, movie marathons,

a hypnotist and more, according to D.J. McCluskey, a manager at The Great Escape, and a San Diego native.

"[This event] is a great alternative to going out to bars and blowing your whole pay check, and then waiting until you get paid again to go back out," said Sgt. Michael Buenaflor, the special events chairman and vice president of the SMP. "The Great Escape has almost everything you could need, video games, movies, in-house theatre, and a great staff. Going out to drink to solve boredom just isn't necessary."

Service members came together from units aboard the air station to take part in the events, one of which was a pool tournament.

"I'm here almost every day to play pool, and I played in the tournament as well," said Pfc. Christian Thompson, a helicopter mechanic with Marine Heavy Helicopter Squadron 465 and a Plant City, Fla., native. "[This place] keeps me busy and from doing things I shouldn't. Plus, coming here saves me money too, because everything is free."



Pfc. Adam Farley, a bulk fuel specialist with Marine Wing Support Squadron 373 and a Burt, N.Y., native, lines up a shot during a pool game at The Great Escape here April 7.



Lance Cpl. Erik Demay, a power plant mechanic with Marine Aviation Logistics Squadron 11 and a Greenville, Tenn., native, lays down his hand during a poker game at The Great Escape here April 7. During the event, approximately 1,060 service members made the commitment to not drink alcohol for 60 hours.



Lance Cpl. Joshua Huggins, an embarkation specialist with Marine Wing Communications Squadron 38 and a Connellsville, Pa., native, balances a plastic egg on a spoon during an obstacle course here April 7. In support of Alcohol Awareness Month, The Great Escape held the annual Unwasted Warrior Weekend event to show service members there are activities that are inexpensive and do not involve alcohol aboard the air station.

Educating the service members about what they can do instead of drinking played a major role in the planning behind this event. The staff at the recreation center wanted to show a free, local alternative to drinking and going out in town where the service member is in a safe environment, explained Buenaflor.

The enlisted-only Great Escape isn't just open on the weekend however; every day the doors open from 11 a.m. to 11 p.m. on weekdays and even later on the weekends.

"After a long day at work, sometimes 16 hours, [The Great Escape] is a great place to come unwind and not worry about work," said Thompson. "I've got some buddies here to play pool with, and I don't even have to drive to get here. I mean, this place really is a great escape."

Successfully sober, service members left The Great Escape as it closed its doors Sunday evening, having learned fun in an alcohol free environment can be inexpensive.

Lance Cpl. Aaron Socrates, left, a Glennsferry, Idaho, native and Lance Cpl. Eduardo Alcantrara, right, a Salinas, Calif., native, both consolidated automatic support system technician students with Headquarters and Headquarters Squadron, play video games while riding tricycles here April 7. In support of Alcohol Awareness month, The Great Escape held the annual Unwasted Warrior Weekend to show service members activities that are inexpensive and do not involve alcohol aboard



"[This event] is a great alternative to going out to bars and blowing your whole pay check, and then waiting until you get paid again to go back out. The Great Escape has almost everything you could need, video games, movies, in house theatre, and a great staff. Going out to drink to solve boredom just isn't necessary."

Lance Cpl. Michael Buenaflor

Special events chairman and vice president of the Single Marine Program



Lance Cpl. Ashley Brown, a military police officer and a Sandusky, Mich., native, gives a vehicle the signal to come aboard Marine Corps Air Station Miramar, Calif., March 28. Military police verify the identification of every driver coming on station, also ensuring the vehicle is registered and properly insured.



Lance Cpl. Ashley Brown, a military police officer and a Sandusky, Mich., native, allows a truck aboard Marine Corps Air Station Miramar, Calif., March 28. Constant vigilance is necessary to ensure only proper personnel are allowed aboard the air station and others are guided off the installation.



Lance Cpl. Ashley Brown, a military police officer and a Sandusky, Mich., native, points a driver to the registration center here March 28. If a driver does not have the proper documents, like proof of insurance, they cannot come on station.



Officer Adrienne Hernandez, a military police officer with PMO and a San Diego native, waits for a motorcyclist to get his identification here March 28. Constant vigilance is necessary to ensure only proper personnel are allowed aboard the air station and others are guided off the installation.

Marine Corps Police: keeping Miramar safe and secure for all

Story and photos by Lance Cpl. Christopher Johns

More than 1,000 vehicles travel through the gates of Marine Corps Air Station Miramar, Calif., on a daily basis.

There is always the chance these vehicles have drivers and passengers who might want to cause harm to the service members and families inside MCAS Miramar's walls.

This is where the Provost Marshal's Office steps between those who serve and those who may potentially harm.

Marine Corps Police are trained to respond to driving under the influence, traffic violations, arrest procedures, uncooperative assailants and effective searching of vehicles and personnel.

One aspect of the job that most Marines and civilians

also train for is gate duty. Constant vigilance is necessary to ensure only proper personnel are allowed aboard the air station and others are guided off the installation.

"We make sure everyone has proper identification and their vehicle is registered on station," said Brown. "If the vehicle isn't registered we verify who they are, make sure their information is valid, then we log their information and get them a pass.

All of these are necessary precautions. If an uninsured driver were to access MCAS Miramar and was in an accident, their insurance would not pay for it. So in guarding the gates and controlling who comes on station, MCPs are the first lines of defense against misfortune.

"We receive our initial training at Army base Fort

Leonard Wood, Mo., for three months," said Lance Cpl. Ashley Brown, a military police officer and a Sandusky, Mich., native.

After Marine Corps Police school, where students learn the legal aspects of their job, further training is decided on when they get to a duty station. Depending on where the newly-trained MCPs go, the training could be on-the-job, added Brown.

Marines and Marine Corps Police officers stand duty at the gate for 13 hour shifts, in full gear.

"We wear vests and our tool belts," said Adrienne Hernandez, a civilian Marine Corps Police officer and a San Diego native. "We have chemical and biological gear, gloves in case we have to deal with [bodily fluids]. We

watch for suspicious vehicles that may be watching us or the air station itself."

Not only do they protect the air station, these Marines and Marine Corps Police officers also provide emergency assistance to civilians and guide those who may be lost back to where they need to be.

"For people that have never been on a military installation, we're the first people they see," said Brown. "We could be their first impression of the Marine Corps, so we always have to be on our game."

Standing guard while the rest of the installation proceeds about its day, performing various missions essential to the Marine Corps and at night when the air station quiets down, these vigilant guardians stand watch.



Basic Riders Course students wait in line for the signal to start the next exercise here April 10. While some students have been riding for years, for others this is their first time getting on a motorcycle. The course teaches basic motorcycle handling techniques and safety.



Basic Riders Course instructor, Steve Gillet, instructs students about motorcycle handling techniques here April 10.



Basic Riders Course instructor, Steve Gillet, talks to students about motorcycle handling techniques here April 10. The course is a three-day program where service members learn proper motorcycle handling procedures.

Controlling the machine: motorcycle safety course

Story and photos by Sgt. Lauren Henson

Service members of all ranks and ages take part in the Basic Riders Course, a three-day course that teaches riders motorcycle safety and basic handling procedures.

The course is designed to teach service members the basics of riding a motorcycle, from basic starting and stopping to cornering. Basic Riders Course instructors Steve Gillet and Jerry Howell encourage service members to attend the course before purchasing a bike.

"This way, [riders] get a feel for riding before they go out and spend \$13,000 on a bike," said Howell, a course instructor.

The course is sponsored by Cape Fox Training, and is a requirement for service members who ride motorcycles aboard the air station.

"The purpose of the course is not just to teach riders how to ride

but how to ride safely," said Steve Gillet, an instructor for the course.

The three-day course requires more than 10 hours of training and is given twice a month by the Base Safety Office. The first day is spent in the classroom. The second and third days are spent on motorcycles at the motorcycle track. With more than 70 years of riding experience between Basic Riders Course Instructors Steve Gillet and Jerry Howell, riders experience a large range of motorcycle safety skills.

"Our goal is to get them trained, and get them trained properly," said Howell.

The Basic Riders Course has helped train thousands of service members in motorcycle handling skills and safety. For more information contact unit safety representatives or base safety at 858-577-1358.

[Click HERE for more photos](#)

Sexual Assault Awareness Month
Sexual Violence: KNOW MORE
KNOW MORE ... so you CAN STOP RAPE

"Forward March" for Sexual Assault AWARENESS

2 May 2012
Start: Great Escape Parking Lot
End: Parade Deck
Short Presentation and light refreshments following

March begins at 1100 - 1230

For details call
 Latricia Kamins
 SAPR Program Manager
 (858) 577 - 6711
 latricia.kamins@usmc.mil

MCAS Miramar Stomps out Sexual Assault

To submit a photo to The Flight Jacket, upload it to our Facebook page [HERE](#) or e-mail it [HERE](#).



For information on Marine Corps Community Services, events and announcements click the MCCS logo for their weekly newsletter.

For the Base Guide, click [HERE](#)

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Proclamation

Sexual Assault Awareness Month

Whereas, April is National Sexual Assault Awareness Month, a time to heighten awareness and education to shed light on the serious problem of sexual assault, and

Whereas, the Department of Defense recognizes this observance via service-wide Sexual Assault Prevention and Response Programs that focus on education, prevention, and intervention, and provide a 24/7 response to incidents of sexual violence; and

Whereas, the Marine Corps program is called Sexual Assault Prevention and Response (SAPR) and the Marine Corps joins Sister Services in the Department of Defense in sharing this year's awareness campaign entitled, "Hurts one. Affects all...Preventing sexual assault is everyone's duty."

Whereas, sexual assault negatively impacts victims, offenders, commands and detracts from war fighter performance and readiness, and is not in keeping with the high standards of discipline required by military persons and civil servants; and

Whereas, preventing sexual assault focuses on the ability of every Service member, especially those in leadership, to build a climate of respect in which sexual assault will not be tolerated, and creating a supportive sensitive environment where victims feel comfortable reporting the crime is imperative within this military community;

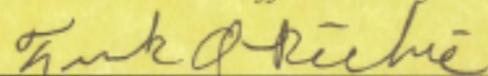
Now, **THEREFORE**, I, Colonel Frank A. Richie, Commanding Officer, Marine Corps Air Station Miramar, California do hereby proclaim April 2012 as

SEXUAL ASSAULT AWARENESS MONTH

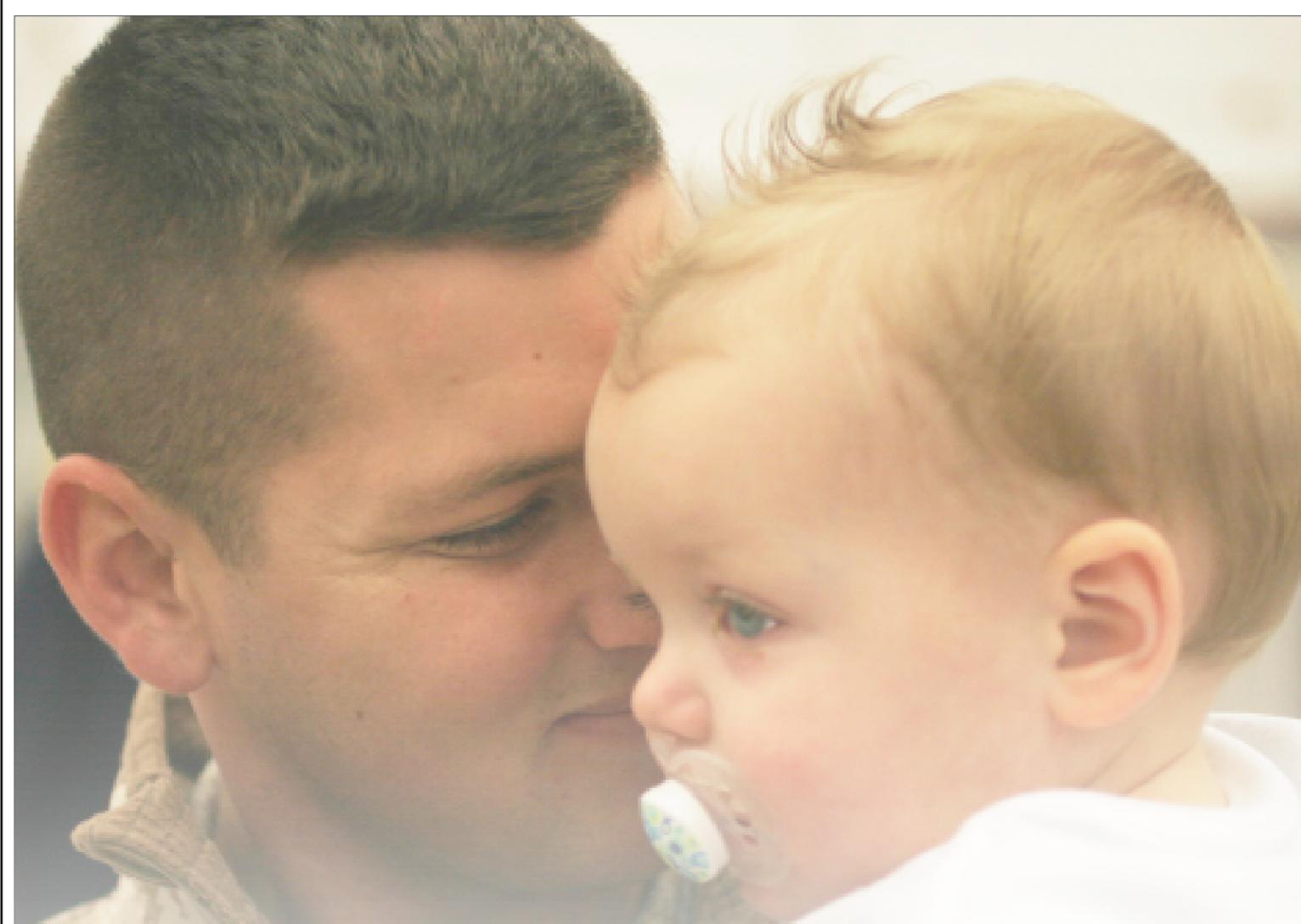
Aboard Marine Corps Air Station Miramar and support efforts toward creating military communities free from sexual violence and assault. There is no place for sexual assault in our Marine Corps and it will not be tolerated on Marine Corps Air Station Miramar because we will take a proactive approach and

"Hurts one. Affects all...Preventing sexual assault is everyone's duty."

In witness whereof, I have hereunto set my hand and caused the Seal of Marine Corps Air Station Miramar to be affixed this first day of April 2012.



Colonel Frank A. Richie, Commanding Officer, Marine Corps Air Station Miramar, California



Children Have Love Tanks!

Children have basic emotional needs that must be met in order to be emotionally stable. The most important of these emotional needs is the need for love and affection; knowing that you belong and are wanted. According to one family life expert, we can think about children's emotional needs as a tank. The tank needs to be filled in order for children to feel loved and secure. If their tank is empty, the child will not feel loved and will resort to misbehavior. After all, negative attention is still attention. When the child's emotional tank is filled, self-esteem increases significantly, and the likelihood of abnormal misbehavior diminishes. So how can parents fill their

child's love tank? You can do this by spending quality time with your child, which is uninterrupted by outside distractions (cell phones, TV, etc.). Give them your undivided attention and just be with them. Another method to fill the love tank is by praising the child. Not only praising the child for accomplishments they have already mastered, but more importantly, for the willingness to try new things, even if they are not successful. This encourages the child and gives them confidence to continue to try, learn and master new things. By practicing these simple skills with your child, you will fill their love tank, and at the same time, enhance your relationship.

Joshua Malfavon
Prevention Specialist
Family Advocacy Program

'Best of the West' looking for players

Do you have what it takes to play with the "Best of the West?" Think you have the endurance, dedication and raw power to soar with Marine Corps Air Station Miramar's very own Falcons?

Orientation will be held April 20, from 11:30 a.m. to 1 p.m. at the station headquarters auditorium in building 8630, to educate potential team members on what the Falcons will be all about.

Master Sgt. Ross G. Blain, the new head coach for the Falcons, helped lead them to victory last season and expects nothing less this year.

"We're looking for dedicated and committed athletes who want to do something bigger than themselves," said Master Sgt. Ross G. Blain, a Miami native. "This season our objective is to 'strive for greatness.' Our team won last season, but we can't focus on that, because we have the opportunity to defend our title and win again this season too."

The football program encourag-

es discipline, a team first attitude, good sportsmanship and personal integrity. The program is also looking for service members who are interested in a feeling of pride in accomplishment and becoming men of high character and ambassadors to the community.

Physical fitness will also play a factor with the program as team members will experience the following: increased strength, agility, hand-eye coordination, mobility and flexibility.

Answer these questions:

1. Are you an active duty service member who LOVES football?
2. Are you a dedicated and committed athlete?
3. Do you want to get in shape and help the Falcons strive for greatness?

If you answered "yes" to any of these questions, then come get some with fellow active duty service members as they try to show the coach all they've got.

Look for the Falcons and all the information on the upcoming season on facebook <http://www.facebook.com/?sk=welcome#!/pages/Miramar-Falcons/207185212653789>.