3rd MAW Fwd. takes command in Iraq

CPL. SCOTT MCADAM
Combat Correspondent 3rd MAW FWD

AL ASAD, Iraq - Command of the Aviation Combat Element for Multi-National Forces-West passed from 2nd Marine Aircraft Wing (Forward) to the 3rd MAW (Fwd.) during a Transfer of Authority ceremony here Jan. 30.

Brig. Gen. Randolph D. Alles, 3rd MAW (Fwd.) Commanding General, assumed command of the ACE and Al Asad Air Base from Brig. Gen. Timothy C. Hanifen, 2nd MAW (Fwd.) commander.

The primary mission for 3rd MAW (Fwd.) is to support the Marine Air Ground Task Force and Iraqi security forces.

“Third MAW is capable of covering any area throughout the country,” said Alles. “Our primary focus is the Al Anbar province.”

Greyhawks reach 60,000 mishap-free flight hours

LANCE CPL. AUSTIN GOACHER
Combat Correspondent

A 3rd Marine Aircraft Wing squadron recently achieved 60,000 Class A mishap-free hours. Marine Medium Helicopter Squadron 161 reached the benchmark during a training flight at Marine Corps Base Camp Pendleton, Calif. Jan. 29.

“It’s incredible to be with a squadron when it reaches the 60,000 mark,” said Capt. Grace Kelly, a pilot who was flying at the time of the exercise. “It reflects the squadron’s long history of professionalism.”

Achieving this is made even more remarkable by the number of combat tours the squadron has participated in, according to Capt. Scott Horton, the squadron’s operations officer.

Throughout a seven-month deployment the squadron flies twice the amount of hours than they would while in garrison, explained Horton.

The squadron’s last Class A mishap, a mishap resulting in the loss of life or damage in excess of $1 million, occurred in 1995 while the squadron was deployed.

“CH-46 squadrons that are attached to MEU’s also get hit against their record if one of the attached aircraft has a Class A accident,” said Lt. Col. W. Dan Cerkan, the 3rd MAW director of safety and standardization.

“HMM-161’s achievement is not a very common occurrence and is very significant due to the commandant of the Marine Corps, Gen. James T. Conway, visited MCAS Miramar Wednesday to speak at the retired general officers symposium at the Officers’ Club here. More than 121 retired generals were invited to attend the event. Conway addressed issues such as his continuous pride in the Marines and retention goals during his opening remarks.

CMC visits Miramar, speaks at symposium
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To help Marines and sailors test their knowledge of foreign languages, the education center here can schedule proctoring for language tests, through the Defense Language Institute Foreign Language Center.

The school, based out of Monterey, Calif., offers online tests to service members who want to certify their knowledge of a foreign language in their service record book, explained Gunnery Sgt. Scott S. Cavanagh, the education officer for the air station. They also proctor tests via the phone.

“When a Marine gets certified, if they score high enough, they can receive extra pay and accreditation at some colleges,” said Cavanagh.

The U.S. Department of Education accredits the institute for college language studies. If service members want to specialize in a foreign language, the institute will award an associate of art’s degree to service members who meet the graduation and education requirements.

They can test for many different languages ranging from Arabic to different dialects of Chinese, explained Cavanagh.

The institute also offers Marines and sailors a chance to learn words and phrases of many foreign dialects they may find useful when they deploy.

The language center’s Web site, www.dliflc.edu, lists key phrases for regional words Marines might need to say while deployed, explained Cavanagh. If a Marine deploys and wants to know some phrases people say in Iraq, they can visit the Lingnet section of the Web site and look up a list of Arabic words associated with their job. They can then use the knowledge learned while interacting with the locals and providing humanitarian aid.

The command can also order CD’s and pamphlets online and distribute them to the Marines.

Marines seeking to learn a new language or brush up on one can also use the station’s library materials to prepare for the language diagnostic exams. The library has books available to service members to use.

The materials are all free, all people have to do is check them out, explained Thelma Halebesky, a librarian at the station library. The library has Rosetta Stone language software available for Marines to use.

“If junior Marines or sailors receive language training they can make accomplishing the mission a lot easier,” said Cavanagh.

Service members can contact the library at 858-577-6315 and the education center at 858-577-1801.
VMGR-352 Det deploys to Iraq, supports I MEF

CONTINUED FROM PAGE 1

“Before I came here, I was stationed with a training squadron and I’ve never had the chance to go forward,” said Gonzalez. “I’m excited I get to go and help the squadron overseas in a new environment.”

While aircrews fly and practice the missions they will perform in Iraq, the Marines on the ground have their own training evolutions to complete.

The Marines in the avionics section need to pass a ground support equipment certification class before we deploy, explained Gonzalez. On top of that, the Marines need their semi-annual and annual qualifications including a rifle, swim and fitness test.

The Marines and sailors from this deployed detachment will return in several months, however, the squadron will continue to send Marines to Iraq to support OIF in the future.

3MAW, long deployment, the Al Anbar Province experienced a drop in violence.

“I think that when historians look back at this war, they will say that this was the turning point,” said Hanifen at the TOA ceremony.

“I can’t argue with success; they maintained 90 percent reductions in attacks during their deployment,” said Alles commenting on 2nd MAW’s successes.

With the arrival of 3rd MAW, 2nd MAW will return to its home at Marine Corps Air Station Cherry Point, N.C. to rest and train for their next deployment.

“This is a new challenge for us, 2nd MAW (Fwd.) is ready to get out, and the morale of our troops is awesome,” said Scott. “We will make sure that Iraq is a better place when 3rd MAW (Fwd.) leaves.”
Marine Corps Air Station Miramar is expected to open the first of three community centers in the station’s housing areas this month in an effort to better serve the residents of the station.

The project is part of the station’s Public Private Venture Military Family Housing program, according to Jack R. Harkins, deputy director of the station installation and logistics section.

“The project includes three community centers that will enhance the quality of life for the families residing in each of the three housing neighborhoods,” said Harkins.

The first two completed facilities will have a full kitchen, hospitality room with an entertainment and social area, and a furnished fitness room for family fitness activities, explained Harkins.

In addition, all the centers will have a family pool that reaches a maximum depth of four feet, an outdoor shower, playground, barbecue and outdoor dining area.

Lincoln Military Housing, a division of Lincoln Property Company, will operate the community centers for use by the housing residents on station, according to Harkins.

“I’m looking forward to being able to go to the new community center,” said Marie Hoskins, a resident here. “I’m looking forward to taking my child to the pool when it gets warmer.”

Contractors began construction of the third center Jan. 23.

The third center will include all features of the first two centers, plus a fitness center attached to a children’s play room, a teen recreation room, a meeting room for classes and groups, and a business center with computers to access the Internet, explained Harkins.

In addition, the third center will provide an on-site housing management office. This center is scheduled to open in 2009.

The social area of the new community center has everything from couches to flat-screen TVs.
Navy League scholarship deadline approaching

LANCE CPL. AUSTIN GOACHER
Combat Correspondent

Interested high school seniors whose parents are active duty, retired or deceased Naval service members, can apply for the Alexander Kreiglowa Navy and Marine Corps Dependents Education Foundation Scholarship Program.

This is the first year the scholarship has been made available, explained Marilyn Bucchi, the vice president of scholarship programs for the Navy League’s San Diego chapter.

“The scholarship is self-containing because we use interest on the account Kreiglowa set up,” said Bucchi.

The scholarship, which is available for the first time this year, provides up to $15,000 per year to pay for tuition, books and school fees.

Students must maintain a B average to maintain the scholarship and must fill out a special circumstances form if they need to provide documentation of the expense.

Four to five students will receive the scholarship in the San Diego area this year, explained Bucchi.

Kreiglowa started the program in order to give back to the Navy after serving more than 20 years and retiring in 1957.

“The Navy was very good to me and I think this is one way I can give back,” said Kreiglowa.

“I want the scholarship money to go to students who have a strong desire to get ahead and accomplish things.”

Applications and forms can be found on the Navy League Web site www.navyleague-sd.com.

Family members receive services from NMCRS

LANCE CPL. FREDRICK J. COLEMAN
Combat Correspondent

Since the Navy-Marine Corps Relief Society was founded in 1904, it has provided the nation’s Marines and sailors with financial, educational and other assistance through interest-free loans, grants and other relief resources.

The society offers combat casualty assistance to Marines and sailor casualties and their families.

Since the beginning of the Global War on Terrorism, the NMCRS has seen more than 1,500 combat casualty assistance cases and provided more than $2.5 million in assistance to members of the United States Naval services according to Jeannie Spies, the director of MCAS Miramar’s NMCRS.

“There is no limit to the amount of help we give to the service members,” said Spies.

“We provide help through the tough times and tribulations to ensure no family go without assistance.”

Most of the assistance provided by the society goes towards basic living expenses such as food, lodging and transportation associated with bringing family members to their injured service member.

The society has an agreement with some Navy lodging facilities in San Diego to help bring the families closer to hospitalized service members.

“We currently have agreements with hotels in the city and on military installations to assist families visiting hospitalized service members,” explained Spies.

Along with the assistance, the program offers the Visiting Nurse Combat Casualty Assistance Program for service members and families, explained Ruthi Moore, the director of the NMCRS nursing program.

The nurses help family members understand the issues their loved ones are facing by explaining medical terminology associated with their issues and teaching the family members how to care for them.

The program began in 2006 to help family understand what their loved ones were going through, added Moore.

In addition, the nurses also introduce the families to resources to assist them with their service member, added Moore.

The nurses will continue to follow up on families long after that family leaves the military, explained Moore.

“At the NMCRS, we are all about family,” said Spies.
ABOARD USS TARAWA – Marines from 3rd Low Altitude Air Defense Battalion, who are attached to Marine Medium Helicopter Squadron 161 (Rein), 15th Marine Expeditionary Unit (Special Operations Capable) practiced the firing procedures of engaging live targets with a simulated Stinger missile system here Jan. 22.

Marines tracked an AH-1W Super Cobra Helicopter from the tail end of the ship to help prepare them for a possible confrontation with enemy aircraft.

“Was this drill was designed to do was to provide confidence in shooting the Stinger missile in a combat environment – if it flies, it dies,” said Staff Sgt. Terry C. Waters, a section leader with B Battery, 3rd LAAD Bn.

The Stinger is a fire-and-forget weapon firing an infrared seeker and proportional navigation system to destroy the target, according to Waters.

The Marine Corps’ first shoulder fired surface to air missile, the Redeye, was implemented during the 1960s to combat low flying enemy aircraft.

The problem with the Redeye is that a person would have to attack the aircraft from behind to receive a good heat trace, according to Waters. With the Stinger, a person can engage the aircraft from any direction.

Since the Stinger’s introduction in 1982, which replaced the Redeye from the 60s and 70s, defending the threat of low flying enemy aircraft expands to today’s warfare.

This training helped Marines track a moving target while getting more familiar with the firing procedures.

“The Stinger is the most advanced weaponry anywhere in the armed forces against low altitude aircraft,” said Waters.

“It has a kill ratio of 99.9 percent which makes it a ‘one shot, one kill’ weapon.”

Because of the weapon’s superior technology and the cost of an actual missile, 3rd LAAD only fires the weapon about once a year.

The entire weapon system runs anywhere from $90,000 to $100,000 for the Stinger, according to Waters.

Besides firing the Stinger once a year, Marines from 3rd LAAD fire a Stinger Launcher Simulator about twice a year.

The STLS is a training round designed to simulate the Stinger missile, except the STLS travels approximately 50 yards before it harmlessly hits the ground.

Although hands-on training is rare, Marines still believe in the Stinger 100 percent.

“I have only fired the weapon four times, and out of those four times I’m four for four,” said Cpl. Talis A. Jordans, a team leader with A Battery, 3rd LAAD Bn. “I’m extremely confident that the weapon will work in combat.”

Because the weapon is a lightweight, man-portable shoulder-fired guided missile system, it enables Marines to fill gaps where low flying aircraft can slip under the radar, according to Cpl. Michael J. Nicolazzo, an assistant gunner with A Battery, 3rd LAAD Bn. In addition to firing the weapon from the shoulder, the Stinger missile can be attached to vehicles.

The Pedestal-Mounted Stinger Air Defense Vehicle and the Light Armored Vehicle, Air Defense Variant (LAV-AD) employed the Stinger during the 1990s to help combat enemy aircraft, according to a Military Analysis Network web page.

With the capabilities to fire the weapon from virtually anywhere, Marines from 3rd LAAD continually train to enhance their knowledge with the Stinger.

“We train all the time,” said Jordans. “We’re in the field more times than not.”

Marines from 3rd LAAD can attach themselves to infantry units, air wing units or any other unit who might require low altitude air defense.

“We are the last line of defense to protect an area from a low aerial attack,” said Jordans.
(top) Six 500-pound bombs sit on a trailer at the bomb pad in East Miramar waiting to be delivered. The munition Marines assemble, inventory, inspect and transfer the aviation ordnance to the squadrons at the CALA.

(right) Lance Cpl. Thomas Dehart, a munitions Marine with Marine Aviation Logistics Squadron 11, secures the 500-pound bombs to the trailer. The munitions Marines spend their days at the bomb pad in East Miramar regardless of the weather, loading ordnance on aircraft from the air station.
The munitions section is responsible for all of the ordnance needs for 3rd MAW squadrons, explained Sgt. Kevin Mitchelldyer, a munitions Marine. “Munitions issues the aviation ordnance to the squadron.”

When MALS-11 receives a request, they order ordnance from station ordnance who then delivers munitions to MALS-11, according to Simmons.

The munitions section assembles, inventories, inspects, and transports the ordnance to the squadrons at the combat aircraft loading area on the flight line.

The section works long-hard hours in any climactic conditions, explained Sgt. Todd Reifsnyder, the quality assurance safety observer.

To ensure the Marines follow the correct procedures while working, a bomb team must work together, according to Simmons.

“At a minimum, it takes four Marines to comprise a bomb build-up group,” said Simmons. “We have a quality assurance safety observer, a team leader and two team members.”

The QASO usually has the most experience, explained Reifsnyder.

“My role is to teach and observe while making sure everyone is doing everything safely,” said Reifsnyder.

The team leader does most of the teaching, working hands on with the team members, according to Reifsnyder.

Some example of the bombs the Marines build include laser-guided bombs, satellite-tracked bombs, land-mine bombs and the list continues, explained Simmons.

To complete their mission, the munitions Marines must qualify every six months to handle explosives, explained Simmons.

To deliver ordnance, the drivers must have explosive driver certification, according to Simmons. Hours before the sunrise, the drivers pick up ordnance from the bomb pad and bring it to the CALA.

“All ordnance men are required to have a 7-ton, a humvee and a forklift license,” said Simmons.

Safety remains paramount when handling explosives, explained Simmons.

“The Marines have to go through extensive explosive training in order to understand what they are dealing with and the safety precautions,” said Simmons.

The potential dangers include heavy ordnance falling off of a trailer onto someone’s foot, high explosives detonating from radio frequencies or impact warheads exploding if they fell from the trailer, explained Simmons.

The different bombs and missiles weigh as much as 2,000 pounds.

“The bomb pad is our office,” said Cpl. Anthony Gardner, a team leader. “To be in munitions, you have to be ready to work.”

The munitions section supplies squadrons with explosives
Former 3rd MAW Marine passes knowledge

LANCE CPL. FREDRICK J. COLEMAN
Combat Correspondent

MURRIETTA, Calif. – Marines go on to pursue many walks of life after leaving the active ranks. Some may hang their neatly pressed uniforms in closets and reminisce about the journey they’ve taken during their career in the Marine Corps.

For a former sergeant major of the 3rd Marine Aircraft Wing, his journey after retirement led him to Murrieta Valley High School’s Marine Corps Junior Reserve Officer Training Corps.

Retired Sgt. Maj. Gilmore Richter, a native of Evansville, Ind., became an instructor for the school’s JROTC program in 1993, shortly after ending his 30-year career.

“The 3rd MAW commanding general called me into his office and handed me a piece of paper and told me, ‘I think you would do a good job at this when you retire,’” explained Richter. “We didn’t have Marine ROTC when I was growing up so I didn’t know what it was until I got here.”

Richter continually looks out for the welfare of his cadets, explained Akana. He constantly checks grades, and asks questions to make sure the students are performing to the best of their abilities.

As a Vietnam War veteran and former drill instructor, Richter has a vast amount of knowledge to pass on to the JROTC students.

While his class takes notes, Richter walks among the students, telling them about his experiences and the importance of creating a good image of themselves.

“Every day, I tell my students to think twice about the actions they take,” said Richter. “I ask the students if what they do is going to positively affect the school’s perception of the program.”

In addition to making sure the cadets are behaving away from the classroom, Richter also introduces his students to resources to help them with decisions and issues they face.

“Sergeant major has been helping me with finding information on how I can get into the U.S. Naval Academy,” said Cadet Lance Cpl. Ben Walters, a sophomore in the school’s JROTC program. “He always takes his time to ensure all students get what they are looking for.”

Since 1993, more than 100 JROTC cadets from the school decided to join the military with more than 40 joining the Marine Corps, explained Richter.

“I enjoy former students of mine who come in to talk to me about their experiences in Iraq,” said Richter. “I become more relaxed knowing they went there and came home safely.”

Now fifteen years retired, Richter continues to wear the high-and-tight while proudly wearing his sergeant major rank on his neatly pressed combat utility uniform, teaching JROTC students the meaning of honor, courage and commitment.

Service members and their families have an abundance of resources to help them adjust to the military lifestyle.

The Web site www.militaryonesource.com offers resources all under one organized Web site to include assistance for filing taxes.

With the arrival of tax season, H&R Block offers free tax preparation and filling through TaxCut Basic Online for service members and their families.

Along with tax assistance, the Web site has multiple links to assist service members with their financial quests.

“It’s a one-stop shop for information,” said Angel DeLuz, a spokesperson for Military OneSource here.

“Whatever you need-- a babysitter, a plumber, or someone to give you tips on how to communicate with your teenager, Military OneSource can provide it,” said Army Lt. Col. Les’ Melnyk, a Department of Defense spokesperson. “It offers help with personal finances, emotional support during deployments, relocation information and resources needed for special circumstances around the clock.”

The Web site brings all these things together under one roof, Melnyk explained. The DoD provides this free service for all service members and their families.

“Military OneSource extends the existing family support system,” said Melnyk. “Programs provided are especially beneficial to those geographically separated from installation services or those unable to seek assistance during traditional working hours.”

With the deployment of 3rd Marine Aircraft Wing, many family members may have questions regarding the deployment, relocating, money or parenting situations such as those with a deployed spouse.

For information regarding military installations the Web site also provides directories.

“Military OneSource will provide referrals to non-medical, short-term, face-to-face and telephonic counseling,” said Melnyk. “Counseling services focus on issues such as normal reactions to abnormal situations, couples concerns, family relationships, grief, adjustment to deployment, stress management and parenting.”

For issues requiring face-to-face counseling, a consultant can refer a service member or family member to a licensed professional counselor in the local community for six sessions per issue free of cost, according to the Web site.

For more information, visit the Web site or contact the Military OneSource help center at 800-342-9647.
Throughout the week at the Youth and Teen Center here, children have the opportunity to take part in various types of dance classes. The center takes new enrollees for weekly dance classes for children 2 to 8 years old for the cost of $30 per month.

“It allows the parents to expose their children to the fine arts and gives their child an opportunity to explore their hidden talents,” said Monica Romero, the recreation specialist here.

The classes consist of different dance styles, from jazz to creative movement.

“Those little girls love it because they want to be princesses.”

Throughout the year, the children perform at various events as well. For more information, contact the youth center at 858-577-6965.

Robin Brumbley, the class instructor, teaches the tap and ballet class for children ages 3 through 5 at the Youth and Teen Center Jan. 31. This class takes place Thursdays from 4:30 p.m. to 5:30 p.m. followed by a jazz and hip-hop class from 5:30 p.m. to 6:30 p.m.

Robin Brumbley, the class instructor, has been teaching the classes here for seven years. Each class costs $30 a month.
Stroller circuit course in full swing, helps parents stay fit

LANCE CPL. CHRISTOPHER O'QUIN
Combat Correspondent

Marine Corps Air Station Miramar service members, Department of Defense employees, and their spouses can meet at the track outside the Miramar Sports Complex every Tuesday and Thursday from 9:30 a.m. to 10:30 a.m. for the stroller circuit course.

The course helps new parents get in better shape while watching their children.

“The purpose of the program is to give mothers a way to lose postpartum weight from pregnancy, while bonding with their babies,” said Lora Plavcan, a personal trainer at The Barn fitness center here. “It’s a challenge for many moms to stay in shape after giving birth, so this will help them have time to work out without needing to hire a sitter.”

The fitness experts have designed the course for mothers, but fathers are encouraged to attend and bond with their babies as well, explained Plavcan.

The parents start their workout with a warm-up, which consists of running around the track for a few laps while pushing their little ones in a stroller.

After the warm-up, the parents perform lunges, squats and a variety of strengthening exercises with their children within arms reach.

While the parents work out the babies can see their parents from the comfort of the stroller.

Plavcan plans to broaden the workout to allow parents to perform exercises while holding their babies, enhancing the physical workout of the course.

“The idea of the course is to have it resemble the fun and laid back style of basic high school physical education classes people took when they were younger,” said Plavcan. “All the parents need is a stroller and their baby.”

Plavcan and Amy Tisland, also a personal trainer, started the course Jan. 8.

For more information, parents call 858-577-9143.

Niu Nelson, a participant in the stroller circuit course, leads a group of women in lunges during the course here, Jan. 31. The course allows parents to watch their children while getting in shape.
CALENDAR OF EVENTS

Now – Feb 29
- Youth Outdoor Spring Soccer Registration, $45/person, 858-577-6959 to register

Now – March 4
- Operation Splash Swim Program, Tuesdays, 9 - 10 a.m., Semper Fit Center, 858-577-1331 to register

Fri, Feb 8
* Spouses Deployment Support Group, 10 – 11 a.m. or 12 – 1 p.m., LINKS House, 858-437-7841
- Crabfest, 5:30 – 8:30 p.m., Officers’ Club, 858-577-4808 for reservations

Sat, Feb 9
* L.I.N.K.S. Session, 9 a.m. – 4 p.m., LINKS House, 858-577-4810 to register

Mon, Feb 11
* Baby Boot Camp 9 am – 4 p.m., L.I.N.K.S. House, New Parent Support, 858-577-9812
- Alcohols Anonymous 12-Step Study Group, 6:30 p.m., Counseling Center, 858-577-6585

Tues, Feb 12
* QOL Golf: Two Hours After Twilight Starts FREE Golf for Miramar Active Duty, 858-577-4155
- New Parent Support Play Morning, 9:30 – 11 a.m, Mills Park, 858-577-9812
- Intramural 6 vs. 6 Soccer League Starts, Tues & Thurs at 11:15 a.m. & 12:15 p.m., 858-577-1202
- Smoking Cessation Class 2 of 3, 11:30 a.m. – 12:30 p.m., Semper Fit Center, 858-577-1331 to register
- S.E.A.M.S. (Self Employed Assoc. of Military Spouses) Meeting, 12 – 1 p.m., The Hub, 858-577-6491
- Marine Teen Training, 6:30 pm, Miramar Sports Complex, 858-577-4182

Feb 13 & 14
* Key Volunteer Basic Training, 6 – 9 p.m., L.I.N.K.S. House, 858-577-4810

Wed, Feb 13
* Career and Education Fair at MCRD, 10 a.m. – 1 p.m., Field House Gym, 619-524-5732/8440/1283
* Career Resource Center, “Federal Jobs & Applications”, 1-3 pm, The Hub, 858-577-6710
* Domestic Violence Awareness, 1 – 3 p.m., Counseling Center, 858-577-6585 to register
- Thurs, Feb 14 – Anger Management II, 1 – 3 p.m., Counseling Center, 858-577-6585 to register

Sat, Feb 16
- Marine Teen Training, 10:30 am, Miramar Sports Complex, 858-577-4128
- Parents Night Out, 4:30 – 11:30 p.m., Youth Center, $10/child, 858-577-4136 to register

Eat your heart out healthy microwave class
Are you interested in learning how to cook healthy meals in your microwave? If so, Semper Fit is offering a Healthy Microwave Cooking Class on Tuesday, February 12 from 11 a.m. – 1 p.m. at The Great Escape in The Hub. They will have food already prepared and you will be given an opportunity to cook your own healthy food item during the class. Call 858-577-7963 to sign up or for more information.

Combat operational stress seminar
The Combat Operational Stress (COS) Seminar is a two hour class that will provide education, solutions and resources to understand and cope with COS. Participants will learn what COS is, how it affects people, and what can be done to cope with COS. This seminar is open to returning marines and sailors from OIF/OEF, unit leaders, and family members and will be offered every second Wednesday from 2 – 4 p.m. Call 858-577-6585 to register for this class or for more information.

Hoops & Hearts Women’s Basketball Tournament
Stop by the Semper Fit Center on Saturday and Sunday, February 9 & 10 for the Hoops & Hearts Women’s Basketball Tournament. This tournament will include the Women’s Varsity Teams from the Marine Corps. Games will be played on Saturday from 8 a.m. – 5 p.m. and Sunday from 9 a.m. – 1 p.m. Call 858-577-1202 for more information.

Deployment support groups for kids and spouses
The Marine Corps Family Team Building Department offers Deployment Support Groups for Military Children and Spouses. The children’s groups, for preschoolers, are offered at the Teen Center on Mondays at 3:15 or 4:15 p.m., Tuesdays at 2 or 3:45 p.m. and Wednesdays at 2:30 p.m. for preschoolers and 4 p.m. for elementary age. Call 858-577-6959 for more information on the children’s groups. The spouse group is offered on Fridays in the L.I.N.K.S. House from 10 – 11 a.m. or 12 – 1 p.m. Call 858-577-4810 for more information on the spouse groups. Sunday, February 10, 2008

BREAKFAST BURRITO PROGRAM
The mess hall has begun a breakfast burrito program. It will be available through the fast food window only Monday through Friday 8:30 a.m. – 9:30 a.m. The cost is $2.10 or free with a meal card.

HEARTS FOR HEROES
The San Diego Blue Star Mothers of America is sponsoring the Hearts for Heroes Valentine’s Day card campaign. Those wishing to send a card to deployed troops contact the mothers at 760-594-4853, or visit www.sdcbluestarmothers.org.

LENT SERVICES
The Lent religious services are as follows for Catholics:
- Sundays 11 a.m. mass. Every Sunday of Lent at 6 p.m. For Protestants there will be worship sessions every Sunday at 9 a.m. and a bible study at 7 p.m. with a morning prayer group at 6 a.m. Tuesdays.

ANNOUNCEMENTS

Bob Hope Theater
Fri, Feb 8 – National Treasure: Book of Secrets (PG) 6:30 p.m.
No Country for Old Men (R) 9 p.m.

Sat, Feb 9 – PS, I Love You (PG) 6:30 p.m.
National Treasure: Book of Secrets (PG) 9 p.m.

Sun, Feb 10 – The Water Horse: Legend of the Deep (PG) 1:00 p.m.
I Am Legend (PG-13) 6:30 p.m.

Wed, Feb 13 – The Kite Runner (PG-13) 6:30 p.m.

Thurs, Feb 14 – Bee Movie (PG)
2:00 p.m. (free showing)
PS, I Love You (PG-13) 6:30 p.m.

* Indicates Last Showing

MCX NEWS

The MCX Florist is offering a deal, from February 7 – 14, for that special someone on Valentine’s Day.
We can deliver on or off base and nationwide. See store for details or call 858-695-7242 for more information.
Snacks are now available at the MCX Main Store by Central Check Out. Get a boost of energy before you shop! Drinks, snacks, waffles, yogurt, salads, pastries and much more are now available.
Looking for a great gift? Don’t forget about the MCX Gift Card: The perfect gift for all occasions. The gift cards are available in any denomination and can be purchased at any register.

WANT TO BE AN OFFICER?
Marines interested in the MECEP program must have a current SAT or ACT score. The education center in The Hub offers the SAT the second Tuesday and Thursday of every month. For more information, call 858-577-1801.

3RD MAW BAND SEEKING OJT MARINES
The 3rd MAW Band is currently looking for Marines who play musical instruments to participate in on-the-job training. For more information on the program, contact Staff Sgt. David Morrell at 858-577-8301.