

# FLIGHT JACKET

Vol. 13 No. 25

Marine Corps Air Station Miramar, Calif.

June 24, 2011

## Green Lantern star 'lights up' theater



Cpl. Alexandra M. Vazquez

Ryan Reynolds poses for a photo with Col. Frank A. Richie, the commanding officer of Marine Corps Air Station Miramar, Calif., before introducing the screening of his recent movie, "Green Lantern," at the Bob Hope Theater aboard the air station June 16. Reynolds also met with Marines and sailors at the Veterans of Foreign Wars and Marine Corps Community Services' Annual Steak BBQ.



Lance Cpl. Lisa M. Tourtelot

COLUMBUS, Ga. – Members of the Marine Corps Pistol Team accept awards for their overall team score at the 52nd Annual Interservice Pistol Championship awards banquet here June 17. The Marine Corps Pistol Team, comprised of Marines from various installations, the Marine Corps Air Station Miramar Shooting Team, based out of California, and the Marine Corps Recruit Depot Parris Island Shooting Team, based out of South Carolina, represented the Marine Corps at the interservice championships.

## Marine pistol shooters challenge military's best

### Lance Cpl. Lisa M. Tourtelot

COMBAT CORRESPONDENT

COLUMBUS, Ga. – Four members of the Marine Corps Air Station Miramar Shooting Team, based out of California, celebrated the completion of the five-day 52nd Annual Interservice Pistol Competition with an awards banquet here June 17.

The MCAS Miramar Pistol Team competed against the Marine Corps Recruit Depot Parris Island Shooting Team, based out of South Carolina, and the South Carolina National Guard Shooting Team.

Although the National Guard team won the best post or station team awards, the Marine Corps Pis-

tol Team, which represents the Marine Corps as a whole, earned more than a dozen bronze and silver awards for individual and team shooting events.

The Marine Corps sent 20 of the 81 total competitors to test their skills during the week-long event.

The young Miramar team faced a unique challenge at the championships – three of the four competing members had never been to an interservice pistol match before.

"I feel like I can come back next year even better," said Lance Cpl. Eric Goodwin, a member of the MCAS Miramar Shooting Team. "Now I can really prepare for success."

GO TO **COMPETITION**, PAGE 3

MCAS Miramar  
Website

[www.miramar.usmc.mil](http://www.miramar.usmc.mil)



### EVERYONE LIKES HOME COOKING

At Gonzales Hall, cooks make everything from scratch including croutons and soup, ensuring a high quality meal. See page 4 for full story.



### MARKSMANSHIP CHALLENGES MAKE BETTER SHOOTERS

Marines travel across the country to promote the competition arms program and test their skills against shooters from other branches of service. See pages 5 and 6 for full story.

REACH US



EDITORIAL  
(858)-577-6000

**FLIGHT JACKET**



**Maj. Gen. Thomas L. Conant**  
Commanding General  
3rd Marine Aircraft Wing



**Col. Frank A. Richie**  
Commanding Officer  
MCAS Miramar

**Maj. Jay Delarosa**  
Public Affairs Director

**Gunnery Sgt. Steven Williams**  
Public Affairs Chief

**Staff Sgt. Christine Polvorosa**  
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**Sgt. Justin M. Martinez**  
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Layout and Design Specialist

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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.



# Marines 'steak' out with VFW



Cpl. Jamean R. Berry

The Veterans of Foreign Wars and Marine Corps Community Services serve Marines and sailors a steak lunch during the VFW and MCCS Annual Steak BBQ aboard Marine Corps Air Station Miramar, Calif., June 16. The VFW hosted the event to show appreciation for Miramar's active duty military members.

# Kid scholars earn college cash



Lance Cpl. Lisa M. Tourtelot

Winners of the 2011 Scholarships for Military Children were all smiles after receiving scholarships aboard Marine Corps Air Station Miramar, Calif., June 21. Andrew Kozain Jr., Britney Finley, Melissa Reed and Victoria Hoskins each earned \$1,500 toward their university educations by submitting essays about improving health and wellness in America. The scholarship is only available to the children of service members. Mike Skarra, a representative from EZ-Foil, sponsored the scholarship this year. The scholarship program is administered by the Fisher House Foundation, which provides housing for military families with a hospitalized loved one. Each year, different manufacturers, vendors and organizations that work with the Defense Commissary Agency volunteer to fund the scholarships.

## Religious Services

*The Chaplain's Office, located in Building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, call (858)-577-1333, or visit [www.miramar.usmc.mil](http://www.miramar.usmc.mil).*

**Sunday:**

9 a.m. Protestant  
Worship Service

9:30 a.m. Protestant  
Children's Worship

11 a.m.  
Roman Catholic Mass

**Religious Education/Sunday:**

9:30 – 10:45 a.m.  
Catholic CCD Children K-12

10 a.m. Protestant  
Adult Bible Study

**Weekday Worship Service:**

Mon. – Fri. 11:30 a.m.  
Catholic Mass

Mon. 6:30 p.m. Contemporary  
Praise and Worship Service

Wed. 7 p.m. Baptist Service

**Study Groups:**

Mon. 7 p.m.  
Night Bible Study,  
Classroom in the Chapel area

Tues. 6 a.m.  
Morning Prayer Service  
and Study Group

**Islamic Worship Service:**

Fri. at noon.  
Located in the Chapel or visit  
[www.icdsd.org](http://www.icdsd.org)

**Jewish:**

Jewish Outreach at  
(858) - 571 - 3444  
[www.jewishinsandiego.org](http://www.jewishinsandiego.org)

## COMPETITION,

CONTINUED FROM PAGE 1



Lance Cpl. Lisa M. Tourtelot

COLUMBUS, Ga. – Marines earned plaques and trophies for their overall and team scores at the 52nd Annual Interservice Pistol Championship awards banquet here June 17. Twenty Marines from various shooting teams represented the Marine Corps at the interservice pistol matches, where Marines claimed silver and bronze medals for excellence in marksmanship.

Master Sgt. Lee Duncan, captain of the MCAS Miramar Pistol Team, explained that interservice championships are more difficult because they pit the military's best marksmen from every branch against each other.

"The experience we got here will help us at the interservice rifle championships next month," said Duncan, a San Antonio native. "Miramar has had past success as a station team at the interservice rifle matches, and we're hoping to continue that."

Duncan explained that the time Marines spend practicing and competing with their station teams significantly enhances their marksmanship skills and gives them more time handling weapons they wouldn't have otherwise.

In addition to gaining valuable marksmanship experience, Marines who participate with the competition teams also get the opportunity to earn distinguished marksmanship badges.

Marines who are interested in joining the Miramar shooting team may contact Duncan at (858) 577-7241.

# Marines keep eyes on the sky in Alaska

## Petty Officer 1st Class Kim McLendon

MASS COMMUNICATIONS SPECIALIST WITH ALASKAN  
COMMAND PUBLIC AFFAIRS

KODIAK, Alaska – Marine Air Control Squadron 1, from Marine Corps Air Station Yuma, Ariz., recently ventured to Alaska for the first time to participate in the U.S. Pacific Command exercise Northern Edge '11.

The Marines, who normally train at their home station, plan to take advantage of the unique training environment offered by the joint exercise, according to 1st Lt. Corey Belton, the surveillance identity director of MACS-1.

"It makes you adapt and takes away the cookie-cutter aspect when you come to a completely new environment," said Belton, a Mendham, N.J., native.

MACS-1's traditional training environment is the dry, dusty and hot climate typical under the blazing Arizona sun. Alaska's cloudy and rainy weather is drastically differ-

ent. The MACS-1 team adjusted to the wet climate with tents and tarps to protect their radar system.

The three-dimensional air defense radar provides long-range surveillance and ground-control intercept capability in a tactically mobile environment. It has a range of more than 300 miles and can scan 360 degrees in a tactical, missile defense role.

"We own air superiority in our present war," said Capt. Ramon Gonzalez, the Marine Air Control Group 38 officer in charge. "In these scenarios, we provide competitive air-to-air situations for our military to train against."

Two Air Force personnel from the 65th Aggressor Squadron at Nellis Air Force Base, Nev., embedded with MACS-1 to relay communications in the air-to-air combat and land-to-air exercise maneuvers and deployment of counter-measures.

"It's been a lot of fun working with the Marines; they've been really helpful," said Air Force Capt. Joe Witherspoon, 65th AS

weapons controller.

The captain said there have been many lessons learned for integrating and communicating with each other concerning the different 'jargon' and procedures between the Marines, Navy and Air Force personnel.

"It's been interesting to work on different equipment; it's challenging," he said. "We're not really used to it, but it's a great experience."

The Marines' radar has data links with surveillance, traffic and weapons information to provide "aggressors" with mock scenarios to deploy against the exercise's good guys. Air Force F-15 "aggressors" provide a challenging opposing force for Navy F-18 pilots to defend the fleet against.

"We simulate the bad guys and provide training for the good guys," said Witherspoon. "It's always fun and a good work experience to work in a really large exercise; it's even larger than what we have in Nevada."

"That many aircraft in the air benefits U.S. Forces; you can't rep-

licate the tactics that we can here," he added.

NE11 is Alaska's largest joint military training exercise and runs through June 24 in various locations throughout the state and the Gulf of Alaska. It prepares U.S. forces

to respond to crises throughout the Asian-Pacific region. The exercise affords Army, Navy, Marine, Air Force and National Guard members - active duty and reserve - highly flexible, tactical real life experiences.



Cpl. Marianne Mangrum

Master Sgt. Brad Barber, senior air director with Marine Air Control Squadron 1, monitors a three-dimensional air defense radar while directing Air Force aggressor pilots as they simulate aerial combat during Exercise Northern Edge '11, June 14.



Sgt. Terrence Taylor, the galley captain at Gonzales Hall, does a taste test while cooks Lance Cpl. Quandacia Lane and Cpl. Travis Daniels wait for his approval. As the galley captain, it's up to Taylor to ensure the quality of the food served.



Lance Cpl. Quandacia Lane, a cook at Gonzales Hall, stirs Beef Bourguignon in preparation for the French-American heritage meal here June 22. A majority of the food prepared at the mess hall is done from scratch.



A Gonzales Hall cook prepares decorative garnishes at the mess hall here June 22. A majority of the food served is hand made from scratch, even the croutons.

# Miramar cooks don't need microwaves

**Story and photos by  
Sgt. W. Zach Griffith**

COMBAT CORRESPONDENT

With so many different dining options aboard Marine Corps Air Station Miramar, Calif., there must be a reason that Gonzales Hall consistently has a line of hungry Marines out the door.

That reason, according to Staff Sgt. Kerstan Omerod, the mess hall liaison for Gonzales Hall, lies in the hard work and culinary skills of the Marines and civilian workers.

"We cook 85 percent of the food from scratch," the

Honolulu native said. "It's not just pre-cooked food and microwaves."

The price is also a crowd pleaser, Omerod continued. While some fast food places around the air station have comparable prices for meals, the quality of the food is the tipping point, along with the fact that the mess hall is all you can eat.

There is a sense of gratification knowing Marines prepare a majority of the food from scratch.

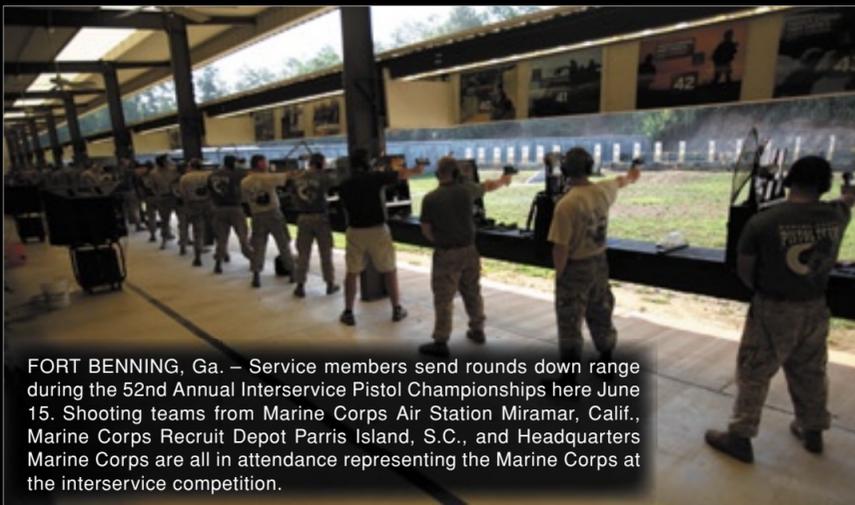
"Marines take pride in the food and its presentation so that makes a better product," said Sgt. Terrence Taylor, the galley captain. "We work long hours in a hot kitchen,

prepare a new menu every day, and we like to see patrons enjoy our food."

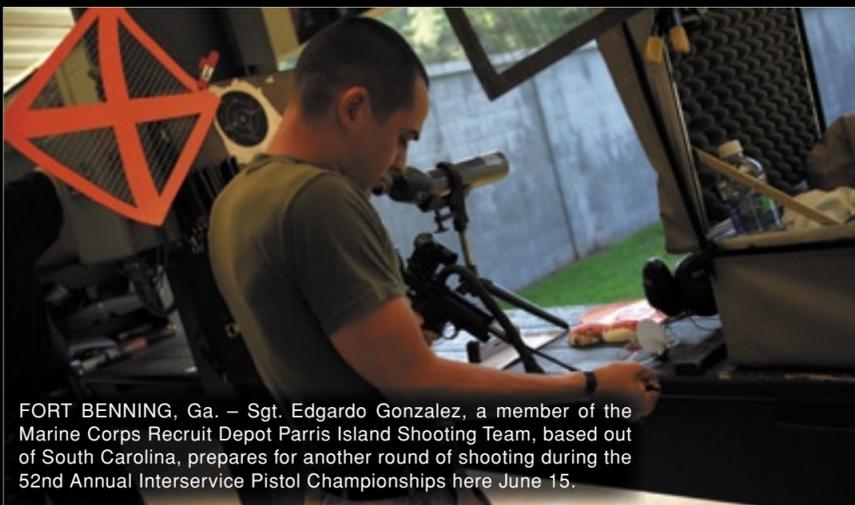
In the hot kitchen, Cpl. Travis Daniels, a cook from Bronx, N.Y., stirs a giant pot of Beef Bourguignon for the French-American heritage meal.

"Anyone can take something out of a bag and cook it and have people say it tastes all right," he said, squinting into the steam.

"This here is all from scratch," nodding his head indicating the pot of bubbling food he presided over. "When you make something yourself, it lets you see your skill in the galley. Besides, everybody likes home-cooked food better."



FORT BENNING, Ga. – Service members send rounds down range during the 52nd Annual Interservice Pistol Championships here June 15. Shooting teams from Marine Corps Air Station Miramar, Calif., Marine Corps Recruit Depot Parris Island, S.C., and Headquarters Marine Corps are all in attendance representing the Marine Corps at the interservice competition.



FORT BENNING, Ga. – Sgt. Edgardo Gonzalez, a member of the Marine Corps Recruit Depot Parris Island Shooting Team, based out of South Carolina, prepares for another round of shooting during the 52nd Annual Interservice Pistol Championships here June 15.



FORT BENNING, Ga. – Sgt. Neill Mathews, a member of the Marine Corps Pistol Team, cleans his weapon at the 52nd Annual Interservice Pistol Championships here June 15. The Marine Corps Pistol Team brought twenty participants to the matches where they are competing against the other service-wide pistol teams for each branch of the military.



FORT BENNING, Ga. – Service members score their targets between firing during the 52nd Annual Interservice Pistol Championships here June 15. Marine Corps participants stand out due to their distinctive campaign covers, an honorary cover signifying the Corps' history of marksmanship.

# MARKSMANSHIP CHALLENGES 'SHOOT' MARINES TO EXCELLENCE

Story and photos by  
**Lance Cpl. Lisa M. Tourtelot**  
 COMBAT CORRESPONDENT

**F**ORT BENNING, Ga. – “This is a lot harder than just qualifying [with the service pistol],” said Sgt. Edgardo Gonzalez, a member of the Marine Corps Recruit Depot Parris Island Shooting Team, based out of South Carolina.

Gonzalez is shooting the .45-caliber, .22-caliber and a 9 mm service pistol with the Parris Island team at the 52nd Annual Interservice Pistol Championships here June 9-17.

Gonzalez explained that he has been shooting pistols for his team for only a month, but he already feels he can bring this

experience to recruits as a primary marksmanship instructor aboard Parris Island.

In addition to the Parris Island team, the Marine Corps Air Station Miramar Pistol Team, based out of California, and the Marine Corps Pistol Team represented the Corps at the championships, all striving to encourage more participation by Marines in competitive marksmanship.

“We want to promote the competition arms program,” said Capt. Donald Traves, officer in charge of the Marine Corps Pistol Team. “We teach the fundamentals of marksmanship. [Our Marines] can go back and show their units what they’ve learned.”

At the interservice competition level, the service-wide shooting teams bring some of the military’s best shooters to compete.

“Here we get to learn from the service teams,” said Master Sgt. Lee Duncan, captain of the Marine Corps Air Station Miramar Pistol Team. “The members of those teams talk to us and give us pointers to improve.”

Gonzalez explained that the unique structure of pistol competition shooting – shooting with only one hand and sometimes

using a special dot sight – pushes Marines to perfect their shooting.

“We’ve benefitted from coming here,” said Chief Warrant Officer 2 Jordan Kramp, captain of the Parris Island team. “It’s important to bring post or station shooting teams to see higher levels of competition where they can share marksmanship skills and training.”

Kramp added that the refined style of competition shooting prepares Marines for more than firing on a range.

“If you master the fundamentals here, you can pick up any weapon in any environment and be effective with that weapon. It’s combat readiness,” said Kramp.

Gonzalez, Traves and Kramp were all emphatic that the competition marksmanship program remains alive in the Marine Corps.

“This is all about promoting marksmanship,” said Traves. “[Competition shooting] is an opportunity for Marines to test their abilities, and it gives the Marine Corps a good idea of where we’re standing as marksmen.”

# Encouraging a better lifestyle may save your child's life



**Staff Sgt. Christine Polvorosa**  
INTERNAL INFORMATION CHIEF

For children aged 2-5 years, the prevalence increased from 5 percent to 13.9 percent; for those aged 6-11 years, the prevalence increased from 6.5 percent to 18.8 percent; and for those aged 12-19 years, prevalence increased from 5 percent to 17.4 percent.

Today, nearly one in every three children in America is overweight or obese. That is a staggering number when you consider it totals more than 30 percent of children in the nation.

What's even more astounding is if this childhood obesity trend continues, experts predict it could cut two to five years off the lifespan of the average child in America – making this the first generation to have a shorter life expectancy than their parents.

Children who are overweight or obese face a greater risk for serious health problems; suffering from illnesses such as high blood pressure and high cholesterol – two serious risk factors for heart disease – Type 2 diabetes, bone and joint problems, and respiratory issues.

So how can parents combat this crisis that affects millions of children?

First, parents need to establish a healthy diet and encourage healthier eating habits for their children. A well-balanced meal

containing the recommended daily servings of fruits and vegetables, proteins, grains and dairies would be ideal. Parents should stay away from fast foods or foods with preservatives.

Poor diets are the leading cause to weight gain. Parents should avoid giving their kids sugar or sweetened beverages and need to ensure they don't overfeed. Also, only give the kids portioned-size meals. If they are taking in more calories than they are burning off, that contributes to packing on the weight as well.

Parents, don't just take my word for it. You are responsible for the welfare of your children, and it would behoove you to do a little research about nutrition.

Second – and I'm going to hurt your feelings here – parents, grow a backbone and get your kids away from the TV, off the computer, off the video games and out of the house doing activities.

Kids who are active or play sports don't just benefit physically. Research shows they also do better in school, develop personal discipline and learn how to get along with others.

Both the Surgeon General of the United States and the Center for Disease Control

and Prevention say that physical activity and exercise in young children not only prevents childhood illness, but promotes long-term health through adulthood.

Participating in physical activity helps lower weight, improves cardiovascular strength, reduces the onset of problems like obesity and diabetes, reduces stress, lowers blood pressure and cholesterol, and helps strengthen children's growing muscles, bones and joints.

Now that I've mentioned the physical advantages, let's talk about the mental and emotional benefits.

Playing sports improves self-esteem, self-confidence and self-discipline. Children also learn goal setting, how to meet those goals and team building. Getting your child involved in youth sports will have far-reaching and long-term benefits.

Parents promoting good health, nutrition and activity throughout childhood as a lifestyle will undoubtedly have more well-rounded children, who will grow up to be hard-working and positive members of society.

Editor's note: Information and statistics for this story were gathered from U. S. government agencies, universities and institutes.

# Marines, sailors lend helping hand for Wheelchair Regatta



SHELTER ISLAND, Calif. – Marines with the Single Marine Program stationed at Marine Corps Air Station Miramar, Calif., help disabled San Diego community members board yachts during the 2011 Wheel Chair Regatta here June 12. The event was hosted by the Silver Gate Yacht Club. The service members helped more than 450 physically challenged guests and their families tour the San Diego boat harbor with local boat captains. This is the 52nd year the SGYC hosted this event. (Courtesy Photo)

## FRIDAY 24      SATURDAY 25      SUNDAY 26      MONDAY 27      TUESDAY 28      WEDNESDAY 29      THURSDAY 30

**Recreational Evening Kickball League Registration Deadline**  
858-577-1202 to register

**Crabfest**  
5:30 – 8:30 p.m.  
Officers' Club  
858-577-4808 for reservations

### WEEKLY EVENTS...

- Sports Complex Marine Teen training Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teenagers Mon. through Wed. 858-577-4588
- QOL Golf: Two Hours After Twilight free Golf for Active Duty 858-577-4155

**\*Open Cockpit Event**  
F-5, F-18, CH-46 & T-34  
9 a.m. – 3:30 p.m.  
Aviation Museum  
858-693-1723

**L.I.N.K.S. Session for Couples**  
858-577-4918

**L.I.N.K.S. Session for Kids**  
858-577-4918

**\*FREE Advance Screening: Cars 2**  
2 p.m.  
Bob Hope Theater  
858-577-4143

**SMP Trip to S.D. Padres vs. Atlanta**  
Departs at 10:30 a.m.  
858-577-6171 to register

**Mission Beach Trip for All Enlisted Service Members FREE**  
The Great Escape  
858-577-6171

**Alcoholics Anonymous and Al-Anon Meetings**  
6:30 p.m.  
Counseling Center  
858-577-6585

**EFMP Basic Training**  
9:30 – 10:30 a.m.  
MCFTB Conference Room  
858-577-4668 to register

**MCCS FREE PRIZE GIVEAWAYS... ITT/Travel Office: SeaWorld Gift Pack Winner will be drawn on June 30 Stop in and fill out an entry form today!**

**Taco Tuesday All Day**  
Tacos and Mexican Beer  
Legends Sports Grill  
858-693-1543

**The Great Escape's CLUE**  
11:30 a.m.  
The Great Escape  
858-577-6171

**SHOP MCX**  
**Victoria's Secret Sale June 15 - July 12**  
**Hot Summer Savings Sale June 29 - July 4**  
**Summer Sensations Sale June 15 - July 5**

**CPR Certification Class**  
858-577-6195

**Military Divorce Assistance Group for Men**  
858-577-6585

**Miramar Women's Athletics Meeting**  
858-577-1202

**Career Resource Center "Hints & Tips for Career Fairs"**  
858-577-6710

**Recreational Evening Kickball League Starts**  
858-577-1202

**Fish & Chips Special**  
Four battered cod fillets  
Legends Sports Grill  
858-693-1543



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[www.mccsmiramar.com](http://www.mccsmiramar.com)

### OPEN COCKPIT EVENTS AT THE FLYING LEATHERNECK AVIATION MUSEUM

Make sure to include the Flying Leatherneck Aviation Museum in your summer plans. They will be hosting the Open Cockpit Events again this year. Experience sitting in a F-5 Tiger Cockpit, a F/A-18 Hornet Cockpit, a CH-46 Sea Knight Cabin Section and a T-34 Mentor. The open cockpit events will be held from 9 a.m. – 3:30 p.m. on Saturday and Sunday, June 25 & 26. Additional dates throughout the Summer. Call 858-693-1723 for more information.

### FREE ADVANCE SCREENING OF CARS 2 AT THE BOB HOPE THEATER

Stop by the Bob Hope Theater on Saturday, June 25 at 2 p.m. for a FREE advance screening of Cars 2. You'll enjoy FREE popcorn and soda and also a special appearance by Mickey Mouse. The doors open at 12:30 p.m. Seating is on a first come-first served basis and NO tickets are required. Call 858-577-4143 for the entire week long movie schedule.



Get help paying for childcare Visit the National Association of Childcare Resource and Referral Agencies website at [www.naccrra.org](http://www.naccrra.org) to see information on eligibility for assistance to pay for and find childcare services. Contact 1-800-424-2246 for information.

### ICE ready for use

The Interactive Customer Evaluation set up for Miramar is ready for use. ICE is the internet version of the "Customer Suggestion Box." It collects feedback on services

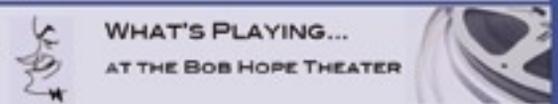
provided by installations throughout the Department of Defense. To submit a suggestion, visit the ICE website at <http://ice.disa.mil>.

**Important Phone Numbers**  
**Victim Advocacy 24-hour Hotline**  
**858-864-2815**

**Eagle Eyes**  
**877-356-EYES (3937)**

**Military One Source**  
**800-342-9647**

**D-Stress 24-hour Hotline**  
**877-476-7734**  
(All calls are strictly confidential)



**Fri. June 24:**  
Prom (PG) 6:30 p.m.  
Fast Five (PG-13) 9 p.m.

**Sat. June 25:**  
FREE Advance Screening: Cars 2 (PG) 2 p.m.  
Something Borrowed (PG-13) 6:30 p.m.  
Thor (PG-13) 9 p.m.

**Sun. June 26:**  
\*Rio (Not 3D) (PG) 1 p.m.  
\*Water for Elephants (PG-13) 6:30 p.m.

**Wed. June 29:**  
Bridesmaids (R) 6:30 p.m.

**Thurs. June 30:**  
Prom (PG) 2 p.m.  
Jumping the Broom (PG-13) 6:30 p.m.

\*Indicates Last Showing