

Mailed Fist hones war-fighting abilities



CPL. TYLER J. BOLKEN

Gunnery Sgt. Shawn D. Decker, platoon sergeant with Company C, 2nd Reconnaissance Battalion, signals his Marines to guide an inflatable raft out the back of a CH-53E Super Stallion from Marine Heavy Helicopter Squadron 464, into the coastal water below, as part of Exercise Mailed Fist, June 18. Decker, a San Diego native, and his Marines conducted a helocast “soft duck,” an airborne troop insertion technique used by small units and special operations forces. The troops slide rafts from the back of the aircraft before plunging into the water behind them.

CPL. BRIAN ADAM JONES
MCAS CHERRY POINT

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This week, the 2nd Marine Aircraft Wing is conducting a large-scale training exercise dubbed “Mailed Fist,” designed to hone the capabilities of the Marine Corps’ East Coast aviation element.

The wing is conducting training evolutions in North and South Carolina to demonstrate and refine the wing’s ability to perform the functions of Marine aviation.

Exercise Mailed Fist provides 2nd MAW Marines with the experience to successfully perform assault support, anti-aircraft warfare, offensive air support, electronic warfare, control of aircraft and missiles, and aerial reconnaissance.

Through dozens of training events, Marines are rehearsing casualty evacuation, aerial re-

fueling, rapid ground refueling, rescue missions, air assaults, heavy-lift maneuvers, and field carrier landings, among others.

Additionally, Marine F/A-18 Hornet pilots at Marine Corps Air Station Beaufort, S.C., are taking part in the Marine Division Tactics Course, a graduate level study in aerial warfare designed to prepare the aviators for the weapons and tactics instructor course at Marine Corps Air Station Yuma, Ariz.

Among Mailed Fist’s major training maneuvers, Marines conducted a battalion assault at Marine Corps Base Camp Lejeune Monday, moving more than 500 Marines with nearly 20 aircraft. Marines with 2nd Marine Battalion, 8th Marine Regiment from Camp Lejeune partnered with four 2nd MAW

See TRAIN page A5



CPL. GLEN E. SANTY

More than 500 Marines and Sailors participate in the battalion raid beginning Exercise Mailed Fist, Monday. Exercise Mailed Fist is an annual large-scale exercise launched by the 2nd Marine Aircraft Wing to hone the capabilities of the Marine Corps’ East Coast aviation element.

Cherry Point holds fund drive to help Marines, Sailors in need

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MCAS CHERRY POINT

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Marines and Sailors at Marine Corps Air Station Cherry Point can extend a helping hand for their fellow service members by donating to the Navy-Marine Corps Relief Society Active Duty Fund Drive, now until July 15.

Service members can donate online, identifying Cherry Point as their “Base or Station,” at <http://bit.ly/nmcrsdonate>.

The Navy-Marine Corps Relief Society is a private, non-profit, charitable organization

Navy-Marine Corps Relief Society



dedicated to supporting active and retired Marines and Sailors with financial and educational assistance. Active-duty donations and client repayments of interest-free loans are the largest sources of funding for these services.

In 2011, worldwide Navy-Marine Corps Relief Society locations provided more than 96,000 Marines, Sailors and families in need with \$48 million in financial assistance including quick assist loans, emergency leave travel, disaster recovery assistance, and assistance to Wounded Warriors, widows and their families.

Cherry Point introduces residents to DOD energy conservation program

LANCE CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

FOLLOW @ZcyxUSMC

Base housing residents here might find a check in their mailbox for conserving energy or a bill for excessive use when a Department of Defense conservation program takes effect in January.

The Resident Energy Conservation Program is a secretary of defense initiative and a proven concept after preliminary pilot phases in Hawaii and Beaufort, S.C. The program saved up to nine percent of electricity usage during a two-year test period. The Department of the Navy now plans to enroll all of its residential facilities into the program.

Housing authorities here educated residents on how the program will impact them at a town hall meeting, June 13.

The air station’s enlisted leader, Sgt. Maj. Angela M. Maness, participated in the trial program in Hawaii and said it was very effective there. She said the incentives may even draw more residents to Cherry Point housing to take advantage of the deal. She stated there is no place in the civilian world where the electric company pays the customers.

A three-month test-run is scheduled to start here Oct. 1 when residents will receive notices informing them if they would have earned money, been required to pay, or neither. During this phase, no one will be billed or credited. The full program is scheduled to begin Jan. 1, with the first checks and bills to arrive in mailboxes in February.

The program works by grouping houses into “like housing groups” with similar electricity usages. The average usage for this group acts as the baseline to determine how much money a resident pays or receives. If a resident’s power consumption is within 10 percent above or below the baseline, the resident will neither owe nor receive a

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Marines recognized for community support



CPL. SAMANTHA H. ARRINGTON

Mark and Billie Hooper were recognized for their generosity and commitment to community and were named the New Bern Service Family of the Quarter at the New Bern Golf and Country Club, June 14.

CPL. SAMANTHA H. ARRINGTON
MCAS CHERRY POINT

FOLLOW @SHARRINGTONUSMC

Two local Marines are waiting for their pigs to have piglets. As soon as the piglets are born they will send one to the Hubert City Fire Department.

This isn’t anything new for Mark and Billie Hooper. The couple routinely donates farm fresh eggs to the fire department to distribute to families in need and chickens to other charities.

The Hoopers were recognized for generosity and commitment to community and were named the New Bern Service Family of the Quarter at the New Bern Golf and Country Club, June 14.

“I love helping people,” said Mark. “One day the roles may be reversed and we may need help. I believe you get back what you give out.”

Giving away supplies from their farm isn’t all the couple does. Mark and Billie donate their time and effort

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VMM-266 MARINES HONOR WOUNDED WARRIOR

See A2 for photos
and story



With your smartphone
download a QR code reader
and scan the code.

Chaplain's Corner : Suicide is painless

CMDR. CARL P. KOCH
MCAS CHERRY POINT CHAPLAIN

Trust me. This isn't my idea. If you're old enough to remember either the movie or TV show M*A*S*H, you may also remember "Suicide is Painless" is the title of the theme song. Johnny Mandel wrote the lyrics.

The chorus reads, "That suicide is painless, it brings on many changes, and I can take or leave it if I please." So, is suicide painless?

Suicide statistics are on the rise across the military. Recently released information indicates that we are well ahead of the suicide rate at this time last year. This is not a competition. We all lose when a military brother or sister commits suicide.

Suicide is not painless. One thing that amazed me as a civilian pastor in Brooklyn was the number of suicide funerals I performed. I didn't have any suicides in my congregation. I did this for a local funeral home.

What amazed me was the number of people who attended the funeral. It's possible that the most well attended funerals I performed were for those who committed suicide. Here's what amazed me. The room was packed with people who loved the deceased. And the deceased, in many instances, didn't believe he had anyone he could turn to. Where was the disconnect?

Those were all civilian suicides except for one. One was an absent without leave Soldier. He went AWOL because he believed he'd done something horrible. Maybe he did. But his suicide was anything but painless. He camped along a river in New York and starved himself to death. And those he left behind were crushed.

Every service I've performed for anyone who commits suicide was filled with grieving people. And that grief doesn't leave after a few months, or even years. There is a grief for those left behind after a suicide that is somehow different than all the other grief I've witnessed. Suicide isn't painless!

The Department of Defense Suicide Conferences are held every year. Studies are conducted on every detail of suicide that we can evaluate. Millions of dollars are spent in suicide prevention. Suicide prevention training is done so frequently some military members are numb to the information.

We train our military members in suicide intervention and prevention skills. Yet, all this work is met with the highest suicide numbers we've had in a long time. One might be able to conclude that all we are doing isn't working. If it were, wouldn't our numbers be lower?

Suicide, as the lyrics go, does "bring on many changes." These changes aren't painless. They forever change the lives of those left behind. Often spouses. Often children. Extended family and friends. Grieving mothers and fathers. Everyone is left with unanswered questions. And pain.

What can we do? If I had the answer, I wouldn't be writing articles for the Windsock. An answer, however, is simple: Know your people and know yourself. We, mental health providers, MCCS counselors and Chaplains, are all here to assist those who are suicidal and those who suspect a friend might be. If you don't know your people, you won't know who to help. If you don't know yourself, you won't seek it if you need it. I know; life isn't painless. But neither is suicide.

Members of Osprey squadron honor wounded warrior

COL. PAULA PENSON
AIR NATIONAL GUARD

I should not have been surprised. Both of my daughters married Marines. I should have known better. But, still, I was surprised and humbled by the Marines at the Joint Base Andrews Open House and Air Show in Washington, May 18.

I was amazed by the unconditional and spontaneous reaction by the members of Marine Medium Tiltrotor Squadron 266 MV-22B Osprey flight crew from Marine Corps Air Station New River, N.C. Of course I've known that Marines are a very special breed who honor their own – especially a Marine who lost both legs while serving in Afghanistan, but I had never seen it first hand before that day.

Cpl. Marcus Dandrea, along with his wife, Cpl. Vicky Dandrea, and their two sons were my guests at the open house. I had met Marcus and his second son, Micah, at Bethesda Medical Center about a month ago and thought he and his family might enjoy the air show.

We spent hours walking around the various aircraft and displays and watching the air show overhead. At 4:45 p.m., it was time to head to the car. Marcus noticed the Osprey and said he had always hoped to become an Osprey pilot someday – before the improvised explosive device in the mountains of Afghanistan removed both his legs from the knees down. Marcus was a member of the 2nd Reconnaissance Battalion at the time of the explosion.

As we approached the aircraft, I noticed it was all buttoned up; back end hatch already secured. The crew members noticed Marcus as he wheeled near them. I said, "Gentlemen, this is Cpl. Marcus Dandrea, United States Marine, serving his country." All 19 members of the crew gathered around him to ask him questions and to hear his story.

Before I knew it, without being asked, the crew had "unbuttoned" the Osprey, allowing Marcus to roll his wheelchair inside and ask all the questions he wanted. The crew helped him out of his chair so he could crawl into the cockpit and make his way into the co-pilot's seat.

The members of VMM-266 never hurried away; they never seemed bothered that it was past quitting time. One of the crew members took an aircraft poster and the 19 members made their way over to it, one at a time, to sign the poster to give to Marcus.

Three times a security guard came by to try to hurry us away and all three times they were sent away by the aircraft commander with just the quiet words, "wounded warrior." (Kudos to the Air Force security guards, by the way, for simply moving away

without any questions.) As I watched Marcus crawl all over the Osprey and climb into the co-pilot's seat, I could barely choke out the words, "You made his day." The aircraft commander quietly replied, "Ma'am, he made ours." That was so evidently true as we spent 45 minutes with this crew.

At least four members asked to have pictures taken with their cameras, and each member hung patiently on Marcus' every word and answered all of his questions.

This was one of the most awe-inspired days of my 38 years of military life. I couldn't wait to call my daughter, married to a Marine, and the family readiness officer for VMM-365 at New River, and tell her all about it.

Did I happen to mention I was impressed and humbled by the members of the crew of VMM-266 that day?

Well done! Oohrah! Marines! Oohrah! They made my day!

I was proud to stand in their presence and just watch them graciously care for their own.

The silent hero of this story is Cpl. Vicky Dandrea, a Marine in her own right, and spouse to this wounded warrior. She quietly stands in the background, carrying diaper bags, pushing strollers, and letting Marcus hang on to the stroller handle when his arms get tired of pushing. Vicky is one of the strongest women I've ever had the pleasure to meet ... literally and figura-

tively. She man-handled that wheelchair in and out of the family car, loaded the baby stroller, diaper bag and shopping bag, and helped Marcus into his seat, buckled in the children and then prepared to drive her precious cargo home.

I've always known that military wives were a special breed too – required to endure much with little recognition. Vicky carries the double burden, and deserves a double dose of recognition – as a Marine herself and Marine spouse – caring for her special family. Oohrah, Vicky!

"Semper Fi" (always faithful) never meant so much to me until I met you!



Col. Paula Penson, Cpl. Marcus Dandrea and his family attended the Joint Base Andrews Open House, May 18.



Cpl. Marcus Dandrea visited the Joint Base Andrews Open House, May 18. Marines with Marine Medium Tiltrotor Squadron 266 were present with an MV-22B Osprey, and they toured the aircraft with Dandrea.

The Windsock

The editorial content is edited, prepared and approved by the Public Affairs Office at Cherry Point. Correspondence should be addressed to: Commanding Officer, Public Affairs Office, (Attn: Individual concerned), PSC Box 8013, MCAS Cherry Point, N.C. 28533-0013. To provide comments or suggestions call 252-466-4241 or email: cherry.point.windsock@gmail.com. Windsock is a registered trademark. To address any distribution problems please contact the distribution manager at Ellis Publishing at 252-444-1999. This Department of Defense newspaper is an authorized publication for members of the DoD. Contents of the Windsock are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense, United States Marine Corps, Marine Corps Air Station Cherry Point, or the Public Affairs Office, Cherry Point, N.C. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Marine Corps, or Ellis Publishing Co., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The Windsock is published by Ellis Publishing Co., a private firm in no way connected with the Department of Defense or the U.S. Marine Corps under exclusive written contract with Marine Corps Air Station, Cherry Point, N.C. The editorial content of this publication is the responsibility of the PAO.

COMMANDING OFFICER
MCAS CHERRY POINT
COL. PHILIP J. ZIMMERMAN

PUBLIC AFFAIRS DIRECTOR
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EDITORS
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REMEMBER TO RECYCLE



Highlighting Cherry Point's Warriors



LANCE CPL. TAYLOR J. MILLIGAN

Job Title: Air support net operator
Unit: Marine Air Support Squadron 1
Hometown: Grayville, IL
Age: 20
Date Joined: August 18, 2009

All Marines take pride in what they do, no matter what their job is. However, Lance Cpl. Taylor J. Milligan, an air support net operator with Marine Air Support Squadron 1, has more than just a sense of pride about his work. Milligan knows the importance of his job.

"Air support net operators are the vital link between ground units and the air," he said. As an operator, Milligan is mainly responsible for coordinating medical evacuations while in a combat setting.

When in garrison, he is one of his platoon's squad leaders.

"I am in charge of all of the junior Marines under me," said Milligan. "They come to me for advice and job knowledge because I've been deployed, and I understand how our job works."

Milligan said he would not trade his job for anything.

"I take pride in my job, because I help save Marines' lives," he said.

Highlight Your Marine or Sailor Superstar

Call or email The Windsock
cherry.point.windsock@gmail.com
466-3542



LANCE CPL. BENJAMIN PRYER

A KC-130J Hercules lands on Tinian Island's North Field runway, May 30, during Exercise Geiger Fury 2012. The aircraft was the first to land on the runway since 1947. The runway was cleared and repaired by elements of Marine Wing Support Squadron 171 during Exercise Geiger Fury 2012. The aircraft is with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force. MWSS-171 is with MAG-12, 1st MAF, III MEF.

Runway clears for first landing in 60 years

LANCE CPL. BENJAMIN PRYER

MARINE CORPS AIR STATION IWAKUNI

IWAKUNI, Japan – Service members participating in Exercise Geiger Fury 2012 achieved another historic hallmark by landing a KC-130J on Baker runway, a runway which hasn't been used for more than 60 years, on North Field, May 30.

"This has been a great improvement in readiness for us," said Lt. Col. Michael C. Taylor, commanding officer of Marine Wing Support Squadron 171. "Tinian is a new location. The Marines are excited

about it and it has a lot of historical ties as well, so this is very significant. Compared to most other exercises, we're employing the majority of our capabilities here on Tinian during Geiger Fury."

Along with Marines and Sailors who watched as the KC-130J made its descent on to the newly-repaired runway, airmen viewed the momentous occasion as well.

"We were invited to observe operations and look at future chances of joint Marine Corps, Air Force operations," said Air Force Lt. Col. Bill Percival, director

of operations for 36th Mobility Response Squadron. "What the Marines have done to this airfield is nothing short of amazing."

Percival said the airfield, prior to the cleanup, was overgrown with vegetation and in a short amount of time the Marines made it a useable landing zone.

"To take a surface which has not been used in so many years and have a team come in and make it into an assault-capable landing zone is just phenomenal," said Percival. "It says a lot, not only for

Marine Aircraft Group 12's capabilities, but it also speaks a lot for the Marines."

Ramon M. Dela, Tinian Mayor, said the community was grateful for the return of the Marines.

"We love having the Marines here. Tinian is a very historical site and it has been waiting for the Marines to come back and follow in the footsteps of their forefathers," said Dela.



CPL. MARCIN PLATEK

Lt. Gen. Steven A. Hummer, commander of Marine Forces Reserve and Marine Forces North, gazes upon American flags at Voinovich Park in Cleveland, June 12. More than 400 flags have been placed here as part of the static display in honor of Ohio service members. Along with the traveling Vietnam War Memorial Wall, Marine Corps vehicles, aircraft and equipment were available for viewing at Public Square, Voinovich Park, Gateway Plaza and Rock and Roll Hall of Fame. Marine Week Cleveland celebrates community, country and the Corps. More than 750 Marines journeyed to Cleveland for the event, which ran through June 17. Ohio has more than 9,000 active and reserve Marines, making it one of the top-five producers of Marines.

Marines remember fallen from Vietnam, Iraq, Afghanistan

CPL. CHELSEA FLOWERS

HEADQUARTERS MARINE CORPS

CLEVELAND — A somber crowd gathered in front of the traveling Vietnam War Memorial Wall in Voinovich Park for a wreath-laying ceremony during Marine Week Cleveland June 12, 2012. Although the wall lists the names of the fallen from the conflict in Vietnam, the service also commemorated those who paid the ultimate price in Iraq and Afghanistan.

“We’ve been out here 14 hours a day doing this and still every ceremony we do is very emotional,” said Staff Sgt. Matthew Drake, staff noncommissioned officer in charge of the Marine Week honor guard at the Vietnam War Memorial Wall.

During the ceremony, which will take place daily throughout Marine Week, a Gold Star family member lays the wreath at the foot of the flagpole in front of the wall.

Sandra Mendez-Ruiz placed the wreath to honor the life and sacrifice of her nephew, Lance Cpl. David Alberto Mendez, who was killed in Iraq six years ago.

“When David died, I lost David, but I gained a family,” Ruiz said. “What I’ve learned in the past six and a half years is that the Marine Corps is a family – it’s a bond unlike

any other. It doesn’t just include the Marines, it includes the family of those who served and paid the ultimate sacrifice.”

That family loyalty was plainly seen through the Marine sentries who walk daily in front of the wall from eight in the morning until 10 at night. Marine veteran Cleveland police officers volunteered to stand guard for the evening hours to honor their fallen brothers.

Lance Cpl. Matthew J. Taylor, with 3rd Battalion, 25th Marine Regiment, and native of North Hampton, England, was one of the Marines chosen to serve hourly shifts as a sentry.

“It’s hot, and it can get pretty miserable, but it’s a feeling you can’t really describe,” Taylor said about standing guard. “It’s humbling to say the least.”

Ceremonies like the wreath laying are just one way Marines and gold star families alike are doing their best to keep the memories of their fallen brothers and sisters alive.

“We’re just a continuation,” Taylor said. “It’s an ongoing thing. It’s nice to know that when I’m gone, there will be more Marines who will remember me and so on and so on.”

TRAIN from page A1

squadrons employing MV-22B Ospreys and CH-53E Super Stallions to transport the Marines. UH-1N Hueys and AH-1W Cobras from Marine Light Attack Helicopter Squadron 467 will provide overwatch.

On Tuesday, Marines launched a platoon raid on Piney Island, a bombing range in the Neuse River. The amphibious raid featured Marines from the 10th Marine Regiment and aircraft from Marine Heavy Helicopter Squadron 464, Marine

Light Attack Helicopter Squadron 467, Marine Attack Squadron 223, and Marine Tactical Electronic Warfare Squadron 3. A major mission of Exercise Mailed Fist is an air assault raid at Atlantic Field where Marines will attack via three fronts. A CH-53E Super Stallion will show off its heavy lift capability by conducting a “Soft Duck” mission, an aerial insert of four combat rubber reconnaissance crafts into the water. Paratroopers with the 26th Marine Expeditionary Unit will conduct a

high altitude, high opening insert from the sky to mark the second assault front. The final front will come as helicopters deliver troops. One of the largest wing exercises in recent history, Mailed Fist will involve 2nd MAW units from every Marine aviation installation on the East Coast; MCAS Cherry Point, N.C.; MCAS New River, N.C.; and MCAS Beaufort, S.C.

MAILED FIST



(Left) A CH-53E Super Stallion from Marine Heavy Helicopter Squadron 464 and a KC-130J Hercules from Marine Aerial Refueler Transport Squadron 252, fly over the North Carolina coast after conducting an aerial refuel as part of Exercise Mailed Fist, June 18.



Gunnery Sgt. Shawn D. Decker, platoon sergeant with Company C, 2nd Reconnaissance Battalion, jumps out the back of a CH-53E Super Stallion from Marine Heavy Helicopter Squadron 464, into the coastal water below, as part of Exercise Mailed Fist, June 18. Decker and his Marines conducted a helocast “Soft Duck,” an airborne troop insertion technique used by small units and special operations forces. The troops slide rafts from the back of the aircraft before plunging into the water behind them.



Marines with Company C, 2nd Reconnaissance Battalion, swim to an inflatable raft after jumping out the back of a CH-53E Super Stallion from Marine Heavy Helicopter Squadron 464, as part as Exercise Mailed Fist, June 18.



Staff Sgt. Jared Sberal, a quality assurance representative with Marine Light Attack Helicopter Squadron 467, mans the GUA-17 six barreled Gatling machine gun, aboard a UH-1N Huey, in support of Exercise Mailed Fist, June 19. HMLA-467 and 2nd Light Armored Reconnaissance practiced forward air control and joint terminal attack control missions at range Golf 10.



(Left) Gunnery Sgt. Shawn D. Decker, a platoon sergeant with Company C, 2nd Reconnaissance Battalion, helps one of his Marines guide an inflatable raft out the back of a CH-53E Super Stallion into the water below off the North Carolina coast, as part of Exercise Mailed Fist, June 18.



Marines with Company C, 2nd Reconnaissance Battalion, discuss final preparations before boarding a CH-53E Super Stallion on the flight line at Marine Corps Air Station New River, as part of Exercise Mailed Fist, June 18. Exercise Mailed Fist is an annual large-scale exercise launched by the 2nd Marine Aircraft Wing to hone the capabilities of the Marine Corps’ East Coast aviation element.



LANCE CPL. ERIK BROOKS

Marines, Sailors and family members salute the colors during a ceremony at the field house at Camp Foster, June 4. Marine Wing Support Group 17 deactivated during the ceremony per Marine Corps Bulletin 5400 that deactivates all MWSGs throughout the Marine Corps. MWSG-17 was formerly part of 1st Marine Aircraft Wing, III Marine Expeditionary Force. 2nd Marine Aircraft Wing MWSG-27 deactivated at Cherry Point in May.

1st MAW bids farewell to support group

LANCE CPL. ERIK BROOKS

III MARINE EXPEDITIONARY FORCE / MARINE CORPS INSTALLATIONS PACIFIC

OKINAWA, Japan – Marine Wing Support Group 17 officially deactivated at the field house at Camp Foster, June 4, in a ceremony similar to 2nd Marine Aircraft Wing's deactivation of MWSG-27 at Cherry Point in May.

MWSG-17, formerly part of 1st Marine Aircraft Wing, III Marine Expeditionary Force, deactivated in accordance with Marine Corps Bulletin 5400, that was released June 1, that dictates all MWSGs throughout the Marine Corps be deactivated.

"This is a significant day in history for the 1st Marine Aircraft Wing," said Maj. Gen. William D. Beydler, commanding general of 1st MAW. "The downsizing of the Marine Corps has reached the Pacific. The 1st Marine Aircraft Wing is getting a little bit smaller. We are losing one of our five major commands."

The former subordinate units of MWSG-17, Marine Wing Support Squadron 171 and 172, will now be assigned to different groups, according to Gunnery Sgt. Genette D. Prather, an embarkation chief with MWSS-172, Marine Aircraft Group 36, 1st MAW.

MWSS-171 will now fall under Marine Aircraft Group 12, located at Marine Corps Air Station Iwakuni, Japan, and MWSS-172 will now fall under MAG-36, located at

MCAS Futenma.

The wing has known about the deactivation for two years, according to Beydler.

"For 59 years, our Marine Wing Support Group has made us unique, made us different," said Beydler. "We are not just another air force, but the aviation combat element for III MEF."

MWSG-17 was activated in 1953 in Itami, Japan, right after the Korean War as Marine Wing Service Group 17, according to Col. James M. Gannon, the commanding officer of MWSG-17. Later, it was redesignated as Marine Wing Support Group 17 in 1968 and relocated to MCAS Iwakuni. In 1979, it was relocated to Okinawa.

Elements from the group have supported Operations Enduring Freedom in Afghanistan and Iraqi Freedom and played a role in Operation Tomodachi, according to Gannon.

"Last year, MWSS-172 had a forward arming and refueling point operating in Yamagata Airfield in support of Operation Tomodachi within 48 hours of being tasked," said Gannon. "We also had Marines up in Sendai in support of the operation."

Operation Tomodachi, meaning "friendship" in Japanese, was the U.S. Armed Forces actions in response and support of the Japanese people following the Great East

Japan Earthquake and subsequent tsunami in 2011.

Gannon made sure during the planning of the deactivation that the wing did not lose one ounce of combat readiness, according to Beydler. He ensured that MWSS-171 and MWSS-172's operations will be absorbed into the MAGs.

"We provided aviation ground support to the wing," said Gannon. "The ACE needs its own aviation ground support to generate combat power, and I've seen that in the last couple of years in Iraq and Afghanistan and here in the Pacific."

The Marines and Sailors of MWSG-17 are a great representation of that and they do it very well, according to Gannon.

"We have met and exceeded the standards and we have been ready every time we have been called upon, and it's because of the effort, motivation and innovation of these Marines and Sailors.

"Even though the group deactivated, we have preserved the aviation ground support that allows the ACE to be combat ready and operational (at any time or place). I don't think there is any other military or air power that can do what Marine aviation can do," said Gannon.

Corpsmen celebrate 114 years of Navy, Marine partnership

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

FOLLOW @STSTEWARTUSMC

For more than a century, Navy corpsmen have served alongside their Marine brethren, providing vital medical support. June 17 marked the 114th birthday for Navy corpsmen, enlisted medical specialists who serve with Marine Corps units.

Navy and Marine Corps history have many parallels. Early Marines existed to protect Navy ships. Today, America's navy helps Marines serve as America's expeditionary force in readiness. Navy corpsman stand with the Marines in that role, serving as not only medics, but friends.

"Marines have a different type of attitude and are a whole different type of people, and I love working with them," said Seaman Alex L. Morrison, a corpsman at the Naval Health Clinic

at Marine Corps Air Station Cherry Point, N.C.

In the last 114 years, from their beginnings in the Continental Navy to today's overseas contingency operations, corpsmen provide medical assistance on ships, the battlefield, and military installations around the world. Where there's a Marine, there's a Navy corpsman.

"I am honored to be a part of the corpsman community," Morrison said. "I love having that feeling of knowing that i get to help people and save lives."

In the last 114 years, many heroes have filled the ranks of the corpsmen community. There have been 22 Medal of Honor recipients, more than 170 Navy Cross recipients, more than 900 Silver Star recipients, and more than 1,500 Bronze Star recipients.



CPL. BRIAN ADAM JONES

Navy Chief Hospital Corpsman Eugenio Miranda, right, the oldest corpsman present, passes a piece of cake to Hospitalman Apprentice Rodolpho Varelachaves, left, the youngest corpsman present, during the 114th Hospital Corps Birthday ceremony aboard Camp Leatherneck, Helmand province, Afghanistan June 17. It is Naval tradition for the third piece of cake to be passed from the oldest corpsman present to the youngest.



CPL. BRIAN ADAM JONES

Across the globe Navy corpsman serving hand in hand with Marines celebrated the 114th birthday for Navy corpsman, June 17. Early Marines existed to protect Navy ships. Today, America's navy helps Marines serve as America's expeditionary force in readiness.

Ugly Angels deliver devil dogs



CPL. ISAAC LAMBERTH

Marines with 2nd Battalion, 9th Marine Regiment, and members of the Afghan National Interdiction Unit, a specialized counternarcotics unit, wait to be extracted by two CH-53D Sea Stallions, from Marine Heavy Helicopter Squadron 362, after completing their third drug raid of the day in Helmand province, Afghanistan, June 4. Helicopters from the squadron transported the ground units to and from different areas of the province to conduct counternarcotics operations.

CPL. ISAAC LAMBERTH

MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

HELMAND PROVINCE, Afghanistan

— Rolling down the runway on Camp Bastion, Staff Sgt. Hugo Paniagua, an aerial observer with Marine Heavy Helicopter Squadron 362, makes preparations and adjustments to his .50-caliber machine gun prior to taking off for a counternarcotics operation in Helmand province, Afghanistan, June 4.

As his CH-53D Sea Stallion flies into a firing range, he lets loose a burst from the gun, ensuring everything is in working order before heading into a hostile environment.

A native of Brooklyn, N.Y., Paniagua knows all too well the need for a working weapon and the dangers of landing in a combat zone.

During one of the squadron's first missions of the deployment, a helicopter from the unit came under insurgent fire, wounding a crew member inside. The incident lingers in the back of his mind every time he flies into a potential hostile area.

"It really drives the point home that what happens out here is for real," Paniagua said, "... we know that it's a possibility."

With that in mind, Paniagua makes final adjustments to his gear and weapon, affectionately named "Terra," by the squadron armorers. He then scans the ground below, looking for anything that could threaten the helicopter on its way to pick up Marines from 2nd Battalion, 9th Marine Regiment, and members of the Afghan National Interdiction Unit (NIU), a specialized counternarcotics unit.

Arriving at Camp Hanson, Paniagua assists the Marines of 2/9 and NIU aboard. The two Sea Stallions take off and fly to



CPL. ISAAC LAMBERTH

Marines with 2nd Battalion, 9th Marine Regiment, and members of the Afghan National Interdiction Unit, a specialized counternarcotics team, search through bags of hay for narcotics and weapons during their first raid of the day in Helmand province, Afghanistan, June 4.

the first targets of the day - two abandoned compounds suspected to be staging areas for narcotics and weapons.

A short distance from the compounds, the helicopters descend, making their final approach.

Landing in a cloud of dust and debris, the Marines and NIU quickly disembark and make their way to their objectives.

"Seeing those guys run out like that, it really gets you all riled up knowing that they're going into harm's way," Paniagua said. "It's our job to fly these guys to and from each place and keep them as safe as

possible."

The Marines and NIU search both compounds, but find nothing. Several minutes later, the Sea Stallions land to pick up the Marines and move onto the next target several kilometers away.

1st Lt. Ben Leape, the assistant intelligence officer for 2/9, said having air assets, like the Ugly Angels, to transport them from location to location, has greatly enhanced the unit's range, allowing them to reach more target areas quickly.

"Having the helos around to take us from place to place while we're doing

these kinds of [operations] is a huge enabler," said Leape. "Without them, we would have to stand on the side and watch and know huge shipments of narcotics are leaving the area."

By day's end, the Marines and NIU search three compounds, but do not find any weapons or drugs. As Paniagua takes 'Terra' off its firing hinges, he can't help but be glad the day ended well.

"It's a good feeling when everyone comes back and nobody gets hurt," he said.

FAMILY from page A1

to volunteer at homeless shelters, the Havelock High School band and the Masonic Lodge.

Even though the Hooper's wrapped up their active duty service earlier this month, that didn't stop New Bern from recognizing their efforts.

The couple plans to stay in North Carolina with their two

daughters and continue to give back to the local community.

The young couple said they will certainly stay busy. With more than 60 chickens, three horses, one goose, eight pigs, five dogs and a handful of ducks, Billie said their to-do list never runs out.

Mark said he attributes their success as a family and their

selfless service in the community to his wife.

"I owe everything to my wife, she's the reason this is all possible," said Mark. "She's the glue that keeps our busy lives together and running smoothly. Today is for her, not me."

ENERGY from page A1

refund. Residents only pay for electricity outside of the 10 percent zone. The same applies to refunds.

Exemptions may be granted by the Military Housing Office to Wounded Warrior and Exceptional Family Member Program participants if they use massive amounts of electricity due to their EFMP status, said Dixie L. Johnson, a strategic marketing manager for Atlantic Marine Corps Communities.

Any resident can ask Atlantic Marine Corps Communities for an energy audit to help them save energy and earn

more money. Officials will track a resident's energy habits and identify appliances drawing excessive power. The maintenance department may replace broken appliances. Atlantic Marine Corps Communities will offer a variety of tips on their website to help residents conserve electrical usage, said Johnson.

"It's going to make people a little bit more aware of the maintenance issues that cost energy," said Cpl. Benjamin Hendricks, a Cherry Point resident. "It's also going to make people more aware of electrical waste like leaving

the bathroom light on or the garage door open."

AMCC will reinvest the money saved and collected back into the community to improve individual homes and pay for improvements to parks and public areas.

"It's a good deal for our Marines, it's a good deal for the Marine Corps, and it's a good deal for our partner, AMCC," said Lt. Col. Paul W. Miller, the military family housing manager for Cherry Point. "It's hard to find any losers in this situation."



LANCE CPL. MICHELLE PIEHL

Sgt. Denver M. Alsup, a crew chief with Marine Medium Tiltrotor Squadron 165, provides firepower aboard one of the squadrons MV-22B Ospreys during tail-gunner training east of Marine Corps Air Station Miramar, Calif., June 5. Pilots and crew members work together to provide effective and efficient firepower.

Sharp shooting: VMM-165 Ospreys conduct tail-gunner training

LANCE CPL. MICHELLE PIEHL

MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

MARINE CORPS AIR STATION MIRAMAR, Calif.

— Marines conduct annual training on the range in order to keep skills sharp and prepared for combat. For members of Marine Medium Tiltrotor Squadron 165 “White Knights,” targets are not standard paper-targets, but rather, a simulated enemy territory hundreds of feet below.

Pilots and crew members of VMM-165 conducted section tail-gunner flight training on the Yuma Range Training Complex east of Marine Corps Air Station Miramar, Calif., June 5.

Maintaining communication between the pilots and tail-gunners during the flight ensures the most efficient and effective means of firing a GAU-16/A machine gun.

The pilots give the location of targets to crew members, as well as commands to begin and cease fire, explained Sgt. Denver M. Alsup, a crew chief with VMM-165.

“The [MV-22B] is an assault-support aircraft, and as such, needs a defensive capability,” said Maj. Thomas W. Kershul, an MV-22B Osprey pilot with VMM-165. “We need to have defensive capabilities in case we come un-

der contact performing our mission.”

For pilots, the challenge lies in providing a stable platform for the gunner to load and fire from, explained Kershul.

Using a method of identifying the target, side, azimuth and range, the pilots then give an accurate verbal map to the gunner, poised to defend. Given the command by the aircraft commander, the gunner will provide defensive fire.

“We need to have very standardized procedures, so the aircrew understands the rules of engagement and what the situation is,” said Kershul. “[The pilots decide] whether it would be appropriate to open fire or hold back.”

This form of low-altitude training simulates landing and lifting-off while suppressing an enemy attack, Kershul explained.

In a tactical situation, other joint coalition aircraft would typically escort an Osprey to provide additional defense, Kershul added.

“We came down to 50 [feet off the ground] and simulated coming into the zone and taking fire,” said Kershul. “There were multiple targets for the gunners.”

Old tanks, trucks, buildings and tires simulated a mock-town overtaken by the enemy, giving crew members practical targets at which to aim.

In addition to the tail-gunnery training, pilots took the Osprey through a variety of situations and speeds.

“The MV-22B is unique in that we fly up high and fast like an airplane and land like a helicopter,” said Kershul. “The target solution for the gunners changes with different airspeeds and altitude. With increased airspeed and altitude, the ability to put [rounds] accurately where you want to put them becomes more difficult.”

Because of the challenges presented with increased altitude and airspeed, various scenarios were presented to the crew aboard the Osprey.

Completing tail-gunner training prepares pilots and crews for even the most demanding situations.

Through intense training and implementation, Marines with VMM-165 have the ability to provide versatile support to troops on the ground through defensive airborne firepower.

24th MEU wraps up Eager Lion 12



STAFF SGT. ROBERT L. FISHER III

Seaman David Poole, a deck seaman with the USS New York, provides overwatch as a Navy Landing Craft Air-Cushion carries Marines and equipment from the 24th Marine Expeditionary Unit aboard the ship at sea, during the conclusion of Exercise Eager Lion 12, May 30. The 24th MEU recently returned from the three-week training exercise in Jordan that involved partnered militaries from 19 countries. It was the second major exercise for the 24th MEU who, along with the Iwo Jima Amphibious Ready Group, is currently deployed to the U.S. Central Command area of operations as a theater reserve and crisis response force.

Marine Corps KC-130J locates missing mariners



LANCE CPL. J. GAGE KARWICK

A KC-130J Hercules from Marine Aerial Refueler Transport Squadron 152 aids the U.S. Coast Guard Sector Guam with a search and rescue mission, June 6, approximately 60 nautical miles northwest of Chuuk Island. The Coast Guard was notified June 5 at 3:17 p.m. that two mariners piloting a 23-foot skiff passed their expected arrival time to Chuuk Island and initiated a search-and-rescue mission. The Marines were asked to assist in the search with available air assets that evening and launched the aircraft the next morning, spotting the mariners at 2 p.m. The Marines dropped a life raft containing food, water and other supplies to the mariners and coordinated with the Coast Guard to have a rescue vessel transport the mariners to Chuuk Island. VMGR-152 is part of Marine Aircraft Group 36, 1st Marine Air Wing, III Marine Expeditionary Force. The aircraft and crew are currently in support of Exercise Geiger Fury 2012.

Marines, local community gather to honor Old Glory



PHOTOS BY LANCE CPL. STEPHEN T. STEWART

The child of a Cherry Point Marine carries an American flag to a ceremonial fire June 14, at Cherry Point. She is the daughter of Pfc. Jacob D. Mojarro, a gunner with 2nd Low Altitude Air Defense Battalion. The U.S. Flag Code dictates that “the flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning.”

LANCE CPL. STEPHEN T. STEWART
MCAS CHERRY POINT

FOLLOW @STSTEWARTUSMC

More than 200 people stood in silence and watched as more than 70 American flags burned in a ceremonial fire, June 14. The crowd, consisting of Marines and community members came together to celebrate Flag Day by burning unserviceable American flags near the 2nd Low Altitude Air Defense Battalion headquarters building here. The U.S. Flag Code dictates that “the flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way,

preferably by burning.” “This is the only way to dispose of our great nation’s flag,” said Lt. Col. Joel A. Burdette, commanding officer of the battalion. “This is our second year doing this and my hope is that this tradition will live on for years to come.” Before the flags were set ablaze, members of the crowd spoke about what the flag meant to them. Many stated the flag stands for freedom, independence, tradition, and for the men and women who gave their lives to defend this nation. David R. Sprague, 12, from New Bern, N.C., and a corporal in the New Bern

Young Marines, said that when he sees the American flag, no matter where it is or what size, he thinks of freedom. “The flag stands for independence and a reminder to all of us of what this nation stands for,” he said. 2nd LAAD Marines gathered the flags from the local community, folded each into a traditional triangle fold, and displayed them upon a table before the ceremony began. One by one, those who wished to participate took a flag off of the table, walked to the edge of the fire, and gently placed the flag into the flames, standing in silence

for a brief moment to pay their respects. “It is an honor to be able to see a ceremony like this and to see the retiring of the American flag,” said 1st Sgt. John E. Partin, the company first sergeant for 2nd LAAD’s Headquarters and Service Battery. As each Marine set a flag in the fire, they stood at the position of attention and gave one last salute to Old Glory. *To find out more information on the proper display, disposal and treatment of the American flag, refer to the United States Code Title 4 Chapter 1 – The Flag.*



An American flag burns in a ceremonial fire during a flag burning ceremony at Cherry Point, June 14. 2nd LAAD Marines gathered unserviceable flags from the local community, folded each into a traditional triangle fold, and displayed them upon a table before the ceremony began.



Sgt. Jonathan Sanders and Cpl. David Beck, both automotive maintenance technicians with 2nd Low Altitude Air Defense Battalion, fold an American flag during a flag burning ceremony at Cherry Point, June 14. Marines and community members came together to celebrate Flag Day by destroying unserviceable American flags according to the regulations for the U.S. Flag Code.



Sgt. Aaron C. Burke, a gunner with 2nd Low Altitude Air Defense Battalion, puts an American flag into a ceremonial fire June 14, during a flag burning ceremony at Cherry Point. Before the flags were set ablaze, members of the crowd spoke about what the flag meant to them. The U.S. Flag Code provides specific instructions for the proper destruction of unserviceable flags.

CHERRY POINT MESS HALL

HOURS OF OPERATION

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-12:45 p.m.,
Dinner 4-6 p.m.

Saturday-Sunday/ Holiday Hours

Breakfast/Lunch 8:30-11 a.m.,
Dinner 3-5 p.m.

FAST FOOD LINE

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-1 p.m.,
Dinner 4-6 p.m.

Breakfast Menu

Assorted fresh fruit, assorted hot and cold cereals, fried eggs and omelets to order, scrambled eggs and hard cooked eggs, grill special, pancakes, French toast or waffles, breakfast potatoes, breakfast meats, creamed beef or sausage gravy, assorted muffins, breads and breakfast pastries

Specialty Bar Menu

Monday - Pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, meatballs, baked italian sausage, boiled rigatoni, boiled spaghetti, simmered ziti, simmered linguine, simmered fettucini, simmered penne rigate, simmered rotini, Italian meat sauce, alfredo sauce, caesar salad bowl, toasted garlic bread and breadsticks

Tuesday - Mediterranean pesto chicken salad, classic grilled chicken caesar salad, classic chef salad, garlic bread sticks

Wednesday - Chicken enchiladas, taco beef filling, burritos, mexican rice, refried beans with cheese, Mexican corn, shredded lettuce, diced tomatoes, chopped onions, sliced jalapeno peppers, taco shells, flour tortillas, taco sauce, salsa, sour cream

Thursday - Chinese egg rolls, teriyaki beef strips, steamed shrimp, grilled chicken strips, pork fried rice, steamed rice, lo mein, vegetable with Asian sauce

Friday - Wings of fire, honeyed BBQ wings, teriyaki wings, French fried chicken wings, French fried garlic fries, corn on the cob, baked beans, carrot sticks, celery sticks, blue cheese dressing, ranch dressing

Weekly Menu

Thursday June 21

Lunch - Cream of broccoli soup, Jamaican jerk chicken, creole macaroni, cilantro rice, succotash, balsamic roasted potatoes

Dinner - Chicken and orzo soup, pork scallopini with herbed tomato sauce, baked stuffed shells, rice pilaf, marinara sauce, stewed chick peas with zucchini, mixed vegetables

Friday June 22

Lunch - New England clam chowder, maple glazed salmon, turkey pot pie with baking powder biscuits, long grain and wild rice, green beans, cauliflower polonaise **Dinner** - Turkey vegetable soup, mambo pork roast, lasagna, candied sweet potatoes, marinara sauce, steamed broccoli, Mexican corn

Saturday June 23

Lunch - Beef barley and onion soup, vegetable and black bean enchiladas, chicken and broccoli casserole, confetti rice, Spanish style beans, steamed vegetable medley **Dinner** - Cream of chicken soup, java molasses pork loin, Swiss steak with mushroom gravy, lyonnaise potatoes, buttered egg noodles, stewed tomatoes, peas

Sunday June 24

Lunch - Vegetable beef supreme soup, baked citrus herb crusted fish, fried chicken, brown rice pilaf, red bliss smashed potatoes, cream gravy, green bean casserole, corn **Dinner** - Turkey noodle soup, creamy cajun shrimp penne, meat loaf, roasted garlic mashed potatoes, brown gravy, Louisiana style smothered squash, okra melange

Monday June 25

Lunch - Beef short ribs, chicken and vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots, minestrone soup **Dinner** - Braised pork chops, turkey meatloaf, buttered egg noodle, islander's rice, lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

Tuesday June 26

Lunch - Salmon with tomato cucumber relish, chicken fried chicken, rice pilaf, mashed potatoes, sausage gravy, succotash, Southern style greens, cream of potato soup **Dinner** - Roast beef, baked ziti with Italian sausage, parsley buttered potatoes, peas, vegetable stir fry, toasted garlic bread, navy bean soup, horseradish sauce

Wednesday June 27

Lunch - Santa Fe glazed chicken, baked smoked chicken, Southwest orzo pasta, whipped sweet potatoes, corn on the cob, simmered mustard greens, raison sauce, chunky beef noodle Soup **Dinner** - Swedish meatballs, spicy shrimp with cheesy grits, rice pilaf, French fried cauliflower, French cut green beans brown gravy, chicken noodle soup



E Street

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NOW SHOWING

Thursday, June 21

6:00pm - Dark Shadows PG 13

Friday, June 22

5:00pm - Think Like A Man PG 13

7:30pm - Battleship PG 13

Saturday, June 23

2:00pm - Think Like A Man PG 13

5:00pm - Marvel's The Avengers PG 13

8:30pm - Battleship PG 13

Sunday, June 24

2:00pm - Marvel's The Avengers PG 13

Tuesday, June 26

6:00pm - Footloose (2011) PG 13



Think Like A Man - Starring: Michael Ealy, Jerry Ferrara, Meagan Good. Four interconnected and diverse men have their love lives shaken up after the ladies they are pursuing buy Steve Harvey's book and start taking his advice to heart.

Dark Shadows - Starring: Johnny Depp, Helena Bonham Carter, Eva Green. In the year 1752, Joshua and Naomi Collins, with young son Barnabas, set sail from Liverpool, England to start a new life in America. But even an ocean was not enough to escape the mysterious curse that has plagued their family.

Marvel's The Avengers - Starring: Robert Downey Jr., Chris Evans, Mark Ruffalo. Iron Man, The Incredible Hulk, Thor, Captain America, Hawkeye and Black Widow answer the call to action when Nick Fury, director of the international peacekeeping agency known as S.H.I.E.L.D., initiates a daring, globe-spanning recruitment effort to assemble The Avengers team to defeat an unexpected enemy threatening global safety and security.

Battleship - Starring: Taylor Kitsch, Alexander Skarsgard, Rihanna. An epic action-adventure that unfolds across the seas, in the skies and over land as our planet fights for survival against a superior force.

Footloose (2011) - Starring: Kenny Wormald, Julianne Hough and Dennis Quaid. City kid Ren McCormack moves to a small town where rock 'n' roll and dancing have been banned, and his rebellious spirit shakes up the populace.

Movies are subject to change without notice

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Eat your vegetables

MARK UNDERWOOD

QUINCY BIOSCIENCE

Remember this parental reminder? If they were discerning moms and dads, they were on to something.

Now, new research has found that to retain the health benefits associated with eating broccoli or other cruciferous veggies (like cabbage, turnips, cauliflower, kale and broccoli), you must consume the real thing – because of a phytochemical inside them that's missing in supplements.

The study, published by the Pauling Institute at Oregon State University and supported by the National Institutes of Health, is one of the first of its type to determine whether the healthy compounds found in cruciferous vegetables can be just as easily obtained through supplements.

The answer is no.

You need the whole foods and must go easy on cooking them. While some nutrients, like folic acid, can be better absorbed via supplement, the compounds that give vegetables like broccoli their health value comes from the real thing.

The reason is that an enzyme that must be there to provide the maximum nutrient kick is absent

in supplements of this type. Without these enzymes, the absorption rate is five to eight times less.

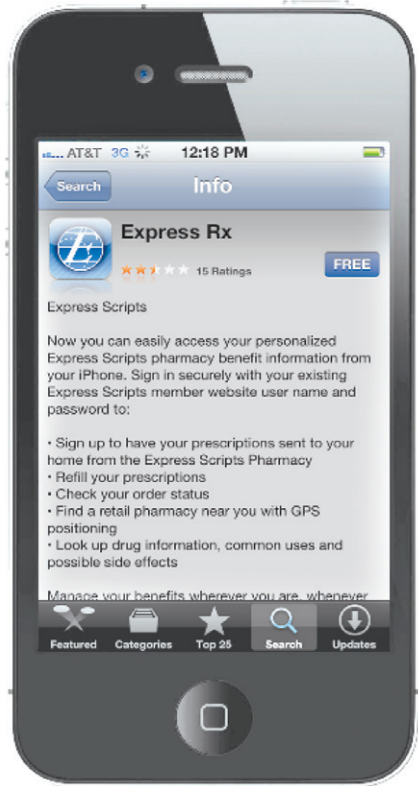
Intensive cooking also impedes delivery. If broccoli is cooked until it's mushy, its health value plummets.

Instead, cook for 2-3 minutes, or steam until it's still a little crunchy. (Broccoli was highlighted because it contains the highest levels of a class of phytochemicals that may reduce the risk of prostate, breast, lung and colorectal cancer.)

Bottom line: Eat your vegetables!



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<https://m.esrx.com>

<https://m.humana-military.com>

Station gym hours

Devil Dog Gym: 466-2713/4420/4192

Monday - Thursday: 3:30 a.m. - 10 p.m.

Friday: 3:30 a.m. - 8 p.m.

Saturday: 8 a.m. - 6p.m., Sunday: 9 a.m. - 5 p.m.

Marine Dome: 466-2566

Monday - Thursday: 5 a.m. - 9 p.m.

Friday: 5 a.m. - 6 p.m.

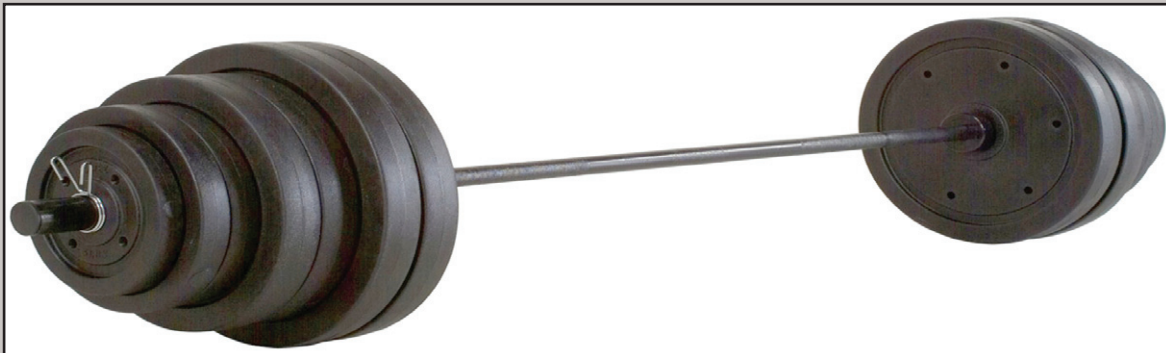
Weekends and holidays: 1 - 5 p.m.

Hancock Fitness Center: 466-4018

Monday - Thursday: 5:30 a.m. - 7 p.m.

Friday: 5:30 a.m. - 5 p.m.

Closed weekends and holidays



The Local Buzz

Announcements

► Indicates new announcement

► Morehead City Fish Fry

The Carteret County Chamber of Commerce Military Affairs Committee will host a fish fry at O’Neal Field at Big Rock Stadium in Morehead City, N.C., today.

The fry begins at 6 p.m. Adult tickets will be \$10 and \$4 for children. Tickets can be purchased at the Chamber of Commerce in Morehead City.

For more information, call 726-9607.

► Ultimate Family Summer Kickoff

The Eatern Carolina Aviation Heritage Foundation will host the 2nd annual Ultimate Family Summer Kickoff at the Havelock Tourist and Event Center, Friday.

The free event includes demonstrations of remote piloted aircrafts temporary tattoos, coloring books, paper airplanes, kits and a showing of Disney’s “Valiant.”

For more information, call 444-7260.

► You’re a Good Man Charlie Brown

Carteret Community College will host the theater play “You’re a Good Man Charlie Brown” at Joslyn Hall in the college, today through Sunday.

Tickets will be \$12 at the door.

For more information, call 247-5858.

Annual Antique Show and Sale

The Crystal Coast Civic Center located in Morehead City will host the 52nd annual antique show and sale, Friday through Sunday.

The event features more than 40 booths of antiques and collectibles.

Tickets are \$5 in advance and \$7 the days of the show. For more information, call 728-5225 or visit <https://www.beauforthistoricsite.org>.

Jacksonville Outdoor Festival

Jacksonville, N.C., will host a celebration of outdoor recreation, Saturday.

This event is free and will feature live music, recreation booths, food and a bicycle rodeo at 10 a.m. You must bring your own bicycle. A triathlon will be held at 8 a.m. Admission for the triathlon will be \$10.

For more information, call 910-347-5332.

► SwanFest

The town of Swansboro and the Seaside Arts Council

will host the 2012 SwanFest Summer Concert, Sunday.

The concert begins at 6:30 p.m. Admission is free.

For more information, call 910-389-4008.

Hope for the Warriors Walk and Run

New Bern Parks and Recreation and Hope for the Warriors will host a 5K race and 1-mile walk, July 4.

Early registration price is \$20 and \$25 the day of the race. The start and finish of the race will be at Union Point Park.

Registration forms can be picked up at the Stanley White Recreation Center and West New Bern Recreation Center.

For more information, call 639-2907.

Pamlico County Croaker Festival

Pamlico County will host its annual Croaker Festival, July 6-7.

An old fashioned family Independence Day celebration takes place in the village of Oriental on the banks of the Neuse River. The festival will feature more than 100 arts and crafts vendors, a children’s park, music, food, Friday night street dancing and a parade Saturday morning, topped off with fireworks over the harbor Saturday evening.

For more information, visit <http://bit.ly/pamfestival>.

► Womens Vehicle Car Class

Family Tire and Auto Service in New Bern is hosting a free vehicle care class at 8 p.m., July 11.

The class will focus on familiarizing woman with the mechanics of vehicles.

Dinner will be provided and reservations must be made by 7 p.m., July 3.

For more information, call 636-9996.

Morehead City Saturday Market

Morehead City will host a market on the second Saturday of every month now through December.

You may find quality, local, handmade or homegrown farm products, arts, crafts, food, fun and educational opportunities.

For more information or to become a vendor, go to <http://MHCSaturdayMarket.com> or call 723-0311.

Marine and Family Programs

Marine, Family Programs Office Numbers

The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

• Child Development Resource and Referral – 466-3595.

Now in Building 87

- Exceptional Family Member Program – 466-3305.
- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.

- Library – 466-3552.
- LifeLong Learning – 466-3500.
- Military Family Life Consultant – 876-8016.
- Retired Activities – 466-5548.

Budget for Baby

The Navy-Marine Corps Relief Society offers Budget for Baby classes.

To register call 466-2031.

Breastfeeding Class

The Navy-Marine Corps Relief Society offers free breastfeeding classes to expectant mothers.

The purpose of the class is to help prepare the mother to be ready and confident to breastfeed once the baby arrives.

To register call 466-2031.

Veterans’ Assistance

A representative from the Veterans Affairs Office visits Cherry Point each Thursday in building 4335. Call 466-4201 for assistance.

Monthly and Weekly Events

Courage to Change

Cherry Point and Havelock Courage to Change support group is for friends and families of people who suffer from alcoholism. Meetings are held at St. Paul’s Lutheran Church in Havelock, Tuesdays at 7:30 p.m.

For more information, call 241-6155 or 670-6236.

AA Beginners Meeting

Alcoholics Anonymous meetings aboard the air station are held Wednesdays and Thursdays at 8 p.m. The meetings take place in Room 208 of Building 229, next to the Cherry Tree House.

For more information, call 447-2109.

Enlisted Spouses Club

The Cherry Point Enlisted Spouses Club meets the first Thursday of every month in building 3452 at 7 p.m. The club is a social/service organization open to the spouses of enlisted service

members.

For information call 626-4319 or visit <http://www.cherrypointesc.org>

Al-Anon Family Group Meeting

Al-Anon family group meetings are held Tuesdays at 8 p.m. for family members and friends of individuals with possible alcohol problems. Meetings are held at Havelock First Baptist Church.

For more information, call 447-8063.

Together For Life

The “Together for Life” one-day premarital seminar is held for active duty personnel age 26 and under, within 90 days of marriage. Registration is required.

For more information call the chapel at 466-4000.

Domestic Violence Victims

Support groups for victims of domestic violence are provided by the Carteret County Domestic Violence Program.

The group meetings are held every Wednesday at 6 p.m.

For more information, call 728-3788.

Marine Corps League Meetings

Cherry Point’s detachment of the Marine Corps League meets the third Tuesday of each month at Miller’s Landing at 7 p.m.

For more information, call 515-1175.

Disabled Veterans

Chapter 26 of the Disabled American Veterans meets the third Tuesday of each month at the Senior Center in Havelock at 7 p.m.

For information, contact Cris Young at 259-3427.

Cycle Classes

Cycle classes are held every Tuesday and Thursday at the Semper Fit Center aboard the air station at 11 a.m. and 11:50 a.m.

For more information, call 466-1147.

Hotlines

2nd MAW Command Inspector General
466-5038

Station Inspector
466-3449

Fraud, Waste and Abuse

If you know of or suspect any fraud, waste or abuse aboard MCAS Cherry Point, call 466-2016.

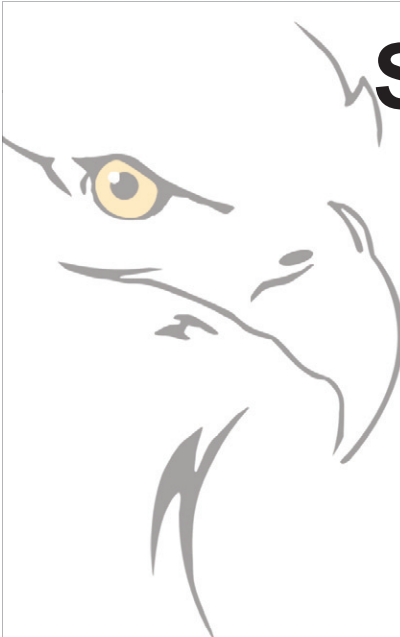
This line’s automated answering service is available 24/7.

Sexual Assault

This procedure is not to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7. The person answering the call will help you decide the next steps to take. You may remain anonymous.

Severe Weather and Force Protection Information

Cherry Point personnel call 466-3093.
FRC East personnel call 464-8333.
DDCN personnel call 466-4083.



Suspicious persons

Be aware of anyone who does not appear to belong in the workplace, neighborhood or business establishment near the air station

If you notice anyone involved in described activities, contact the Provost Marshal’s Office at 466-4366.

OPERATION EAGLE EYES

Off Limits

MCAS CHERRY POINT AREA

98 CENT ONLY STORE
(BIG DADDY) WESLEY’S GROCERY
COASTAL SMOKE SHOP
EXPRESSIONS
FRIDAY’S NIGHT CLUB (AKA CLUB INSOMNIA, CLUB CLASSICS, INFINITY LOUNGE)
H&D EXPRESS AKA CITGO
NADINE’S FOOD MART
SUPER EXPRESSWAY
TOBACCO OUTLET (HAVELOCK AND NEW BERN)
TOBACCO SHOP & GIFTS (BEAUFORT AND NEW BERN)
TOBACCO TOWN
TOBACCO SHOP (NEWPORT, N.C.)
TWIN RIVERS (NOT THE MALL)
WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

BELFAST QUICK MART
BELL AUTO SALVAGE II
BOTTA BOOMS
CASH-N-ADVANCE
CJ’S QUICK MART
CLUB MICKEY’S
COASTAL SMOKE SHOP
DASH-IN
DISCOUNT TOBACCO
D’S DRIVE THRU
D’S QUICK MART
DOLL HOUSE
EASY MONEY CATALOG SALES
EXPRESS WAY
FANTASIES
HIP HOP AND HOOKAHS
ILLUSIONS
JACKSONVILLE SPEEDWAY AUTO PARTS
KINGS DRIVE THRU
KWIK STOP MART
LAIRDS AUTO & TRUCK CENTER
MILITARY CIRCUIT OF JACKSONVILLE
MOE’S MART
NASH MARKET
ONE STOP SHOP
PAR TECH
PLAYHOUSE
PLEASURE PALACE
PRIVATE PLEASURES (AKA CARRIAGE HOUSE)
RACEWAY AUTO PARTS
REFLECTION PHOTO
REID’S MART
SMOKERS POST
SOUTHERN COMFORT
SMITTY’S R&R
SPEED MART
TALK OF THE TOWN II
TENDER TOUCH (AKA BABY DOLLS)
TOBACCO ALLEY
TOBACCO AND MORE
TOBACCO CLUB
TOBACCO FOR LESS
TOBACCO HOUSE CIGARETTE CENTER
TOBACCO LEAF
VERONA QUICK STOP
VETERANS AFFAIRS SERVICES