The Jet Stream

Friday, Oct. 7, 2011

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Marine Corps Air Station Beaufort, S.C.

"The noise you hear is the sound of freedom."

#TJSsc

FIGHTERTOWN IS TRENDING ON TWITTER...

SEARCH #TJSSC FOR THE LATEST AIR STATION NEWS

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Corpsman saves Afghan child
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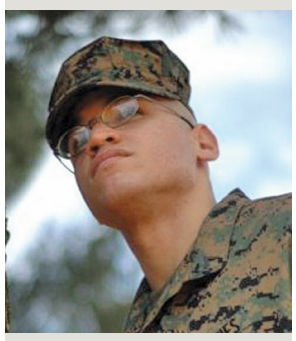

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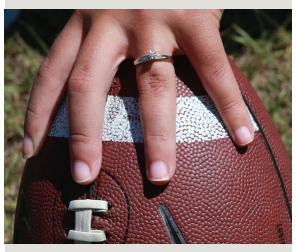

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Did you know...

Oct. 7, 1950 the Inchon-Seoul campaign was formally declared closed.

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Lance Cpl. R.J. Driver

Aircraft maintainers with Marine All-Weather Fighter Attack Squadron 224 discuss final details before allowing the pilots to take off Sept. 28. Pilots and jets left a day before the squadron's main body for their Western Pacific deployment.

Bengals leave for training

Families separated as Bengals deploy

Lance Cpl. R.J. Driver
Staff Writer

Marine All-Weather Fighter Attack Squadron 224 deployed Sept. 28 to Japan to support training exercises and other units in the Western Pacific.

The departure is in support of the Unit Deployment Program, which is a scheduled rotation to ensure a forward-deployed presence in Asia.

While deployed, the F/A-18 Hornet squadron will participate in several joint exercises with the U.S. Air Force, Royal Thailand Air Force and Japanese Self-Defense Forces.

The Bengals departed Fightertown with their fellow service members, but left their loved ones behind.

Spouses like Megan White wait patiently for their husband's return.

The Berings, Alaska native, explained her every day life is different while her husband is deployed. Simple things like sleeping "are not the same without him."

During the Bengals' six-month deployment, their spouses will be handling the business of running a household alone, but through Marine Corps Community Services, spouses can find support and tools to lighten the load.

Lifestyle Insights Networking Knowledge Skills classes are designed to help orient

SEE DEPLOY, PAGE 4

Ball prep gets serious

Lance Cpl. R.J. Driver
Staff Writer

In just a few short weeks, the Air Station will celebrate the 236th Marine Corps birthday in Savannah, Ga., and the race to be prepared is fast and furious.

Tasks like mounting medals, updating uniforms and finding a ball gown are a few major tasks Marines and their spouses are keying in on, but time is running short and the rush has already caught up with a few establishments, including the overflowing, base tailor shop.

At the Marine Corps Exchange, Marines can drop off their medals where they will be outsourced to be professionally mounted for the price of $6 a medal.

"They do quality work and the company is operated by a retired sergeant major," said

SEE BALL, PAGE 4

Lance Cpl. R.J. Driver

Lance Cpl. Kevin Kasmierski, Marine Aviation Logistics Squadron 31 radar technician, chooses a medal at the Marine Corps Exchange aboard the Air Station Oct. 4.

Cpl. Justin M. Boling

Marine Corps Sgt. Eric Rader and his sister, U.S. Air Force Staff Sgt. Rebecca McHenry, serve together at Camp Leatherneck, Afghanistan. Rader and McHenry were raised in a military family, and have learned to rely on each other through tough times, including their current deployment.

Marine brother serves with Air Force sister in Afghanistan

Cpl. Justin M. Boling,
2nd Marine Aircraft Wing (Fwd)

CAMP LEATHERNECK, Afghanistan — Allen Rader's service to the Air Force took his family from their home in Charleston, W.Va., to Alaska, Arizona, and Florida. Even overseas.

Years later, two of his children, Eric and Rebecca, find themselves overseas. The siblings serve together at Camp Leatherneck, Afghanistan.

"We always had each other," said Eric Rader, a U.S. Marine Corps sergeant, who deployed to Afghanistan in February. "Looking back at it now I really appreciate having her and my brother, and appreciate serving with her now."

Eric's sister, U.S. Air Force Staff Sgt. Rebecca McHenry, arrived in Afghanistan in September. The siblings said they've had a lot to catch up on in Afghanistan – including Rebecca's wedding.

"We both have our own families now," said Rader. "We will definitely spend more time together when we get back home."

McHenry serves in Afghanistan with the U.S. Air Force's 651st Expeditionary Aeromedical Evacuation Squadron. Her squadron flies injured troops out of Afghanistan when the medical care they need is greater than military hospitals here can provide.

"I love being able to help those who need it most and keep brave troops alive," said McHenry.

"There is a great sense of pride in knowing that my sister helps my fellow Marines and other troops get back on their feet and home

SEE SIBLINGS, PAGE 4

Mess Hall Menu

Monday - Friday
Breakfast: 6 - 7:30 a.m.
Lunch: 11 a.m. - 12:45 p.m.
Dinner: 4 - 6 p.m.

Saturday, Sunday and holidays
Brunch: 8 - 11 a.m.
Dinner: 4 - 6 p.m.

Midrats
Sunday - Thursday
11:30 p.m. - 1 a.m.

* Take-out window: Monday - Friday 7:30 - 10 a.m.
Sunday - Thursday 6 - 8:30 p.m.

Saturday
Lunch Mesquite roasted pork and red beans w/ rice
Dinner Grilled steak and baked potato

Sunday
Lunch Honey BBQ chicken and Franconia potato
Dinner Fried fish and shrimp and tater tots

Monday - Friday Breakfast
Hot farina, hot hominy grits and oven fried bacon

Monday
Lunch Cajun lightening chicken and rice pilaf
Dinner Barbecue spare ribs and broccoli

Tuesday
Lunch Chicken and sausage gumbo and cabbage
Dinner Yankee pot roast and steamed rice

Wednesday
Lunch Chicken parmesan and bread sticks
Dinner Texas BBQ beef brisket and vegetable stir fry

Thursday
Lunch Baked lobster tails and corn on the cob
Dinner Baked stuffed shells and mixed vegetables

Friday
Lunch Maple glazed salmon and green beans
Dinner Mambo pork roast and steamed broccoli

Chapel Services

Roman Catholic
- 9:30 a.m. - Sunday Mass
- 11:15 a.m. - Weekly Mass: Tuesday, Wednesday and Thursday

Protestant
- 9:45 a.m. - Protestant Church School (Sunday School)
- 11 a.m. - Protestant Sunday Worship Service
- 11:30 a.m. - Wednesday Bible Study
- 5 p.m. - Protestant Bible Study

Other Faith Groups
- For Jewish, Mormon and Islamic support, contact the Chaplain's Office at 228-7775

Squadron Happening

Marine All-Weather Fighter Attack Squadron 224 welcomes all the Bengal spouses to a night of Bunco from 6 to 9 p.m., tonight at Afterburners. For more information or to register, call 228-7311.

Fightertown News Briefs

- The Air Station Base Chapel is looking for musicians to participate in a Christmas concert for the holidays. Practices are held at 6 p.m., Tuesdays at the base chapel. For more information, contact the Marine Aircraft Group 31 chaplain's office at 228-7200 or JoBeth Peterman at 644-5353.
- The 2011 Prince William Cycle Tour in Yemassee offers a 62 or 35-mile bike ride through the historic country roads of Prince William Parish starting at 8:30 a.m., Oct. 22. For more information on the ride or to register, call 441-7402.
- Marine Corps Community Services would like to welcome all service members and their friends and family to come and enjoy Oktoberfest from 6 to 10 p.m., tonight at Afterburners aboard the Air Station. For more information, contact Afterburners at 228-7405.
- Pink Walks gets the Tri-Command involved and informed about Breast Cancer aboard the Air Station, Marine Corps Recruit Depot Parris Island and Naval Hospital Beaufort. Pink Walks is scheduled at 11 a.m. to 1 p.m., Oct. 14, at the Air Station Fitness Trail. For more information, contact Kathy Williams at 228-7616.

BE PREPARED FOR A HURRICANE

When is hurricane season
June 1 – November 30

What is a hurricane?

A hurricane is a tropical cyclone, which generally forms in the tropics and is accompanied by thunderstorms and a counterclockwise circulation of winds (in the Atlantic Ocean). Tropical cyclones are classified as follows:

Tropical Depression - An organized system of clouds and thunderstorms with a defined surface circulation and maximum sustained winds of 38 mph or less.

Tropical Storm - An organized system of strong thunderstorms with a defined surface circulation and maximum sustained winds of 39-73 mph.

Hurricane - An intense tropical weather system of strong thunderstorms with a well-defined surface circulation and maximum sustained winds of 74 mph or higher.

What are the hurricane hazards?

Storm Surge: Storm surge is water that is pushed toward the shore by the force of the winds swirling around the storm. This advancing surge combines with the normal tides to create the hurricane storm tide, which can increase the water level 15 feet or more.

Inland Flooding: In the last 30 years, inland flooding has been responsible for more than half the deaths associated with tropical cyclones in the United States.

High Winds: Hurricane force winds can destroy poorly constructed buildings and mobile homes. Debris such as signs, roofing material, and small items left outside become flying missiles in hurricanes.

Tornadoes: Hurricanes can produce tornadoes that add to the storm's destructive power. Tornadoes are most likely to occur in the right front quadrant of the hurricane.

What should I do when a watch or warning is issued?

When a hurricane watch is issued for your part of the coast this indicates the possibility that you could experience hurricane conditions within 36 hours. This watch should trigger your family's disaster plan, and proactive measures should be initiated, especially those actions that require extra time such as securing a boat, leaving a barrier island, etc.

When a hurricane warning is issued for your part of the coast this indicates sustained winds of at least 74 mph are expected within 24 hours. Once this warning has been issued, your family should be in the process of completing proactive actions and deciding the safest location to be during the storm.

What actions should you take to be prepared?

Have a family disaster plan and disaster supply kit.

Purchase or use a National Oceanic and Atmospheric Administration Weather Radio in your home with a tone alert feature. This will allow you to receive warnings issued by your local National Weather Service office.

Stay tuned to local media.

The Jet Stream

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Things you need to know

Fraud, Waste and Abuse

If you know of or suspect any fraud, waste or abuse aboard MCAS Beaufort, call 228-7777.
If you know of or suspect any fraud, waste or abuse within MAG-31, call (252) 466-5038.
The automated answering service on these lines are available 24 hours a day.

Sexual Assault

The contact numbers for a Uniformed Victim Advocate are 228-4784 and 228-4110. The after hours number is 592-0646.

Siren sound meanings

Upon notification from the weather office, Giant Voice pre-recorded messages will be broadcast. All destructive weather notifications begin and end with a 12 second wailing siren. Then follow on information is repeated twice between siren wails. The following are abbreviated examples of each warning that will be broadcast through Giant Voice.

-Lightning within 5 nautical miles...
-Thunder storm Condition 1, winds up to 50 knots and/ or hail up to 3/4 of an inch...
-Tornado condition 1 a tornado is imminent...
-Tornado condition 2... observed within 60 nautical miles
-An all clear broadcast will be announced sounding "all clear".
Test tone – A steady tone will be broadcast for 10 seconds, followed by an alert stating "This is a test" and then another 10 second tone.
For more information please call 228-7904, or for example warning tones, visit: www.whelen.com/outdoor/warningtones.htm.

Fightertown deployed:

VMFA-115 Silver Eagles are currently deployed as part of the Unit Deployment Program to Marine Corps Air Station Iwakuni, Japan.

VMFA(AW)-224 Benglas are currently deployed in support of Weapons and Tactics Instructor Course 1-12 to Naval Air Facility El Centro, Calif.

Sgt. Earnest J. Barnes

Seaman Apprentice Byron McGill, a Petal, Miss., native and a Navy corpsman with Charlie Company, 1st Battalion, 6th Marine Regiment, takes time for a photo with Basbibi (left), a local resident, and her daughter. The 2-year-old girl drowned in a canal outside her home recently, but McGill revived her and save her life.

Mississippi native revives drowned Afghan child

Sgt. Earnest J. Barnes
2nd Marine Division

MARJAH DISTRICT, Helmand Province, Afghanistan — A Petal, Miss., native used his medical training to revive a drowned Afghan toddler while conducting counterinsurgency operations Sept. 11.

The day started out as a normal day in Afghanistan for Seaman Apprentice Byron McGill, a Navy corpsman serving with Charlie Company, 1st Battalion, 6th Marine Regiment. He checked his gear, as well as the physical condition of the Marines he cares for, and they stepped off on a patrol. It seemed no different than the many they had conducted prior to this day.

The Marines patrolled en route to a local resident's compound where they were going to ask questions about enemy activity in the area. The point man, which directs the routes of each patrol, was leading the squad and came upon a scene which frightened him.

Lance Cpl. Jorge A. Palacios, a Miami, Fla., native and an infantry point man with Charlie Company, said he was overcome with disbelief when he saw a child floating in the canal next to a compound.

The child was not moving when he pulled her out of the canal. He began screaming for McGill.

"I personally thought she was dead," Palacios added.

McGill rushed to provide aid in a matter of seconds. Unaware of what his fellow service member was yelling about, he was disturbed by the scene he came upon. Palacios, who is also a team leader with his squad, handed off the child and set up his Marines to form a security bubble to give McGill the safety and area he needed to work on the unexpected patient.

"Of course, I freaked out at first, [thinking], 'Oh baby! Dead baby!'" said McGill. "Then I told myself, 'Just do your job.' I just went by the basic steps — the ABCs."

McGill evaluated the situation and quickly put the pieces together of what happened.

McGill immediately began administering treatment. He opened the child's airway and then checked her chest for movement. He did not see any, and he went back to clear the child's airway for a second time to begin rescue breathing, which is a basic lifesaving step he learned from his medical training. McGill said as soon as he cleared the 2-year-old girl's airway for the second time using the head-tilt, chin-lift method, the child miraculously reacted.

"The baby started vomiting and choking. I picked the baby up, put her on my knee, and gave her a few thrusts to the back so she [could] get rid of the vomit and water in her mouth," said McGill, who joined the Navy in 2008. "She continued to vomit and cough. After about 30 seconds she cried out, and that is when I knew she was ok. I grabbed a cloth and wrapped her in it and held her for a second."

Several Marines on scene began yelling into the nearby compound to alert someone inside of the incident.

Basbibi, a local resident and the mother of the young girl, said she was inside the house when she noticed her daughter missing. She said she looked for her all over, but it was when she came to the back of the compound that she heard a lot of noise and emerged confused about what was happening outside her home.

"I was scared, because I did not know what was going on. There were a lot of Marines around," said Basbibi. "I realized they were helping my daughter, and my fear faded away."

McGill handed the child off to her mother and gave specific instructions on what to do to care for the toddler. Basbibi gave a sincere thank you to McGill and the Marines as they went on their way to continue their assigned mission.

McGill said it felt great to be able to save a life, and it isn't just him doing miraculous things over here. He explained the members of the coalition forces are changing lives everyday, and he wished everyone, to include his family, could see the change that is being made.

"My wife was very proud, but I wish others could see, and my family could see, the good things we do," said McGill.

Editor's note: Charlie Company, 1st Battalion, 6th Marine Regiment, is currently assigned to Regimental Combat Team 5, 2nd Marine Division (Forward), which heads Task Force Leatherneck. The task force serves as the ground combat element of Regional Command (Southwest) and works in partnership with the Afghan National Security Forces and the Government of the Islamic Republic of Afghanistan to conduct counterinsurgency operations. The unit is dedicated to securing the Afghan people, defeating insurgent forces, and enabling ANSF assumption of security responsibilities within its area of operations in order to support the expansion of stability, development and legitimate governance.

Connect with 2nd Marine Aircraft Wing (Forward) throughout the deployment. Stay up to date with the latest 2nd MAW (Fwd.) news, photos and videos at http://www.facebook.com/2ndmawfwd.

Corps Shot

Cpl. Tommy Huynh

A Marine with the 11th Marine Expeditionary Unit runs on the flight deck Oct. 1. Marines and sailors embarked the amphibious assault ship Makin Island, the amphibious transport dock New Orleans and the dock landing ship Pearl Harbor in San Diego Sept. 28. The unit is participating in its final training exercise before their next deployment.

Corps Bits

Virginia Marine preps for Marine Corps Marathon

CAMP LEATHERNECK, Helmand Province, Afghanistan — It began in recruit training nearly 29 years ago, but Arlington, Va., native, Maj. Brian Mullery said his love for physical fitness and running has become an integral part of his life ever since.

Mullery is currently deployed to Southwest Afghanistan as a plans officer for 2nd Marine Division (Forward), but that hasn't stopped him from training as hard as ever for his next marathon. He plans to compete in a Marine Corps Marathon-sponsored run at Camp Leatherneck Oct. 30, to coincide with the main event, also held Oct. 30, in Washington, D.C., where approximately 30,000 runners will take part in the fifth largest U.S. marathon, nicknamed, "The People's Marathon."

The Marine Corps instilled the importance of physical fitness into Mullery when he enlisted in January 1983. Mullery was an enlisted infantryman, in which physical fitness was sewn into what he called, "their fabric of society."

Mullery didn't just grow into long-distance running, he also changed the frame of mind he had about fitness with the goal of living a long and happy life.

The long-distance running allows him to think about complex problems; it gives him the ability to clear his mind and think through issues to find reasonable solutions.

Mullery has run six marathons, each with a Boston Marathon qualifying time, an impressive feat within the running community.

Marines on ground keep pilots breathing

KANDAHAR AIRFIELD, Afghanistan — Flying more than 10,000 feet above Afghanistan, Marine Corps AV-8B Harrier attack jets operate at levels outside the range of virtually any weapon in insurgent hands.

At those altitudes, however, pilots face a different set of challenges: freezing temperatures and air too thin to breathe.

Ensuring pilots are able to safely and confidently command aircraft in the sky comes from the support of a handful of Marines on the ground.

Marine Attack Squadron 513's aviation life support systems division has two different sets of Marines – those who ready the pilot's flight equipment and those who ready the Harrier itself, should a pilot need to eject.

The role of the aviation life support systems Marines is almost exclusively preventive. Because these Marines do their jobs, the jet's cockpit is at a comfortable temperature, the pilot has fresh oxygen to breathe, and he knows his safety equipment will work.

The Marine Corps relies on the short take-off, vertical landing AV-8B Harrier to provide close-air support for coalition troops in Afghanistan's Helmand and Nimruz provinces. Using guided bomb systems and other precision weapons, Harrier pilots are able to effectively quell insurgent fighting positions, vehicles and hideouts.

The aviation life support systems Marines also support the Harrier squadron by providing instruments for survival.

The squadron's flight equipment technicians provide pilots tools to save their own lives if need be. The palette of survival tools includes flares, knives, parachutes, water and a radio.

What L.I.N.K.S. offers for Marine families

Lance Cpl. Rubin J. Tan
Staff Writer

When a Marine first took the step to earn the title, they received a wealth of knowledge about how their lives would change from their recruiter. What they may not have considered is their spouse's integration into a whole new way of life.

Lifestyle Insights Networking Knowledge Skills is a program offered throughout the year at the Officers' Club which ensures Marines and their families are able to successfully integrate into the military lifestyle.

Many questions arise between Marines and their family once arriving to their first duty station regarding topics from benefits to job opportunities.

"[The L.I.N.K.S. program] is a peer to peer mentorship program which teaches children and teens to be happy about being a part of the family and to help everyone better understand the Corps," said Julia Gwynn, the Air Station's L.I.N.K.S. program trainer. "Spouses learn through the program how to be independent dependents."

Mentors such as the Marine Fighter Attack Squadron 312 Family Readiness Officer, DaNeil Cox, explains to spouses the various benefits offered and contact information for resources available to military families.

Balancing family needs and Corps expectations are just one of the many different subjects taught through mentors.

The programs available on the Air Station include L.I.N.K.S. for spouses, Marines, children, teens and for parents and extended family members.

"L.I.N.K.S. is a doorway to family readiness because it opens them up to other classes and introduces the various Family Readiness Officers on the Air Station," said Cox, a Lansing, Mich. native.

Family readiness officers, career planners, chaplains, active duty Marines and experienced spouses all operate as mentors in the program and are on hand for meetings as a symbolic pool of knowledge for spouses and new Marines to draw from.

"We have mentor spouses from E-3 Marines to O-6 Marines, and many of the mentors have been there, they have made the mistakes and learned from those experiences," said Gwynn, a native of Bluffton, S.C.

The Air Station also has a junior mentoring team, which has children and teenage mentors who talk to other children about coping with deployments and other obstacles such as frequent family moves.

For more information on the L.I.N.K.S. program, visit the links website, www.usmc-mccs.org/Links/ or contact Julia Gwynn at 228-7397.

Photos by Lance Cpl. Rubin J. Tan

Lifestyle Insights Networking Knowledge Skills, or L.I.N.K.S., is a volunteer orientation program that seeks to build independent dependents by educating and enlightening Marine Corps families as to the Marine Corps lifestyle.

Cpl. Justin M. Boling

Sergeant Eric Rader and his sister, Air Force Staff Sgt. Rebecca McHenry, serve together at Camp Leatherneck, Afghanistan. Rader and McHenry were raised in a military family, and have learned to rely on each other through tough times, including their current deployment.

BALL

continued from page 1

Gunnery Sgt. Tom Powell, MCX manager. "It typically takes five to 10 days for the medals to return, but next day service is available for an extra $15."

Powell, a Detroit native, said the service is popular because the MCX sends out at least 30 sets of ribbons and medals to be mounted every week.

He expects that number to rise as each day passes and the date of the birthday ball approaches.

Those shiny, new medals now need a home and the uniform it will reside on should be just as pristine as the new stack of medals that will be mounted on it.

The tailor shop aboard the Air Station has recently stopped accepting uniforms needing alterations in time for the ball because they are currently booked, said Brandy Carter, tailor shop seamstress aboard the Air Station.

Tailor shops are filling up elsewhere as well. Carter, a Beaufort native, said that in her 11 years in the profession, she noticed that once one tailor shop closes, the others shortly follow.

Spouses will be working just as hard to look as good as their counterparts and choosing the right dress is almost like a science to some, but for those on a budget, Marine Corps Family Team Building hosted their 3rd annual Operation Ball Gown.

"This year, we had over 250 gowns donated to support Operation Ball Gown," said Kelly Edens, MCFTB administrative specialist.

Active-duty and civilian spouses throughout Tri-Command were welcome to select up to one gown and two accessories according to Edens, a Boise, Idaho native.

At this stage in the game, service members and spouses may find themselves playing catch up, but there are plenty of options available for those looking to get their uniform ready. They might just have to look a little harder.

SIBLINGS

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to their loved ones," said Rader.

Rader is deployed with 2nd Marine Aircraft Wing (Forward) from Marine Corps Air Station Cherry Point, N.C. He serves with the headquarters of the air combat element for NATO's International Security Assistance Force southwestern regional command, and helps units rotating in and out of Afghanistan.

"I am very proud of my brother for being a Marine," said McHenry. "I like knowing that he does a great job, and I see the fruits of his labor seeing all the Marines walking around in Afghanistan knowing he played a small part in that."

Despite the rigors of a deployment to Afghanistan, Rader and McHenry said they find time to speak about their lives and families back home almost every day.

"My sister is always sitting at the dining facility waiting for me at lunch," said Rader. "It makes the time go by faster, having something to look forward to almost every day."

"He used to pick on me sometimes," said McHenry of her brother. "Since being out here he has only been protective. The perfect gentlemen."

DEPLOY

continued from page 1

spouses, children, civilian employees and family members of troops into the Corps.

According to White, they offer plenty of L.I.N.K.S classes for families and it's a great way to meet spouses in similar situations. For families with children, it helps the little ones deal with deployments as well.

In the Western Pacific, the Bengals will be a shining example of all Fightertown has to offer, and spouses stand tall for all their counterparts do.

White said she is, "proud of the sacrifices her husband makes for our country," regardless of how much she misses him.

The tough times and deployments come with the territory of being a Marine spouse, but in a few months, the Bengals will be home again.

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Poor health choices, quiet consequences

Lance Cpl. Timothy Norris
Staff Writer

Marines with high marks on a physical fitness test that meet height and weight standards, may seem the picture of perfect health, but health is measured by more than just outward appearances.

The current lifestyle in the U.S. has led to a rise in obesity and other health problems from eating foods high in sugar and fat. Eating these foods in large quantities makes it difficult for the body to properly process and can lead to things like diabetes, high blood pressure and high cholesterol levels.

"[Americans' common diet] is loaded with processed sugars, or is greasy, fatty and fried," said Lt. Cmdr. Payton G. Fennell, Marine Corps Air Station Beaufort senior medical officer. "Yet we're eating these foods and expecting our bodies to function properly when garbage in, is garbage out.

"You can work out three hours a day, but if you continue to eat foods that have no real significant nutritional value, then those three hours mean nothing. You'll just add the calories right back and you won't get the nutrition you need to rebuild and allow your body to work properly," he said.

Eating better with a focus on nutrition can lead Marines to better physical and mental health and an increased state of readiness

"Many Marines don't know they have health risks until an annual check up. Because they are within standards yet don't know they have high blood pressure or cholesterol," said Ivette Moore Naval Hospital Beaufort health promotion coordinator. "Human nature is that we don't address an issue until it becomes serious. Some issues may not manifest themselves until years in the future."

Physical health then should not be measured by performance or appearance alone. A Marine's work schedule is busy which can lead them into making poor health choices out of convenience.

According to Centers for Disease Control and Prevention, people may be more at risk to develop a disease like diabetes based on two major factors, diet and family history. From 2007 to 2010, the number of people who were diagnosed with diabetes in America per year rose 18.75 percent with about 25 percent in the 20 to 45 age range.

Fennell, a Charlotte N.C. native, explained with an analogy how a person's likeliness to get a certain disease can be like a bucket. When the bucket is full, you have a problem. Some people have more water in their bucket and can not tolerate eating the wrong thing, while others have less water and can eat bad food all their life and be ok, but a person may not know where their water level is, until it's overflowing.

According to health experts like Fennell, the best medicine is prevention. Stopping the likelihood of developing a disease by controlling diet and regular exercise can be some of the best tools that prevent a disease from limiting or ending a career.

Lance Cpl. Rubin J. Tan

This scene could become a permanent fixture in your life if early warning signs of a poor dietary lifestyle are ignored. Diseases such as diabetes can threaten to cut short a military career as a result of the necessity of medication to treat it.

101 Days of Summer comes to a close

Lance Cpl. R.J. Driver

The Marines and Sailors of Combat Logistics Company 23 were awarded $1000 for their outstanding performance during the 101 Days of Summer competition at their headquarters Sept. 13.

CLC-23 prove to be hotter than the rest during the 101 Days of Summer

Lance Cpl. R.J. Driver
Staff Writer

Last month, the summer season came to an end, with that, so did the 101 Days of Summer campaign.

Three units aboard the Air Station were awarded for their efforts in preventing alcohol related incidents. Combat Logistics Company 23 took first place, Marine Air Control Squadron, Detachment A came in second and Headquarters and Headquarters Squadron finished a respectable third place. Each helped raise awareness about the effects of alcohol through events, word of mouth and placing "That Guy" posters throughout their unit's workspace.

Sergeant Eric Miller of Combat Logistics Company 23, accepted the first place prize from the drug and alcohol awareness team spearheaded by Kathy Williams, Air Station health and wellness coordinator.

"It took the efforts of all of us to make this possible," Miller said in reference to their first place finish.

During his acceptance speech, the Huntsville, Ala., native thanked each Marine and sailor who made it possible for them to take home the $1,000 check.

The 101 Days of Summer campaign aims to challenge service members to be proactive and prevent alcohol related incidents, as well as prevent drug use – a first for the campaign. During the muggytime of the year, service members have been participating in activities held throughout Tri-Command to earn points for their unit.

"We put a new spin on an old, familiar program," Williams said of their combined efforts with the drug reduction team to battle a new foe in an enticing package - Spice.

Gayle Wierzbicki, Air Station drug awareness coordinator, explained that last year there was a high number of Marines caught smoking Spice mainly because, "it was undetectable at the time."

This year's campaign also ended with more than checks. Marine Corps Community Services hosted a concert in conjunction with Red Ribbon week to end the campaign with a bang.

"[The campaign] was a success," said Wierzbicki, a native of Shelby Township, Mich. "Next year it'll be bigger and better.

Powderpuff football league formed for Tri-Command females

Lance Cpl. Timothy Norris
Staff Writer

Two months ago, several women encouraged Marine Corps Community Services to sponsor a female flag football game. The game was such a success, MCCS is now offering Marines, dependants and Department of Defense employees a female intramural football league.

The league is still in the formation and recruiting stages, but hopes are high to have two teams under the lights and on the line of scrimmage by Oct. 12. Parris Island will host all games including a championship game at the end of the season.

"I would like to think that it will have a positive effect [on women] knowing that there are team sports out there exclusively for them," said Joe Nierstedt, the Marine Corps Recruit Depot Parris Island recreation specialist, who is in charge of forming the league. "All of our intramurals are co-ed, but this is strictly encouraging women to participate in a sport that they have probably just watched, and now they can appreciate it in an entirely new light."

For some, this will be a welcome and even familiar sight. Joni Chick is such a person. She has been a football fan from childhood who often played football with her younger brother. She is no stranger to the game, in fact she strongly embraces the vitality of the sport.

"It's the adrenalin, you have to get that ball to the end of the field," Chick said, a service clerk at the tailor shop aboard the Air Station.

Chick is the wife of a drill instructor and mother of two sons she describes as linebackers. She has played multiple sports in high school and even managed a basketball team, so when a chance to play football came up, she jumped at it.

There is a certain level of pride in winning said Chick, a Farmington, Maine, native. Knowing that you did your best, "even if nobody tells you," means a lot.

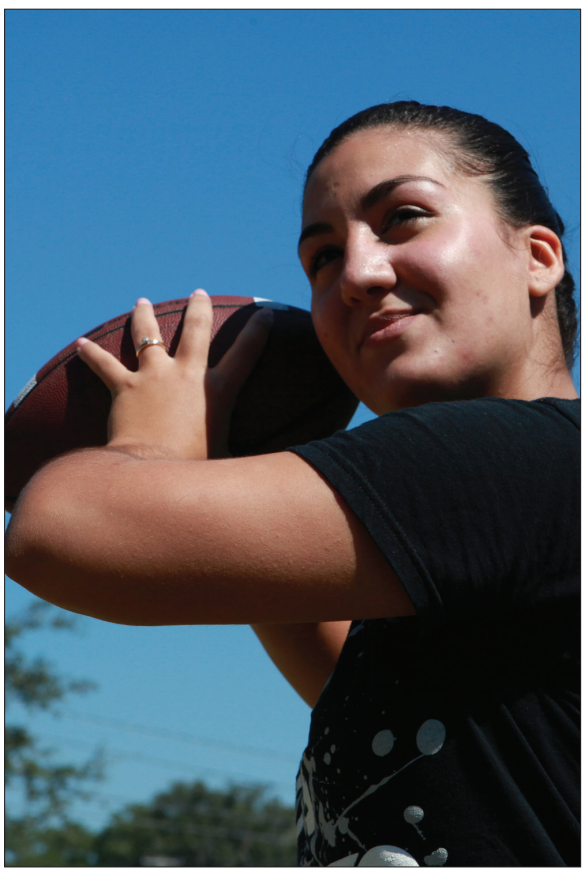
"A lot of people may not think that 'good game' means anything to anybody, but it actually does," she said.

Any type of intramural sports or event MCCS offers facilitates opportunities to meet new people, make new friends, get some good healthy exercise and compete in a friendly sportsman-like manner, said Nierstedt.

"I think it's great that MCCS is putting together sports teams for wives to play on," Chick said. "It helps us to get out and do something athletic and meet people from other units that you normally wouldn't."

"We are always looking for new and different things to offer our Marines, sailors and families," said Nierstedt. "These are their spouses, co-workers, people who love and support them through their long and difficult careers and I think they will see them having fun, making friends and it's all good."

For information on joining the league, contact MCCS athletics or Joe Nierstedt at 228-1542.



Lance Cpl. Timothy Norris

Marine Corps Community Services will offer an all female football league for service members, dependents and Department of Defense employees. The games will start Wednesday, and will take place exclusively at Marine Corps Recruit Depot Parris Island.

Finally; Boots in the sand

This is a first person guide to the tips and tricks for other Marines from Fightertown with a deep interest to deploy. If the experience and information shared is helpful feel free to utilize it.

Cpl. Justin M. Boling
2nd Marine Aircraft Wing (Forward)

Journal entry 4: October 3, 2011

Stay busy, or die of boredom

The days are long and the weeks are short. At least that is the way it seems here in Afghanistan.

Work is a source of stability that helps keep my mind off what I sometimes feel I've given up to deploy. I enjoy going out to the flightline and taking photos of Marines working. I enjoy telling their stories.

I try to work as much as possible, only going back to the living areas long enough to sleep and get ready for the next day. The days seem to blend together, and sometimes it can feel like the only difference between Tuesday and Saturday is what's for dinner.

I thought I would miss weekends, but I realize now what I like most about my time off in South Carolina is spending it with my wife and two dogs. With my family safely back in the States, it's not so bad to work almost all the time.

Even when I don't have a story to write or photos to take, there is always work that needs to be done. Whether setting up a tent or cleaning around the work sections, my farm-boy code of conduct tells me, "if you're bored, go to work."

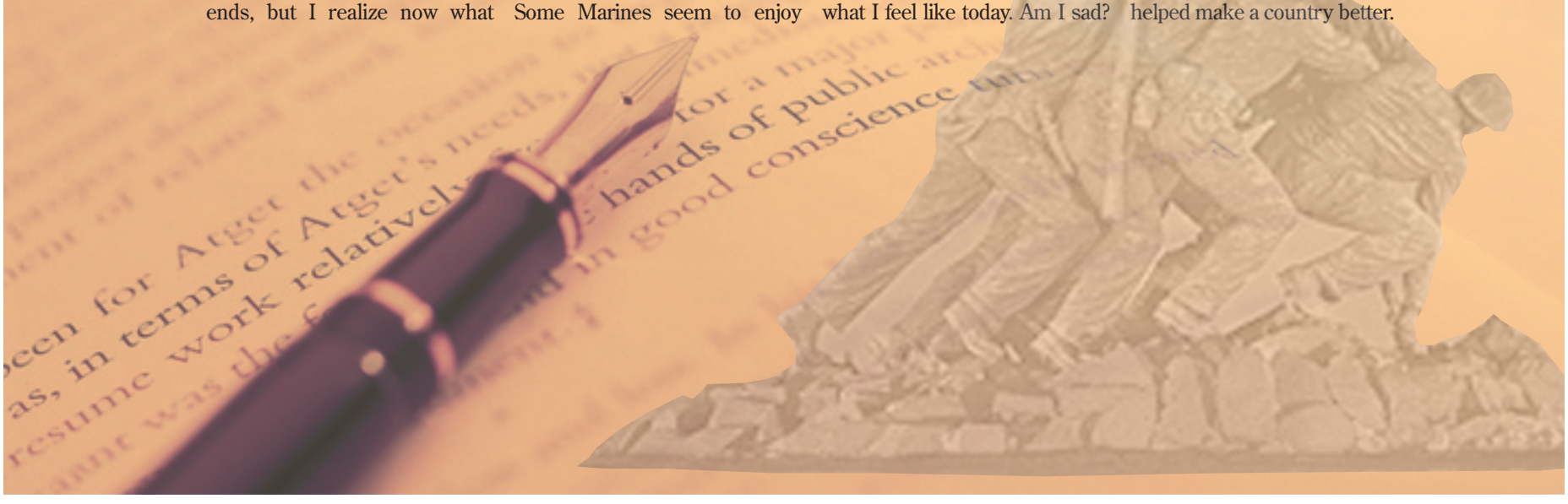
But as important as it is to work, it's also important to relax. A lot of Marines say that a deployment is a marathon, not a sprint, so I try to pace myself.

When work slows down, I try to take the time to lift weights. Some Marines seem to enjoy running in the oven-like afternoon heat. I like running early when there is a light breeze and an eerie chill in the air.

The lesson I've learned is to stay busy and try to find something to do, or time seems to stand still. Maybe keeping busy means reading or taking college classes. Maybe it's finding time to stay in touch with friends and family back in the States.

Even though I am here far away from home, I sometimes feel like I can't even go an hour without thinking about the ones I love. Sometimes it drives me forward, and other times it drives me crazy.

I have found sometimes I just like to look at the sky and gauge what I feel like today. Am I sad? Am I happy? Am I agitated? Am I calm? I am a mix of so many emotions, so I just try to feel them to their extent and let it go. It helps to keep me sane, thinking of everyone back home and what I am doing here for them.

Taking pride in what I do is important to stay motivated. Sometimes, it might feel like the purpose of a job is not evident, even here in Afghanistan.

But the way I feel, all work completed is in support of the greater mission in Afghanistan. Every bolt tightened, pallet of supplies moved and convoy headed out is a step toward a more secure home for this country's people. After all is said and done, and I am an old man, I will know that I helped make a country better.