

The Jet Stream

Friday, Oct. 28, 2011

Vol. 46, No. 41

Marine Corps Air Station Beaufort, S.C.

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

#TJSSc

FIGHTERTOWN IS TRENDING ON TWITTER...

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FOR THE LATEST

AIR STATION NEWS



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Did you know...

Oct. 27, 1962, 2nd Marine Aircraft Wing deployed during the Cuban missile crisis

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Tuition Assistance restored

TA rates will be steadfast for FY11

Lance Cpl. Timothy Norris
Staff Writer

The Marine Corps announced Wednesday that tuition assistance has been restored to Fiscal Year 2011 levels, after announcing a nearly 80 percent cut a week prior.

According to a message from Lt. wGen. Robert Milstead, Jr., Deputy Commandant for Manpower and Reserve Affairs, MARADMIN 616-11 which originally announced a reduction in Tuition Assistance has been rescinded and Tuition Assistance again authorizes 'up to 100 percent of tuition and fees including lab, technology and distance learning fees, not to exceed \$250 per semester hour for undergraduate and graduate courses, and \$4,500 per



Lance Cpl. Timothy Norris

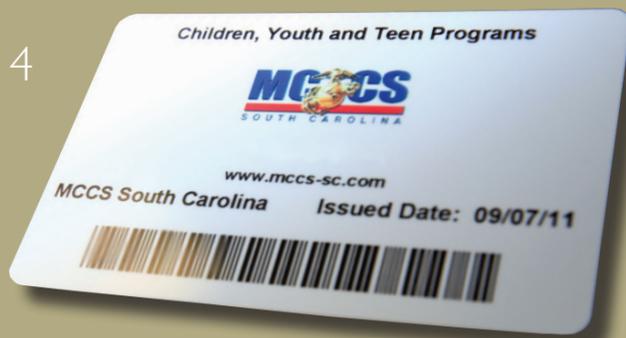
Amanda Hayman, Embry-Riddle Aeronautical University adjunct instructor, reviews the course syllabus with students on the second floor of the training building, Oct 21.

SEE TUITION, PAGE 4

Do you have yours?

The Child Development Center issued CYMS cards and goes paperless

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Cpl. Justin M. Boling

Corporal Aeno Luangxay and Cpl. Corey Tuttle, both with Marine Wing Support Squadron 273, prepare garlic bread at the Praise Assembly Church, Jan. 12. The program at the church offers hot meals and groceries to the needy.

Meet the BMC resident 'historian'

Stephens treats with a dose of history

Lance Cpl. R.J. Driver
Staff Writer

Beaufort and its surrounding areas are full of history.

Not many know, but Beaufort, Port Royal and Yemassee were major strategic points for the Confederates during the Civil War. Its marshes and river ways made it difficult for not only the Union Army, but for invading British and Spanish forces in the past too.

The average student growing up is not taught about the importance of the Lowcountry during the Civil War, but for natives of the area, this history is their heritage.

For the self-proclaimed Army brat, William Stephens, a physician's assistant at the branch medical clinic, branching out into history has helped him not only during his military career, but in the medical field as well.

Born in Fort Campbell, Ky., Stephens was brought up listening to stories from his father about military history.

"I remember my dad sharing stories about World War II and other historic events when I was a child," Stephens said. "I always thought it was interesting, but at an early age, I found an interest in science and math."



Lance Cpl. R.J. Driver

William Stephens, Branch Medical Clinic physician's assistant, interest in history has helped him during his military and medical career.

Stephens excelled as a student growing up in Charleston, where his newfound interest in military history led him to The Citadel on a full scholarship, where he received a bachelor's degree in education.

"At this point in my life, I have devel-

SEE STEPHENS, PAGE 4

Volunteering makes a positive influence

Sgt. Gina C. Rindt
Staff writer

Service members have a multitude of tasks and jobs to complete in order to accomplish the mission of the Navy and Marine Corps. While in the Tri-Command, volunteering is something they do to help make a difference in the community.

Some of the Beaufort County charities and non-profit organizations service members can volunteer with are Lowcountry Habitat for Humanity, Child Abuse Prevention Association, the Kiwanis Club of Beaufort and the American Red Cross.

Going out and making a difference in the community makes all the time and effort worth it, according to Cpl. Kenneth Sainvil, Marine Fighter Attack Squadron 312 maintenance administration chief. He does it, not for himself, but for the ones who need the help.

"Helping others in the community gives [service members] the chance to experience a different atmosphere," said Benjie Pangelinan, the Air Station Single Marine Program coordinator. "Lending a helping hand

For chances to volunteer on and off base, see Page 2

SEE VOLUNTEER, PAGE 4

Countdown to the ball

Get your tickets now...

www.beaufortball.com

Sale ends Nov. 6

13 days



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

<i>Lunch</i>	<i>Dinner</i>
Pork loin and red beans with rice	Grilled steak and baked potatoes

Sunday

<i>Lunch</i>	<i>Dinner</i>
Honey barbecue chicken and beans	Beef and corn pie and tater tots

Monday - Friday Breakfast

Hot farina, hot hominy grits and oven fried bacon

Monday

<i>Lunch</i>	<i>Dinner</i>
Cajun chicken and green beans	Veal Parmesan and broccoli

Tuesday

<i>Lunch</i>	<i>Dinner</i>
Catfish fillets and hush puppies	Yankee pot roast and brown gravy

Wednesday

<i>Lunch</i>	<i>Dinner</i>
Pork loin and bread sticks	Texas beef brisket and beans fiesta

Thursday

<i>Lunch</i>	<i>Dinner</i>
Lobster tails and corn on the cob	Baked stuffed shells and rice pilaf

Friday

<i>Lunch</i>	<i>Dinner</i>
Glazed salmon and green beans	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

High Shooter

Captain Emma Frowine of Marine Corps Recruit Depot Parris Island qualified with an expert score of 368 during the week of Oct. 26.



Tri-Command Boo Briefs

Tri-Command Communities annual Halloween Trick-or-Treating will be held Monday from 5 to 7 p.m., for families and friends.

Safety tips:
 -An adult should always be with a group of children.
 -Wear appropriate shoes, make sure wigs and beards don't cover eyes, noses or mouths.
 -Only go to houses with porch lights on and do not accept homemade treats from anyone you don't know.
 -Name tags are another recommendation; put your name and a cell phone number on a tag.

Volunteer opportunities

Event: Children's Marine Corps Birthday Celebration
 Date: 10-29-2011
 Time: 9 a.m. to 2:30 p.m.
 Uniform: Proper civilian attire
 Description: Volunteers will be helping with set-up, break down and running certain activities.
 Location: MCRD Parris Island All-weather Training Facility
 POC: Janice Palmer at 228-1550

Event: Palmetto Animal League Birthday Paw-ty
 Date: 10-29-2011
 Time: 11 a.m. to 3 p.m.
 Uniform: Proper civilian attire
 Description: Volunteers will be helping with a variety of activities.
 Location: Palmetto Animal League, Riverwalk Business Park, off Hwy 170 in Okatie
 POC: Linda Kehoe at 368-5358

Event: Lowcountry Habitat for Humanity
 Date: Ongoing
 Time: Mon-Fri 8 a.m. - 1 p.m. Sat 8 a.m. - noon
 More Information: Main office at 522-3500 or weekend supervisor at 812-8956
 Registration required: go to www.lowcountryhabitat.org to register

Event: Child Abuse Prevention Association
 Date: Ongoing
 Description: Various volunteer opportunities
 POC: Katie Grindle at capa714@earthlink.net
 More information: Main office at 524-4350 or 525-0070

Event: HELP of Beaufort
 Date: Ongoing
 Description: Various volunteer opportunities
 Location: 1910 Baggett Street, Beaufort
 POC: Main office at 524-1223



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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...	announced sounding "all clear".
-Thunder storm Condition 1, winds up to 50 knots and/ or hail up to 3/4 of an inch...	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.
-Tornado condition 1 a tornado is imminent...	For more information please call 228-7904, or for example warning tones, visit: www.whelen.com/outdoor/warningtones.htm .
-Tornado condition 2... observed within 60 nautical miles	
-An all clear broadcast will be	

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 Bengals are currently deployed in support of Weapons and Tactics Instructor Course I-12 to Naval Air Facility El Centro, Calif.



Cpl. Lucas Vega

Iraqi Marine Training Team Three stands in formation during a ceremony, while Col. Eric Thomas, Marine Coordination Element - Kuwait officer in charge, commends the Marines for their training efforts for the last five months. The IqMTT-3 was the last group of United States Marines in Iraq supporting Operation New Dawn. The Marine Corps concluded major operations in 2010. U.S. military forces entered Iraq starting in 2003 in support of Operation Iraqi Freedom.

Last Marines leave Iraq in support of Operation New Dawn

Cpl. Lucas Vega
Marine Forces Central

UMM QSAR, Iraq — The last 12 United States Marines safely departed Umm Qsar, Iraq to Camp Arifjan, Kuwait, Oct. 14, ending the branch's presence in Iraq which began March 2003 in support of Operation Iraqi Freedom.

Now called Operation New Dawn, the 13 members of Iraqi Marine Training Team Three, 1st Marine Expeditionary Force, arrived in Iraq mid-May with the mission of training the Iraqi Marine Corps and Navy. IqMTT-03 also included a United States Navy corpsman.

During the team's five-month tour, they trained the Iraqi Marines and sailors in vehicle-borne search and seizure, entry control point/vehicle control point procedures, leadership development, Marine Corps Martial Arts, Key Leadership engagements and communications.

Prior to the team's departure, the Marine Corps did not have any units left in Iraq, only this small training team.

"This is officially the end of our mission here in Iraq," said Col. Eric Thomas, the Marine Forces Central Command Marine Coordination Element-Kuwait officer in charge, as he addressed the Marines during an informal ceremony held at the forward operating base. "You should all be proud to be a part of this day in Marine Corps history."

Major operations in Iraq for the Marine Corps ended in January 2010. The final Ma-

rines in Iraq were the third of, two teams prior to them who worked cooperatively, training the Iraqi Navy and Marine Corps. The first team, IqMTT-01 arrived in 2009.

"The beginning is just as important as the end," said Maj. Monte Powell, commander, IqMTT-03, discussing the influence Marines have made on the Iraqi military throughout Operation New Dawn. "It's definitely a historic event to be a part of...to be the last Marine team here and understanding the sacrifice of those before us."

Powell, a Tulsa, Okla., native, was in charge of the last Marine operation in Iraq. He described the footprint engraved not only on the nation of Iraq, but the skills and knowledge forever embedded in the Iraqi Marines and sailors.

"The Marine Corps relationship with the Iraqi Marines will be an everlasting bond," Powell shared in a media release from Third Army public affairs. "The Marine Corps warrior ethos and spirit is cemented with the Iraqi Marines and they will continue to improve and defend the country of Iraq against all enemies both foreign and domestic."

The Marine Corps Martial Arts Instructor for the Iraqi Marine and sailor training engagement was 1st Lt. Mark Lowett, an air support control officer from Marine Air Support Squadron Two. Lowett individually augmented to deploy to Iraq in support of IqMTT-03's mission shortly after graduating the Basic



Sgt. Sklyer Feller, training adviser assigned to Iraqi Marine Training Team Three holsters his weapon in preparation for the convoy's departure from Umm Qsar, Iraq, Oct. 14.

School in Quantico, Va.

Throughout the training, Lowett expressed the impression he believed the team left on the Iraqi Marines and sailors.

"I think a lot of them [Iraqi Marines] were impressed with the training we had to offer," said Lowett. "They were always interested, always excited and eager to train and learn."

Lowett explained that a large majority of the Iraqi Marines did not have the opportunity to receive hands on martial arts instruction. However, Lowett and his team of training advisers were forwarded the chance to demonstrate a wide variety of martial arts techniques for about 100-150 Iraqi Marines

during the 5-month tour.

"It's important to make a statement to the Iraqi Marines and the country that we as Marines are leaving a positive image that they will never forget," said Lowett, a Chicago native.

U.S. military forces have been training Iraq's military and security forces to promote country security and stability for more than half a decade. The U.S. Marines trained Iraqi military and security forces, ensuring that once the U.S. military presence in Iraq ends, the nation is capable of conducting independent counterinsurgency operations, as well as being tactically, operationally, and logistically proficient.

CORPS BITS



2nd MLG (FWD) hosts Corporal's Course

CAMP LEATHERNECK, Afghanistan — "Corporals! When I'm talking, you are not. Are we clear?"

The chatter among a group of young corporals ceased as Staff Sgt. Nicholas Underwood began demonstrating the proper execution of crunch exercises.

As the chief instructor for the 2nd Marine Logistics Group (Forward) Corporal's Course aboard Camp Leatherneck, Underwood, along with a handful of sergeant instructors, led approximately 30 young non-commissioned officers through their initial physical fitness test, Oct. 18.

This lesson in leading Marines was just the first of many in the course that began Oct. 17 and will run through Nov. 9. As leaders themselves, these corporals will learn the traits of a successful NCO and how to properly apply them to developing subordinates and supporting their superiors.

These principles are crucial to mission accomplishment in any forum, even when forward deployed.

Over the course of the next few weeks, Shorts and his instructor staff will cover lessons in leadership basics, tactics and physical fitness, to name a few. Upon graduation, they will have the tools they need to effectively manage and direct their Marines.



Marines lend gentle hand to orphanage

QUEZON CITY, Philippines — U.S. Marines in support of 3rd Marine Expeditionary Brigade visited the Gentle Hands Orphanage in Quezon City, Oct. 21 through 23, as part of a community relations event during Amphibious Landing Exercise 2012.

Gentle Hands, a Christian child and youth welfare agency, provides shelter and care to children ranging in ages from birth to high school. The orphanage is currently home to 50 people.

The orphanage started in 1990 as a birthing clinic for those who could not afford proper medical care.

During the first visit Oct. 21, the Marines helped move rebar and bags of cement for the renovation of the orphanage, watched movies with the young children and played basketball with the older ones.

The following day, they delivered food and medicine to the Malabon community, as well as sang, played basketball and spent time with the children.

On the final day, the Marines returned to the orphanage to spend some additional time with the children.

Community relations projects like this one not only benefit the community, but also help the Marines see how much they have to give.



Corps Shot

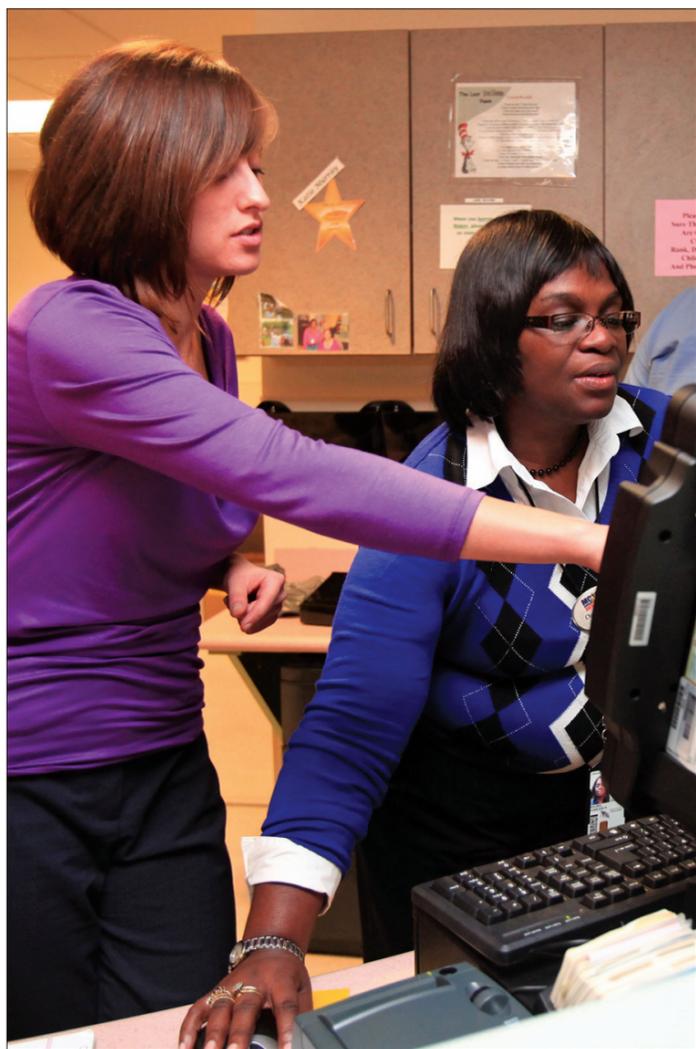
Illustration by
Lance Cpl. Michael Petershelm

Private First Class Ekrem Uysaler, a team leader with Weapons Platoon, Charlie Company, 1st Battalion, 2nd Marine Regiment, conducts Military Operations in Urban Terrain training at the Urban Assault Course on Fort Pickett, Va., Sep. 13, 2011.

Tri-Command care centers begin using CYMS

“It will even notify when shot records need to be updated ... it greatly enhances our customer service,”

Helen Rogers
Air Station Child Development Center coordinator



Erna Numanovic, Child and Youth Management System trainer for Vermont Systems, assists Charlene Holmes, Child Development Center audit clerk, with taking a payment using the CYMS system at the Air Station's CDC, Oct. 24. Numanovic assisted the CDC staff during the first week CYMS was used.

Lance Cpl. R.J. Driver
Staff Writer

Care centers throughout the Tri-Command began using the Child and Youth Management System Monday.

The system, better known as CYMS, connects the Tri-Command care centers globally with Department of Defense care facilities and records customer usage and fees, as well as, keeps a log of exactly how many people are in the buildings at a given moment.

It also replaces the old task of having to complete paperwork for records, which Helen Rogers, Air Station's Child Development Center coordinator, says, “will make transactions faster and drastically increase our customer service.”

Until now, employees at the care centers had to keep paper records and even produce hand-written receipts, and parents would have to make multiple payments at different care facilities.

For example, Rogers explained that if a child attends both the CDC and the Youth Center, the parent would have to make a payment at both centers, “but now, parents can make one payment at one center and cover both balances.”

Notices began popping up Oct. 13 informing parents to pick up their two CYMS passes, which enable them to access the facilities.

“Upon entering, parents, contractors and employees, will scan their pass at the scanning station located at the front desk,” Rogers said. “From there, the system will log what time they entered, and will inform the staff and parent if there are any outstanding fees. It will even notify when shot records need to be updated...it greatly enhances our customer service,” she added.

Rogers also explained that in the event of a fire drill, management will know how many children, staff members and contractors are in the building just by looking at a computer screen. Previously, information had to be radioed to one another.

Because of CYMS' electronic file storing and the CYMS pass, service members no longer have to worry about filling out more paperwork when they are assigned to another duty station. All the information is available at the swipe of a card.

To kick everything off, refreshments were available to parents, as the staff, accompanied by Erna Numanovic, CYMS trainer with Vermont Systems, worked through the kinks of the launch.

“There were minor connectivity issues early in the morning, but we were able to get through them with the assistance of the [information technician] department,” Numanovic explained. “Overall, this has been a great launch and a lot of it is credited to the

great staff here and how well they work together – no one is missing a beat.”

Implementation of CYMS did not happen overnight. In fact, it took three weeks of training and nearly eight weeks to enter all customer data into the system. During that time, employees pulled together to make it happen.

“During our training, we had to take the whole management team and our clerks away for a week at a time, but the great employees left to run the facility did so without a problem,” Rogers said. “Their performance here allowed us to get the training necessary for us to begin using this great system.”

Over the past decade, “Vermont Systems has worked with the Department of Defense to continually improve upon the interface and usability of the program,” Numanovic said.

Beaufort is one of the last areas in the Marine Corps to receive the CYMS system, which Rogers says has been coming down the pipe since 2006.



Andrea Jackson, Child Development Center program assistant aboard the Air Station, set up refreshments for the CDC customers who patiently waited as staff worked through the kinks of the Child and Youth Management System Oct. 24.



Challenge coins collected throughout Stephens' military career sit on his bookcase as a reminder of where he has been.

STEPHENS

continued from page 1

oped my own interest in military history,” Stephens explained. “While at The Citadel, I learned more about history and tactics.”

Eventually, he made his way to Beaufort, where he currently resides.

“After serving as an infantryman, I served at the National Guard armory in Beaufort where I learned more about the local his-

tory,” he said.

Stephens' interest in history translates into the medical field as well, where exposure to different illnesses and patient history can make a physician successful.

“I believe that it is important to understand your patient's background, because it can speed up the diagnosis process,” Stephens explained. “For example, in medical school, one would be exposed to a person with a toe injury.

One may have an arthritic toe; the next, a toe with gout; or a toe that had something dropped on it. Combine the exposure from seeing the different types of injury with the knowledge of your patient having a history of gout or knowing they dropped something on their foot, and you have a good idea of what is going on before you even examine it.”

For Stephens, medical and military history all ties into the theory of knowing where you have been to find out where you are going.

Stephens' wealth of knowledge is not something he solely keeps to himself. He mentioned recently helping his daughter with a history assignment in which even he learned more about the area while instilling his knowledge in her.

He also said, even in passing, he has a way of working in historical facts with his coworkers, which keeps history going and never dying.



William Stephens, Branch Medical Clinic physician's assistant, peers at a battle replica in his office, Oct. 22.

TUITION

continued from page 1

individual per fiscal year.’

The message also states that service members ‘currently enrolled in classes who were affected by the changes [to Tuition Assistance] will be eligible for TA authorizations for any cost that would have been paid by TA prior to the change.’ Additionally, ‘late enrollments may be approved if accepted by the academic institution.’

Despite the restoration of tuition assistance levels, Marines are advised to use these resources in the most efficient manner since no increase in tuition assistance funding has occurred.

“Even with prudent utilization measures in place it is likely that [Fiscal Year] 12 Tuition Assistance Funds will be exhausted well before the end of the [fiscal year],” stated Milstead.

Financial alternatives such as scholarships, grants and the G.I. Bill, are always available to supplement a service member's educational opportunities and Fighbertown Marines and Sailors are encouraged to use such resources as www.mcsfex.net to find financial aid from collegiate institutions, the Free Application for Federal Student Aid and the Montgomery G.I. bill.

David Ellard, Marine Corps Air Station Beaufort and Marine Corps Recruit Depot Parris Island education services officer, advises active duty service members to seek out scholarships and grants and avoid using the Post 9/11 G.I. bill because the benefits are more effectively used in a full time student environment.

For more information on how to pursue educational opportunities while still serving, please contact the Education Office at the Air Station at 228-7474 or Parris Island at 228-2152.

VOLUNTEER

continued from page 1

can give volunteers a huge sense of pride in what they do for others.”

The spirit of volunteerism can impact a whole community. Volunteers give back what they have been given, and help those less fortunate get the things in life that others might take for granted.

The local community has many volunteer opportunities for service members to satisfy that urge. Through volunteering, service members not only improve their social standing in the local community, but also put themselves in a position to meet new people while doing something good for others.

“Volunteering helps service members get connected to the surrounding community,” said Pangelinan, a native of Guam.

Seeing the smile on people's faces makes most volunteers proud to do what they do for those in need, he added.

“Volunteering with Habitat for Humanity helps keep the cost of houses down in the community, since vol-



Sergeant Ronnie Fielder, Marine Aircraft Group 31 Marine Air-Ground Task Force plans chief, listens while a River Oaks Residential Care resident tells stories of her Marine daughter, Feb. 14.

unteer labor means less money paid to the contractor,” said Ryan Copeland, the resource development director with Habitat for Humanity. “This, in return, helps lower the overall cost of the house and the resulting mortgage payments for the homeowner.”

According to Copeland, Habitat's most current job site is the Women Build on St. Helena Island. After the Women Build House is complete early next year, work moves to the Veterans Build House downtown in the Pigeon Point neighborhood, which is being sponsored and built by lo-

cal veterans. “Service members help give us an infusion of manpower when we need it most,” said Copeland, a native of Beaufort. “We have active and retirees who come out to volunteer, and having the active duty service members come in not only boosts production, but also morale.”

For more information about volunteering in the local community, service members can contact the SMP at 228-7405. For more information on other Beaufort County charities and non-profit organizations, visit www.sciway.net

www.thebootandjetstream.com
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Combating the cold

Lance Cpl. Timothy Norris
Staff Writer

Marines exercise and operate outside, there is almost no way around it – it is what Marines do. It is also the same place where Marines spend a lot of down time, both of which are greatly affected by the changing seasons.

The same chilly reasons that may keep people from going out and exploring, may also make them apprehensive about training in the early hours of the day.

“The weather should never stop someone from [exercising],” says Sgt. Cynthia M. Sosa, Headquarters and Headquarters Squadron, flight clearance noncommissioned officer in charge. “Physical fitness is one of the most important things in life. It keeps you healthy and well-balanced. Physical training can be a confidence booster and it allows you to de-stress and maintain good weight control.”

Maintaining an exercise routine throughout the year can be difficult, especially in cold weather. Part of what motivates Sosa is the Marines she leads every day.

“It is easier to keep up, than to catch up,” she warned. “It can be tough on a cold morning to get up out of your warm bed to go PT, but knowing that I am going out there to help others and not just myself is motivating in itself.”

Marines cannot avoid or choose the weather they train in. They can only choose to operate safely in adverse conditions as a key to injury prevention.

Acclimation is a good first step and is

necessary before in-depth exercise in cold weather, says Jonathan Hutchison, Semper Fit personal trainer. There are not as many cold related injuries as there are heat related injuries, which can cause individuals to drop their guard and forget the small things like, hydration.

“Just because it’s cold outside and you don’t think you’re sweating as much you are still becoming dehydrated,” Hutchison said. “You need to hydrate as you would during any other season.”

Hutchison went on to say that, water is the number one source for hydration, and that sports drinks can hydrate, but should be used after intense exercise sessions, to replenish the body’s electrolytes.

Being outside for an extended period of time brings along with it an inherent risk of hypothermia. The combination of improper seasonal outdoor attire and neglecting to hydrate can prove costly when participating in outdoor activities.

“This is a unique and good place to live,” said Jeff Odom, Air Station outdoor recreation manager, noting the many options the area has to offer, such as: state parks for camping and hiking, beach fronts, fresh and saltwater fishing and the allure of the Blue Ridge Mountains – all of which offer outstanding recreational activities.

The weather is changing, cooler temperatures are settling in and whether you train in the chilly morning or visit the great outdoors, activities should be adjusted to safely accommodate the changing climate.

Cold weather PT gear

Marine Corps Order P1020.34G and ALMAR 019/08 states

although both the running suit jacket and the sweat top may be worn without the accompanying bottom halves, the bottom halves may not be worn without the top. Also, sweat suit articles and the running suit may not be combined. The beanie may be worn during physical training or field operations, but not in garrison with the MARPAT Marine Corps Combat Utility Uniform.



Bolden home to new basketball teams

Lance Cpl. Timothy Norris
Staff Writer

Bolden Elementary/Middle School will sponsor the school’s inaugural basketball teams this fall with the formation of a boys’ and a girls’ team at the Laurel Bay school.

Thanks to the diligence and tenacity of parents, school faculty and the Air Station chain of command, this venture – three years in the making – has become a reality. The teams will start hitting the courts for practice Nov. 1, with their first game against Beaufort Middle School more than a month later, slated for Dec. 5.

“It’s a great decision and a step in the right direction for our school,” said Wendy Randle, Bolden principal. “We want to provide these kids at Bolden and this installation equal opportunities that other kids in other districts have.”

Randle expects the addition of a sports program will have a tremendous impact on the morale and culture of the students.

“It is every leader’s responsibility to create an enduring organization, the same desire holds true for sports for these kids,” said Col. Michael S. Cederholm, Marine Aircraft Group 31 commanding officer.

The hope is to establish a program that becomes so ingrained, it will be there

for students several years down the road.

“We have to start the program small and build it,” said Brian Kirkpatrick, the Bolden athletic director.

Kirkpatrick said, he thought the biggest reason that parents enrolled their children in off-base schools is because of the absence of a sports program at Bolden.

“This is their social network,” said the Yale, Mich., native. “They are around other kids who understand what they’re going through. With their parents in harm’s way when deployed, it’s important they have this network here.”

For the staff at Bolden, the new sports program is about making the school the best it can be for the students, and to give them as many opportunities as possible.

“I want to send kids to high school who can get right onto the basketball team, because they have good sound fundamentals,” Kirkpatrick continued, stating the focus of the sports program is to teach the basics of the sport, but more importantly, to instill the principles of teamwork and good sportsmanship. So that way when they go to high school they will be a strong, well rounded member of a team.

“It’s a great opportunity for our military children,” said Cederholm, who likened the skills, values and principles that will be taught to the teams, to the core values of honor, courage and commitment.

The teams are still in need of coaches. Anyone interested can contact Principal Randle at 846-6363.



Lance Cpl. Rubin J. Tan



Units aboard the Air Station have been busy in an effort to reduce the cost of their Marine Corps Ball tickets this year. Cookouts, car washes and bake sales are just a few of the creative ideas Marines have to defray the cost of their tickets, but the engineer Marines of Marine Wing Support Squadron 273 have been doing something out of the ordinary. For three years, the engineers have stricken fear in the hearts of Tri-Command friends and families with their notorious haunted house. By day, Marines and heavy machinery occupy the bay in which they call their workplace, but when night falls, the goblins come out to play as the bay becomes a house of terror. Adults and children can get their share of scares for \$5 and \$3 respectively at the MWSS-273 Heavy Equipment Bay located to the right of the motor pool.

Photos by Lance Cpl. R.J. Driver



Corporal Jose CurielMartinez, Corporals Leadership Course student, drags the 145 pound mannequin 'Rescue Rosie' at the Air Station Warrior Challenge, Oct. 20. One dollar per person was donated to breast cancer research for the first 50 participants of the optional event.

Fightertown rescues 'Rosie' for breast cancer research

Lance Cpl. Timothy Norris
Staff Writer

The most recent Warrior Challenge held Oct. 17, through 20, on the Air Station offered something a little extra for the participants.

A full size, 145 pound mannequin named, "Rescue Rosie," dressed in black and white camouflage pants and a pink shirt that read "fatigued," was dragged and carried across the course in support of breast cancer awareness.

By carrying "Rosie" around a cone 10 feet away and back to her chair, Harriet Fisher, Semper Fit physical fitness coordinator, donated one dollar per person for the first 50 people who "rescued" Rosie, to the Susan G. Komen for the Cure foundation. Forty-five seconds were also deducted from a challenger's total time on the circuit of events.

"We want to promote fitness, but we also want to promote health care and health awareness," Fisher said. "Physical fitness should be a major component to good health care and prevention of disease. I wanted to donate for breast cancer research, so I opened it to the (service members) here so they could show us that they care too."



Photos by Lance Cpl. Timothy Norris

Sergeant Ashley Nixson, Marine Aircraft Group 31, fiscal clerk, walks across a balance beam during the Air Station Warrior Challenge, Oct. 20. The challenge was moved to October to incorporate support for breast cancer awareness.

The first person to rescue Rosie Oct. 20, had the support of the Corporals Leadership Course as he navigated the intense circuit of events.

"We chose to do it for the challenge, to go above and beyond our comfort zone," said Cpl. Jose Curielmartinez, Corporals Leadership Course student. "It's not something we do on a daily basis and you can see your weaknesses."

The Los Angeles native said he felt the challenge is a good evaluation of any participant's combat readiness as it puts to the test their readiness to be deployed to a combat zone.

The Warrior Challenge was designed to push endurance to the limit, with tire flips and drags, hurtles, ammo can lifts and presses. The final event was climbing a rope to a low-hanging tree branch.

"It blends Crossfit [with] high intensity tactical training," Fisher said. "The camaraderie, self esteem and unit cohesion that builds here is fabulous. I get inspired and cheer people on."

Nearly every unit on the Air Station was represented at the four-day event. Marines can expect to take on the challenge again next spring for the semi-annual Warrior Challenge.

