

Mailed Fist wraps up with TRAP

Marines execute mock rescue mission

CPL. TYLER J. BOLKEN
MCAS CHERRY POINT

FOLLOW @BOLKSBLITTRUSMC

Hiding in the humid, dense forest of eastern North Carolina June 22, Capt. Nick M. Korent, posing as a downed U.S. Air Force F-15 pilot, found himself in a situation of survival, something pilots fear but train for – as was the case with Korent this day during a scenario-driven Tactical Recovery of Personnel or Aircraft training exercise.

This was the culminating operation of Mailed Fist, a week-long, large-scale exercise geared toward training the Marine Corps’ East Coast aviation elements for its many missions, including moments like this.

During this scenario, Korent was in a hostile, unfamiliar environment, with little food, water and means of protection, but the radio in his hand provided a lifeline to a virtual air wing of support. Help was on its way.

Though not clearly visible, a team of nearly every model of aircraft in the Marine Corps’ arsenal was in the sky above Korent, including AV-8B Harriers and helicopter gunships that provided close-air support, an EA-6B Prowler to provide an electronic umbrella against

See TRAP page A9



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Company D, 2nd Light Armored Reconnaissance Battalion Marines sprint out of the landing zone with their stretcher, while another group of Marines assists a casualty with a simulated leg injury onto a CH-53E Super Stallion, during a casualty evacuation exercise June 20, aboard Marine Corps Base Camp Lejeune. Troops from Marine Heavy Helicopter Squadron 366 were on hand to provide air support during the training, in support of Exercise Mailed Fist. More photos are available on A9.

Inside the mind: Warriors with non-visible injuries look forward, Marine Corps pushes for progress

LANCE CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

FOLLOW @ACLEOPATRAUSMC

From the outside looking in, Staff Sgt. Brian Murphy is an outspoken, motivated Marine. On the inside, he is learning to come to terms with a traumatic brain injury that is part of his everyday life.

Due to the increasing number of Marines being diagnosed with traumatic brain injuries, the Marine Corps is taking a comprehensive approach to treat them by emphasizing our core components: prevent, provide, track and train, states Marine Administrative Message 294/12.

“A traumatic brain injury is an injury to the head that can either be closed, where you can’t actually see the injury, or open, for example where you can see shrapnel sticking out of the head,” said Lt. Cmdr. Erin M. Simmons, the department head of Mental Health at the Cherry Point Naval Health Clinic.

Murphy sustained his injury while working as a machine gunner in Iraq on Feb. 7, 2005. The Humvee he was in struck a roadside bomb.

The administrative chief with Marine Wing Support Squadron 271’s explosive ordnance section doesn’t remember exactly what happened after the blast, but he remembers the shrapnel lodged into his face.

“I went to a couple of different medical facilities where I got CAT scans to make sure that I didn’t have any intracranial bleeding,” he said. “After that, I went back to my unit.”

Murphy said the medical treatment Marines receive now for traumatic brain injuries is worlds apart from the care he received.

“Back in 2005, there was no real focus on TBIs like there is now,” he said. “Blast injuries weren’t as prevalent. Now that we are in Afghanistan, we are a lot more

foot mobile.”

The Marine Corps’ traumatic brain injury program exists at installations across the Marine Corps to assist Marines dealing with brain injuries sustained in garrison and combat.

“A lot of my friends in the EOD field have sustained brain injuries,” he said. “The care and treatment they’ve received is amazing.”

Although his injury isn’t visible, the damage Murphy experienced from the incident constantly reminds him what happened on that day.

The Pierre, S.D., native said he felt relieved when he was formally diagnosed with a traumatic brain injury. TBIs can oftentimes get misconstrued with other injuries because it has the symptoms of many common injuries,

See TBI page A9

Gutierrez assumes command of Naval Aviation Training Center, Melchior bids farewell

LANCE CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

FOLLOW @ACLEOPATRAUSMC

Lt. Col. Jaime L. Gutierrez assumed command of Cherry Point Center for Naval Aviation Technical Training from Lt. Col. Paul M. Melchior during a ceremony on the parade field here, June 22.

Melchior, a native of Milwaukee, Wis., will move on to Marine Corps University at Marine Corps Base Quantico as a faculty advisor.

During the ceremony, Navy Capt. Terry M. Burt, commanding officer of Naval Education and Training Command at Naval Air Station Pensacola, Fla., praised Melchior and his Marines for their hard work.

Together their efforts helped Melchior and the Cherry Point Marine detachment win the American Society for Training & Development’s 2011 Excellence in Practice Award.

“During his time here, Lt. Col. Melchior set the standard for aviation maintenance training excellence and this command has excelled in every aspect,” said Burt.

In his final address to his Marines, Melchior commended their dedication and enthusiasm during his time as commanding officer.

“Know that I am proud of you and everything you have accomplished in the last two years,” he said.

Hailing from San Antonio, Texas, Gutierrez comes to the squadron from 3rd Marine Aircraft Wing’s Aviation Logistics Department. He said he looks forward to commanding the “Owls.”

Recognizing the long hours his Marines



Lt. Col. Gutierrez

endured to prepare for the ceremony, the new commander said he is eager to go the extra mile for them.

Gutierrez’s career highlights include service in Afghanistan as executive officer of the forward-deployed Marine Aviation Logistics Squadron 16.

His personal decorations include the Meritorious Service Medal, and the Navy and Marine Corps Commendation Medal with three gold stars in lieu of fourth award.

ARMED FORCES VOTERS WEEK

Today through July 7 Marines, civilian Marines and eligible family members will be able to register to vote with their home states.

Nov. 6, the United States will hold a general election to elect the president of the United States, all members of the U.S. House of Representatives, 34 U.S. senators, 13 state and territorial governors and several state and local officials.

If you are unsure who your unit voting officer is, contact the installation voter assistance office. The office is located inside the DEERS/RAPIDS office in building 298.

For more information contact Cpl. Kent Holtberg 8 a.m. - 4 p.m. at 466-3243.



NMCRS fund drive continues

JOINT PUBLIC AFFAIRS OFFICE

MCAS CHERRY POINT

FOLLOW @MCASCPPA

The Navy-Marine Corps Relief Society is continuing its Active Duty Fund Drive, now until July 15. See A2 for more details.



What’s Inside

July 4th Safety	A2	Chef of the Quarter	A5
Marine Week	A3	Howitzer Lift	A7
Ace trains with EMV	A4	The Local Buzz	B3

In This Edition:



*SMP MARINES
TRAVEL TO COUNTRY
CONCERT IN
CHARLOTTE*

See B1 for photos
and story



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

NMCRS driving on

JOINT PUBLIC AFFAIRS OFFICE

MCAS CHERRY POINT

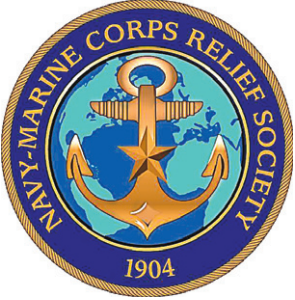
FOLLOW @MCASCPPA

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

About \$4,000 dollars has been raised this year, so they are a little behind schedule on the funds donated, said Vicki Wilson, director of Cherry Point Navy-Marine Corps Relief Society.

In 2011, The Navy-Marine Corps Relief Society provided more than \$286,000 dollars to 2,152 families on Cherry Point and more than \$4 million dollars to North Carolina families in financial assistance including quick assist loans, emergency leave travel, disaster recovery assistance, and assistance to wounded warriors, widows and their families.

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



Fourth of July holiday safety

JOHN M. RUTH

JOINT SAFETY OFFICE

The Declaration of Independence, which was unanimously declared by the original 13 United States of America, was adopted in Philadelphia on July 4, 1776, by the Continental Congress. The greatest task was getting the document signed, which began on Aug. 2, 1776. On Jan.18, 1777, Congress made sure that all states would have access to an authenticated copy of the Declaration of Independence by ordering a special printing of multiple copies.

Many of the first 4th of July celebrations occurred shortly after the declaration was signed in various towns, cities, and other locales along the East Coast of our new nation. Many of the traditions first started in 1776 are evident in the way we celebrate today. Festivities such as sound, spectacle, fireworks, a day at the town square or park, and sentiment played an important role in that tradition. We also have a short drive to the beaches here in North Carolina.

July 4th also calls for the traditional barbecue, picnic, and of course fireworks.

Keep in mind that some fireworks are illegal in many states to include North Carolina. You may want to attend one of the many local celebrations, and enjoy the show. In fact, for us history buffs, on July 4, 1786, right here in Beaufort, N.C., the courthouse burned down as a result of a stray artillery shell during that celebration.

For travelers, we will continue to stress the importance of motor vehicle safety.

Motor vehicle safety involves wearing seatbelts, planning your trip, proper maintenance of your motor vehicle, no drinking and driving, do not drive while you are tired and other preventive measures. You may want to repack that emergency kit to include some extra water, ice and maybe some extra coolant for the radiator. As always, please call ahead and let the relatives know when you are coming. Keep all the cell phones charged, too.

Many of us will take advantage of the time off and the nice weather to continue chores around the house like cleaning the garage, doing yard work, or getting out the pressure washer to clean the deck or the vinyl siding.

Again, plan out those events and remember stress prevention. I have mentioned in a previous safety message about a good friend in the emergency room who had fallen from a 7-foot ladder. Prognosis was “Good,” but it could have been much worse.

The warm summer weather will send many of us to the nice beaches in our local area. Again, alcohol and water activities do not mix. Other tips include keeping plenty of bottled water, putting an umbrella up for shade, applying and reapplying sunscreen, never swimming alone, and following the instructions of the local lifeguards.

The Marine Corps Warrior Preservation Campaign reminds us that Marines take care of our own through leadership and mentoring, training and education, and through structure and staffing. Remember continuous risk evaluation, hazard mitigation, and operational risk management.

Remember that it only takes a second to become a statistic during our 101 Critical Days of Summer. Don’t become a statistic this holiday weekend or anytime.



Chaplain’s Corner : No fear freedom

CMDR. J. GOODBOW

DEPUTY WING CHAPLAIN

A reporter asked, “What is freedom?” A woman answered, “Freedom is never having to worry about anything again.” I thought about that response for a long time. She was right. True freedom is the freedom to never worry about anything again.

Do you worry? I do. When I looked at when I worry, it boiled down that worry is just another word for fear. As a person of faith, I thought about my worries in relation to God and my practice of faith. What does God say about worry and fear?

God says a lot about worry and fear in the Bible. Looking at the Christian scriptures there is a story from Mark 4 that describes Jesus’ response to worry and fear. Jesus had been teaching by the lake. In the evening, he said to his disciples, “Let’s go over to the other side.” Leaving the crowd behind, they got in their boat and headed to the other side. Suddenly a huge storm came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” Jesus got up, calmed the wind and said to the waves, “Quiet! Be still!” The wind died down and it was completely calm. Then he turned to his disciples and asked, “Why are you so afraid? Do you still have no faith?” They were terrified and asked each other then, says Mark’s Gospel, “Who is this? Even the wind and the waves obey him!”

That has always fascinated me. The disciples, including the strong fishermen that Jesus had called, were afraid of the storm, but when Jesus calmed the storm, they were terrified. They were terrified of his power over the wind and the waves. It shows the disciples in all their humanness. They didn’t know how to take Jesus.

The disciples had just experienced his incredible command over the storm. Jesus, seeing their fear at his power, is puzzled and asks, “Why are you so afraid? You have witnessed my power to take care of you and yet you are afraid! Why?”

We all fear something in life. However, for people of faith, why do we fear when Jesus’ power to take care of us is there for the asking? Think about it, the opposite of faith is not doubt. The opposite of faith is fear. Try to tell me any problem in the human heart that is not based in fear: fear of people who are not the same as we are, fear about our own adequacy and self-worth, fear about our ability to cope with life, fear concerning the future and the areas of life over which we have no control. At the heart of worry, resentment, hatred, guilt and almost every negative emotion – emotions that eat at our well-being and peace of mind is fear.

Often our fears are totally out of proportion to reality. Most of us, even if we’re not aware of it, have a tendency to turn molehills into mountains primarily because deep down we are afraid. Most of the problems we have are caused by fear. It may be the fear that someone’s going to take advantage of us, it may be fear of failure, it may be fear of looking foolish, fear

that we won’t fit in, or fear that we will be abandoned. Most people are affected by some fear or another. Yet Jesus asks, “Why are you so afraid? Do you still have no faith?” That is to say, the way to conquer fear is through faith. An active faith in God is the only antidote I know to end worry and fear. You might ask, “How do I live that kind of faith? What does that faith even look like?”

In the Christian scriptures, Jesus describes it like this ... “Unless you change and become like a little child you shall never enter the kingdom of God” – Matthew 18:3. Children have that kind of trust not only in Mom and Dad but often with God. To have a child-like trust in God means we can turn all the fears and worries over to God. Think of it ... if we could live like that most of the things that keep us awake at night would greatly diminish and fade away. Why? Releasing our fears to God allows us to know that God has our back. Fear is one of the biggest problems we face in life. God teaches us to conquer fear with faith in God’s love.

Are you letting your fear keep you from being all God created you to be? “Who is this?” asked the disciples about Jesus. “Even the wind and the waves obey him!” Yes, they do. Nothing can stop the person whose faith is in the Lord. Our faith gives us the freedom to never worry about anything again!

The Windsock

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REMEMBER TO RECYCLE



Highlighting Cherry Point’s Warriors



CPL. GEORGE M. JOHNSON

Job Title: Aircraft ordnance technician
Unit: Marine Light Attack Helicopter Squadron 467
Hometown: Cary, N.C.
Age: 23
Date Joined: August 2008

Cpl. George M. Johnson, an aircraft ordnance technician with Marine Light Attack Helicopter Squadron 467 says the two most important parts of his job are speed and safety.

Johnson spends his day performing duties and tasks such as inspecting ammunition, testing aircraft systems, performing preventive maintenance and the arming and disarming of the AH-1W Super Cobra and the UH-1N Huey.

“I love working on the aircraft, but sometimes it can be tough,” said Johnson.

When deployed, Johnson works at a forward arming and refueling point, where he is responsible for arming the aircraft in a timely manner.

The FARP can be quickly set up in remote locations and is used to rapidly refuel and arm aircraft, allowing the Marines and aircraft to get back in the air to continue their mission faster. Johnson has to perform his job in a matter of minutes.

Johnson said, “The pilots and the ground units waiting on the air support are depending on us to do our job quickly.”

Johnson emphasized the importance of working diligently and safely, “When the aircraft take back off within a few minutes of them landing, we know we’ve done our job well.”

Highlight Your Marine or Sailor
Superstar

Call or email The Windsock
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LANCE CPL. STEPHEN T. STEWART

Marines demonstrate their capabilities by air, land, sea



CPL. MARCIN PLATEK

An MV-22 Osprey departs after dropping off Marines to storm the Burke Lakefront Airport strip during the Marine Air-Ground Task Force demonstration in Cleveland, June 16. During the culminating event of Marine Week Cleveland, Marines invaded the Burke Lakefront Airport by land, air and sea. Gateway Plaza, Public Square, Voinovich Park and Rock and Roll Hall of Fame were some of the venues that displayed Marine Corps vehicles, aircraft and equipment during the week. More than 750 Marines journeyed to Cleveland for the event. Ohio has more than 9,000 active and reserve Marines, making it one of the top-five producers of Marines.

CPL. CHELSEA FLOWERS

MARINE WEEK

CLEVELAND – More than 50,000 Clevelanders gathered at Burke Lakefront Airport in Cleveland for a Marine Air-Ground Task Force demonstration during Marine Week Cleveland, June 16.

The Corps pulled out all the stops for the demonstration, which showcased the Marines' ability to assault from ship-to-shore via ground and air with appearances by multiple Marine aircraft and ground vehicles to include MV-22 Ospreys, a CH-53E Super Stallion, a UH-1N Huey, an AH-1W Super Cobra and amphibious assault vehicles.

The two days of demonstrations of MAGTF capabilities was the culminating event of Marine Week Cleveland and left Clevelanders with something to remember for years to come.

"It was fantastic," said Cleveland resident Mark Demyan. "It was very, very good. My wife and I learned a lot today."

In addition to wowing the audience with all the Marine Corps has to offer, the demonstration educated the public about Marines' capabilities in any clime and place, including Cleveland.

"We're showing them just a little bit of what the Marine Corps can do as America's force in readiness," said Lt. Col. Michael P. Hubbard, inspector instructor for 3rd Battalion, 35th Marine Regiment. "The audience had fun; we had fun. It was a great day all the way around."

For some members of the audience like 8-year-old Connor Korinek, the demonstration was more than just a good time.

"It was awesome," Korinek said. "My favorite part was when they dropped the rope and climbed up it."

Korinek was inspired by the reconnaissance Marines who parachuted onto the grass in front of the crowd and were later extracted by a Special Patrol Insertion Extraction rigging maneuver from a CH-53E helicopter.

"Those techniques are the same we use in combat situations," said 1st Sgt. Anthony Gabriel, with 4th Force Reconnaissance Battalion in Alamita, Calif. "Parachutes are used for stealth landings, and S.P.I.E. rigging is for whenever we want to get out of somewhere fast."



CPL. MARCIN PLATEK

The Silent Drill Platoon performs before the Marine Air-Ground Task Force demonstration in Cleveland, June 16. During the culminating event of Marine Week Cleveland, Marines invaded the Burke Lakefront Airport by land, air, and sea.

The Marines participating felt the show was the least they could do to thank Cleveland for an amazing Marine Week.

"It was a pleasure to show the Clevelanders what we do since they have been such gracious hosts," said Master Sgt. William D. Burrows, with 4th Force Recon Bn.

The demonstration was about more than providing an awe-inspiring performance. Those in attendance left

knowing just how secure the nation is when Marines are present.

"It's a good thing for the people to see just what's keeping the bad guys off our front door," Hubbard said. "When folks come out and see what we are doing and what we have the capability of doing, they'll walk away with a sense of pride, and they'll walk away with a better sense that they're secure."



CPL. MARCIN PLATEK

Marines walk from a field after storming the Burke Lakefront Airport strip during the Marine Air-Ground Task Force demonstration in Cleveland, June 16.



CPL. MARCIN PLATEK

The Marine Corps Base Quantico Band conductor salutes as Marines raise a flag in reenactment of the World War II Mount Surabachi flag-raising on Iwo Jima before the Marine Air-Ground Task Force demonstration in Cleveland, June 16.



LANCE CPL. CHRISTOPHER JOHNS

Two Marines with Marine Wing Support Squadron 373 look on as a UH-1Y Venom prepares for takeoff aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., June 6. Aircraft refueled at a Forward Arming and Refueling Point, which is used as an expeditious way to supply aircraft with weapons and fuel to keep them closer to troops operating in remote areas.

Ace support takes Enhanced Mojave Viper by storm

LANCE CPL. CHRISTOPHER JOHNS

MARINE CORPS AIR STATION MIRAMAR

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. – Marines with Marine Wing Support Squadron 373 conducted training during Enhanced Mojave Viper aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., June 5 and 6.

The training missions consisted of establishing, operating and protecting a Forward Arming and Refueling Point. A FARP is used as an expeditious way to supply aircraft with weapons and fuel to keep them closer to troops operating in remote areas.

“The purpose of the entire exercise is to ensure Marines scheduled for future support of Operation Enduring Freedom are trained and prepared,” said 1st Lt. Isaac Cortes, the FARP mission commander with MWSS-373.

Part of this training was to create the FARP site from scratch using heavy machinery and combat engineers’ skills to build watch towers and surround the site with concertina wire.

“The benefits [this environment provides] are similar to the austere environments in Afghanistan where these Marines may be deploying to,” said Cortes.

Working in this environment allows the Marines to mentally prepare for the hardships they will face while deployed. As part of this acclimatization, the Marines must perform all aspects of their mission.

This mission includes the second part of training – site security.

“We set up obstacles, concertina wire, guard towers and serpentine road blocks on the entry ways in to and

out of the training area,” said Cortes.

Should these obstacles fail to fend off any would-be attackers, the Marines receive lessons on crew served weapons.

“We wanted to get [these Marines] educated on crew served weapons like the M240B, the SAW, .50 caliber machine guns and the MK-19 should they be needed to deploy,” said Master Sgt. Ronnie Smith, the ACE Support squadron master sergeant.

To test the Marines willingness and ability to protect the site, role-players engaged the defenses to see how the FARP Marines react to local nationals, explained Pfc. Ethan Foote, a combat engineer with MWSS-373.

“After all of this training I feel [prepared] to go in country,” said Foote.

From prepping and building a FARP to protecting it, the Marines of MWSS-373 are now prepared for their part of the mission while deployed.



LANCE CPL. CHRISTOPHER JOHNS

Marines with Marine Wing Support Squadron 373 fire an M240B machine gun as part of a familiarization exercise during Enhanced Mojave Viper aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., June 7. Marines trained with crew served weapons in order to maintain security of a forward arming and refueling point.



PHOTOS BY LANCE CPL. STEPHEN T. STEWART

Lance Cpl. Juliona Moreno, a food service specialist, prepares her dish during the Chef of the Quarter competition at the Cherry Point mess hall, June 21. Three lance corporals brought their best for this quarter's crown, where Moreno, originally from Colombia, took first place, blowing the competition away with her Colombian based culinary art.

Cherry Point chefs compete to be called the best

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

FOLLOW @STSTEWARTUSMC

Three Marines competed for this quarter's Chef of the Quarter crown at the station mess hall, June 21, where Lance Cpl. Juliona Moreno emerged victorious with her Colombian-based culinary art.

Moreno, originally from Colombia, presented the judges chicken topped with a mushroom sauce as a main entree with potatoes and thin-cut vegetables on the side. For dessert she prepared brazo de reina, a sweet bread roll popular in Colombia.

"I am very traditional and love where I come from," said Moreno. "I chose to make everything based on Colombian cuisine to show we should never forget where we come from."

Lance Cpl. Ryan D. Kuncio, a native of West Warwick, R.I., prepared white rice with Creole shrimp as a main dish and for dessert a pecan topped caramel marble cheesecake.

"I love cooking," said Kuncio. "I love being creative with my cooking and coming up with my own stuff and putting a spin on it."

Lance Cpl. Alexander W. Nuse, a native of Jamestown, N.Y., presented the judges with a jalapeno cream-stuffed chicken and cheesecake for dessert.

"I've always loved cooking," said Nuse, who spent two years at a culinary school before joining the Marines. "Cooking takes away any stress I have and allows me to focus, pushing all other distractions out of my way."

The judges, Sgt. Maj. Holly C. Prafke, sergeant major for Headquarters and Headquarters Squadron, Staff Sgt. Royce D. Kelley, adjutant chief for H&HS, and Cheryl Collins, the family readiness officer for Marine Wing Support Squadron 274, enjoyed all the contestant's meals. But with a final tally, the judges determined Moreno's Colombian dish was the best.

"I put a lot of work into my food and I love seeing people's faces when they try it," said Moreno.

After every one present tasted the food, the three participants received trophies, Nuse finished second, and Kuncio third.



Lance Cpl. Ryan D. Kuncio, a food service specialist, adds a final touch to his pecan topped caramel marble cheesecake, at the Cherry Point mess hall, June 21, for the Chef of the Quarter competition. "I love being creative with my cooking and coming up with my own stuff and putting a spin on it," said Kuncio.



Col. Philip J. Zimmerman, commanding officer of Marine Corps Air Station Cherry Point, presents Lance Cpl. Juliona Moreno, a food service specialist, the first place trophy during the Chef of the Quarter competition at the Cherry Point mess hall, June 21.



Lance Cpl. Juliona Moreno, a food service specialist prepares her dish during the Chef of the Quarter competition at the Cherry Point mess hall, June 21. Moreno, originally from Colombia, prepared chicken topped with a mushroom sauce. For a side dish she made potatoes and thin cut vegetables, with a Colombian delight for dessert – brazo de reina – a sweet roll.



Lance Cpl. Juliona Moreno, a food service specialist prepares her dessert to be presented to the judges during the Chef of the Quarter competition at the Cherry Point mess hall, June 21. Three lance corporals brought their best for this quarter's crown at the station mess hall, where Moreno, originally from Colombia, took first place, blowing the competition away with her Colombian based culinary art.

First asymmetric weapons load test for F-35B



PHOTO COURTESY OF LOCKHEED MARTIN

On June 14, F-35B Joint Strike Fighter test aircraft BF-2 completed the first test flight for the short takeoff and vertical landing variant with an asymmetric weapons load. Navy Cmdr. Eric Buus flew BF-2 with an AIM-9X Sidewinder inert missile on the starboard pylon, a centerline 25 mm gun pod, and a GBU-32 and AIM-120 in the starboard weapons bay. The F-35B is the variant of the Joint Strike Fighter for the U.S. Marine Corps, capable of short take-offs and vertical landings for use on amphibious ships or expeditionary airfields to provide air power to the Marine Air-Ground Task Force.

Howitzer is no match for Marine Heavy Helicopter Squadrons



PHOTOS BY CPL. GLEN E. SANTY



(Above) Capt. Adam Shirley, a CH-53E Super Stallion pilot with Marine Heavy Helicopter Squadron 461, explains to Marines with 3rd Battalion, 10th Marine Regiment, Lima Battery, his plan of attack for lifting the M777 155mm Howitzer, June 21.



A CH-53E Super Stallion and Marines with Marine Heavy Helicopter Squadron 461 lifted a M777 155mm Howitzer after Marines from Lima Battery 3rd Battalion, 10th Marine Regiment, attached it to the aircraft during Exercise Mailed Fist at a range outside of Marine Corps Base Camp Lejeune, N.C., June 21. Mailed First is an annual large-scale exercise conducted by 2nd Marine Aircraft Wing.

Red Dragons maintain Super Stallion while deployed



LANCE CPL. CLAUDIA PALACIOS

Marines with Marine Medium Helicopter Squadron 268 (Reinforced) and Sailors aboard USS Makin Island remove a CH-53E Super Stallion main gearbox aboard the ship at sea, June 11. The squadron serves as the aviation combat element for the 11th Marine Expeditionary Unit. The unit embarked the ship, as well as USS New Orleans and USS Pearl Harbor in San Diego Nov. 14, beginning a seven-month deployment to the Western Pacific, Horn of Africa and Middle East regions.

TBI from page A1

he said.

“It’s not like having a broken leg; everybody can see that it’s a broken leg. When you have a broken brain it’s very hard to see that from the outside,” said Murphy.

As a result of his injury, Murphy sometimes his speech. He also suffered some hearing loss and he has short-term memory loss.

“I can tell you where I was 10 years ago, but if you ask me where I was three days ago I would have to really think about it,” he said.

The Purple Heart recipient says that he has learned how to overcome minor set-backs he encounters on a daily basis at work.

“If I had three things that I needed to get done, and I don’t write them down, chances are two of those things

are going to be forgotten before I finish the first thing,” he said. He always keeps at least two notepads on his desk so he can make notes and double check his lists.

“Traumatic brain injuries are one of the things in life that you learn to live with,” he said. “Sometimes we know what we have to do to deal with it, but it’s hard because there is no cure for it.”

However, Murphy said he is hopeful about his future and the progress he has made with his injury.

“Among our community we know it’s an injury,” said Murphy. “Trying to get this recognized by medical specialists outside of the military community has been difficult. I’m glad that people are beginning to become more aware of our injuries, it’s a good feeling to finally have people recognize what those who have TBIs go through.”

The new MARADMIN affects Marines of all ages who are dealing with injuries sustained recently and throughout past decades, and ensures they get the help they need, not only to treat their injury, but progressively get better as well.

People who suffer from traumatic brain injuries experience a range of symptoms from severe disabilities to no symptoms at all. More than 80 percent of people who sustain a mild traumatic brain injury get better over time with little or no treatment at all, said Simmons.

“I have a path forward,” said Murphy. “I have now figured out how to integrate this injury into my life and career.”

TRAP from page A1

foreign threats, a KC-130J Hercules to refuel the supporting aircraft and an MV-22B Osprey to serve as a back-up to two CH-53E Super Stallions. It was one of those Super Stallions that landed in a small clearing to pick Korent up. This escalating scenario tested one of Exercise Mailed Fist’s primary goals.

“This size exercise with these types of operations refines our aviation elements’ ability to operate together,” said Col. Kevin M. Iiams, the Aviation Combat Element commander for Exercise Mailed Fist. “We can never forecast what’s going to happen.”

The Marine Corps’ most recent high profile TRAP mis-

sion was in rescue of a downed U.S. Air Force pilot in Libya, March 2011.

“TRAP missions are one of the most important things we train for,” said Korent, an AH-1W Super Cobra pilot with Marine Light Attack Helicopter Squadron 467 and native of Houlton, Wis. “We don’t leave anyone of our own behind.”

In recent years, the Marine Corps has not been doing large-scale exercises like this one because of the focus on combat operations in Iraq and Afghanistan, explained Iiams, a native of New Orleans. It’s important to the Wing’s and Marine Corps’ mission because it integrates Marine aviation into integrated missions for large-force employment.

“The Marines are able to see all the other functions we do and haven’t been able to do,” said Iiams. “This exposes us to the rest of the spectrum of missions we could expect to do, should we go other places in the world.”

Some of the week’s major operations included a battalion-sized assault with more than 500 Marines at Camp Lejeune, a raid on an objective and the June 22 TRAP.

“Exercise Mailed Fist is another measure so that no matter what mission comes up the future, we have seen it and experienced it,” said Iiams. “We can focus on that, increase our training and capability in that area – then succeed in combat in that area.”

Marines practice casualty evacuations

Marines with Company D, 2nd Light Armored Reconnaissance Battalion and Marine Heavy Helicopter Squadron 366 conducted a casualty evacuation drill during Exercise Mailed Fist 1-12. More than 80 Marines from the two squadrons teamed up to execute a casualty evacuation exercise as part of Mailed Fist. Mailed Fist is one of the largest Wing exercises in recent history, involving units from every Marine aviation installation on the East Coast.



A CH-53E Super Stallion airlifts Marines out of the landing zone during a casualty evacuation exercise.



A CH-53E Super Stallion from Marine Heavy Helicopter Squadron 366 flies over a light armored reconnaissance vehicle with Company D, 2nd Light Armored Reconnaissance Battalion, to get out of the landing zone.



Marines with Company D, 2nd Light Armored Reconnaissance Battalion aid a casualty with a simulated leg injury.



Marines with Company D, 2nd Light Armored Reconnaissance Battalion carries a simulated casualty onto a CH-53E Super Stallion.

Country music stars rock boots off Cherry Point Marines



PHOTOS BY LANCE CPL. CORY D. POLOM

A group of Marines with the Single Marine Program of Cherry Point do the wave while they enjoy the live music of the 2012 Brothers of the Sun Tour at the Bank of America Stadium in Charlotte, N.C., June 24. The group loaded up two busses and made the trip to see the concert, which featured Jake Owen, Grace Potter and the Nocturnals, Tim McGraw and Kenny Chesney.

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT [FOLLOW @CoryPolom](#)

More than 70 Marines traveled to the Bank of America Stadium in Charlotte, N.C., for a free country concert featuring Nashville headliners Kenny Chesney and Tim McGraw June 24, compliments of the Carolina Panthers professional football organization.

It started when Jen Krivohlav, the Single Marine Program coordinator for Cherry Point, received a phone call from a representative of the United Services Organization of North Carolina early last week informing her the USO chose the Cherry Point Single Marine Program to receive up to 100 free tickets for the con-

cert, provided by North Carolina's only National Football League team.

SMP coordinators arranged two charter busses to transport the Marines to and from the concert.

"It's nice to take part in the SMP trips and other events without having to spend a lot of money or scramble for a ride just to do something fun," said Pfc. Victoria E. Cook, a videographer 2nd Marine Aircraft Wing combat camera.

After observing the Marines dancing and singing, Krivohlav said, "Its days like this that gives me a pride in my job."

Cook said spending time with friends at a music concert made

her feel a little like she was back home in St. Johns, Mich. She's glad to have an outlet to spend time with her new friends the way she did back home.

The 2012 "Brothers of the Sun Tour" also featured country music star Jake Owen and rock band Grace Potter and the Nocturnals.

The artists performed hits to include "Boys of Fall," by Chesney; "Better than I Used to be," by McGraw; and "Barefoot Blue Jean Night," by Jake Owen.

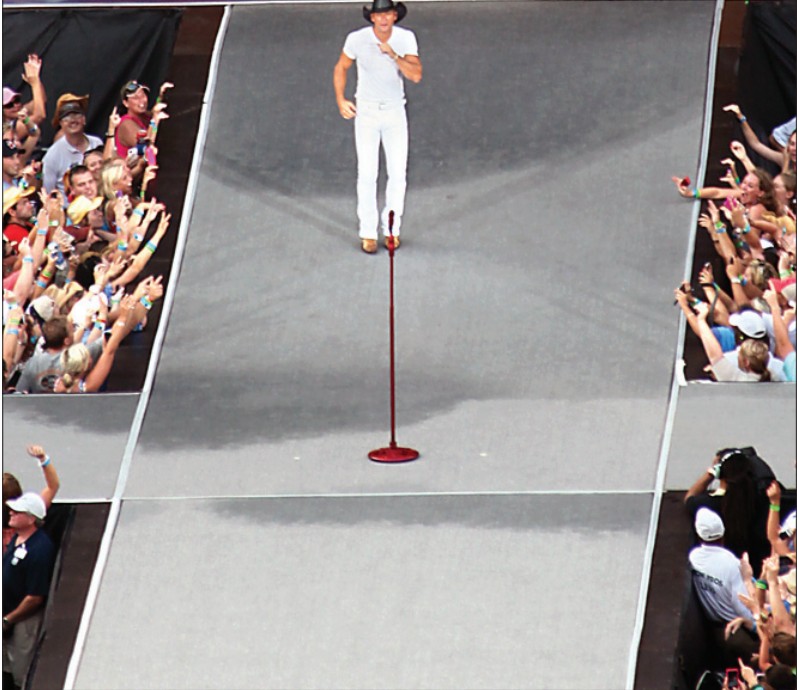
Next up for the Single Marine Program is a military appreciation concert in Morehead City, N.C., July 6 to see the Band of Oz.



Pfc. Victoria E. Cook's eyes widen as country music star Tim McGraw comes on stage during the 2012 Brothers of the Sun Tour at the Bank of America Stadium in Charlotte, N.C., June 24. Cook is a combat videographer with Marine Wing Headquarters Squadron 2.



Country music artist Kenny Chesney performs for thousands of people attending the 2012 Brothers of the Sun Tour at the Bank of America Stadium in Charlotte, N.C., June 24.



Country music artist Tim McGraw performs for thousands of people attending at the 2012 Brothers of the Sun Tour at the Bank of America Stadium in Charlotte, N.C., June 24.



Country music artist Kenny Chesney performs at the 2012 Brothers of the Sun Tour at the Bank of America Stadium in Charlotte, N.C., June 24. Marines with the Cherry Point Single Marine Program attended the concert compliments of the Carolina Panthers professional football organization.

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 July 2-5

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 28

Lunch - Chicken and dumplings, pasta toscano, steamed rice, steamed vegetable medley, harvard beets, cream of spinach soup

Dinner - Mediterranean herb roasted chicken, herbed roast pork loin, mashed potatoes, dirty rice, glazed carrots, steamed broccoli, brown gravy, American bounty vegetable soup

Friday June 29

Lunch - Roast turkey, French fried shrimp, French fried fish, dirty mashed potatoes, green beans, calico cabbage, hush puppies, tartar sauce, cocktail sauce, New England clam chowder **Dinner** - Tater-tot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms, Manhattan clam chowder

Saturday June 30

Lunch - Baked ziti with four cheeses, arroz con pollo, club spinach, corn o'brien, toasted garlic bread, smoked ham and cabbage soup **Dinner** - Three bean chili, apple glazed corned beef, shrimp curry, cilantro rice, parsley buttered potatoes, vegetable stir fry, savory summer squash

Sunday July 1

Lunch - Baked fish with butter crumb topping, herbed baked chicken, potatoes au gratin, confetti rice, herbed roasted carrots, balsamic roasted vegetables, tomato soup **Dinner** - Pork chops with smothered onion, chili macaroni, roasted sweet potatoes, French cut green beans, cauliflower combo, Wisconsin cheese soup

Monday July 2

Lunch - Pepper steak, turkey monterey roasts, rosemary red potatoes, steamed rice, wax beans creole, stewed chick peas and zucchini, Southwestern corn chowder **Dinner** - Veal parmesan, tex-mex chicken and rice, penne rigate noodles, scalloped cream corn, broccoli and red peppers, Spanish chorizo and potato soup

Tuesday July 3

Lunch - Linguini with clam sauce, bayou chicken, rissole potatoes, mashed cauliflower, sauteed green beans and mushrooms, beef with vegetables and barley soup

Dinner - Country fried steaks, baked turkey with noodles, mashed potatoes, creamed ground beef, peas, squash and carrot medley, bean with bacon soup

Wednesday July 4

Lunch - Chicken piccata, bayou jerk pork loin, chipotle roast, sweet potatoes, islander's rice, steamed spinach with garlic, lyonnaise carrots, mango and black bean salsa, cream of mushroom soup **Dinner** - Hungarian goulash, Creole shrimp, brussels sprout parmesan, corn, chicken tortilla soup

From the clinic:

Forest fires and respiratory health fact sheet

LAURIE A. VARNER

MCAS CHERRY POINT NAVAL HEALTH CLINIC

Wildfires are an ongoing concern in the local area, especially with hot weather. During a wildfire, people may suffer the effects of smoke. The American Lung Association urges those with respiratory problems such as asthma, emphysema, and bronchitis and also those with chronic heart disease to monitor their breathing and exposure to airborne matter. If problems develop call your physician immediately.

General recommendations:

- People living in close proximity to the fire-stricken areas should remain indoors and avoid inhalation of smoke, ashes and particulate matter in the area. Ordinary dust masks, designed to filter out large particles, will not help as they still allow the more dangerous smaller particles to pass through. Special, more expensive dust masks with true High-Efficiency Particulate Arresting (HEPA) filters will filter out the damaging fine particles but are difficult for people with lung disease to use. Consult with your physician before using a mask, especially if you have a lung disease.

- If you live close to or in the surrounding area, it's recommended that you refrain from exercising outdoors, especially if you smell smoke or notice eye or throat irritation.

- Extra precaution should be taken for children, who are more susceptible to smoke because their respiratory systems are still developing and they breathe in more air (and consequently more pollution) per pound of body mass than adults.

- When driving your car in smoky areas, keep your windows and vents closed. Air conditioning should only be operated in the recirculate setting.

People with respiratory problems and chronic heart disease should:

- Stay inside as much as possible, with doors, windows and fireplace dampers shut and preferably with clean air circulating through air conditioners and/or air cleaners. Use air conditioners on the recirculation setting so outside air will not be moved into the room.

- Due to the higher levels of pollutants in some areas, there is a possibility of experiencing increased

symptoms. If you are experiencing symptoms, please try to contact your physician. If you cannot, asthma patients can follow the asthma action plan developed with their physician. Use your peak flow meter if prescribed. Do not hesitate to take your medication, and avail yourself of the full spectrum of medications your doctor has prescribed to you.

- If outdoor trips in smoky areas are necessary, breathe through a damp cloth to help filter out particles in the air.

- People with asthma should check with their physician regarding any changes in medication that may be needed to cope with the smoky conditions.

- People using oxygen should not adjust their levels of intake before consulting a physician. (Call your doctor before you take any action.)

- If pulmonary symptoms are not relieved by the usual medicines, seek medical attention. Symptoms to watch for: wheezing, shortness of breath, difficulty taking a full breath, chest heaviness, light headedness, and dizziness. If you have any concerns or questions please contact your physician, go to the nearest emergency room or call 911.

- If you develop a persistent cough, or difficult or painful breathing, call your physician. The onset of symptoms can appear as late as 24 to 48 hours after exposure and smoke can remain in areas for many days after the fires have ended.

- Residents and volunteers should use caution when cleaning since the clean-up process involves ashes and other particulates:

- People with lung or heart problems should avoid clean-up activities and areas where dust or soot are present.

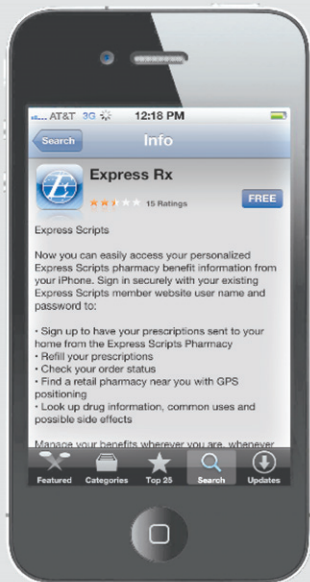
- Thoroughly wet dusty and sooted areas prior to clean-up. This will help to reduce the amount of particulates becoming airborne.

- Wear an appropriate dust mask during clean-up.

- If exposure to asbestos or other hazardous materials are suspected, do not disturb the area. Dust masks do not protect against asbestos.

The Naval Health Clinic does not have emergency services, if you or someone you are with has respiratory distress, call 911 immediately.

TRICAREONLINE



THERE'S AN APP FOR THAT

TriCare offers a free phone application. Download Express Rx on your smartphone to instantaneously access your medical information.

For more information visit:

www.tricare.mil/pharmacy
www.tricare.mil/homedelivery
www.tricare.mil/subscription

www.facebook.com/tricare

www.twitter.com/tricare

<https://m.esrx.com>

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

Cherry Point July 4th holiday hours

Devil Dog Gym: 466-2713/4420/4192

July 4 hours: 9 a.m. - 5 p.m.

Marine Dome: 466-2566

July 4 hours: 1 - 5 p.m.

Commissary: 466-0800

Regular hours

Main exchange (MCX): 447-7041

July 4 hours: 10 a.m. - 6 p.m.

Hancock Fitness Center: 466-4018

July 3 hours: 5:30 a.m. - 1 p.m.

July 4 hours: closed

July 5 hours: closed



E Street

Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

Adults only \$4 • Kids (4-12) only \$3

NOW SHOWING

Thursday, June 28

6:00pm - Safe R

Friday, June 29

5:00pm - Battleship PG 13

8:00pm - Safe R

Saturday, June 30

2:00pm - Battleship PG 13

5:00pm - What to Expect When Your Expecting PG 13

7:30pm - Safe R

Sunday, July 1

2:00pm - Battleship PG 13



MOVIE SYNOPSIS

Safe - *Starring: Jason Statham, Catherine Chan and Chris Sarandon.* Mei, a young girl whose memory holds a priceless numerical code, finds herself pursued by the Triads, the Russian mob, and corrupt NYC cops. Coming to her aid is an ex-cage fighter whose life was destroyed by the gangsters on Mei's trail.

What to Expect When Your Expecting - *Starring: Cameron Diaz, Matthew Morrison and J. Todd Smith.* A look at love through the eyes of five interconnected couples experiencing the thrills and surprises of having a baby, and ultimately coming to understand the universal truth that no matter what you plan for, life doesn't always deliver what's expected.

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.

Movies are subject to change without notice

The Local Buzz

Announcements

► Indicates new announcement

► Local Seafood and Music Festival

Local North Carolina band, the “Unknown Tongues,” will host the first annual “Wild Caught” music festival in Gloucester, N.C., Friday and Saturday.
Food will be available and admission is free.
For more information, email <http://bit.ly/sffestival>.

► Wine on the Waterfront

The Tryon Palace and Council of Friends will host an evening of wine and music on the Bate Commons at the North Carolina History Center, Friday.
The event will raise money to benefit the educational programming at Tryon Palace.
Admission is \$20 per person. Tickets can be purchased at the North Carolina History Center at Tryon Palace.
For more information, call 639-3516.

► Lunch with a Dash of History

Storyteller Rodney Kemp will host “Lunch with a Dash of History” at the History Place in Morehead City, Friday.
This weeks topic will be “The Beginning,” about the intracoastal waterways of Carteret County.
Lunch tickets will be \$12. Lecture only tickets will be \$5. Reservations for lunch or the lecture are required and tickets must be paid for before Wednesday.
For more information, call 427-7533 or visit <https://www.thehistoryplace.org>.

► Tribute 1964 Beatles Show

The New Bern Civitan Club will host a tribute 1964 Beatles show at the Grover C. Fields Performing Art Center, Saturday.
Admission is \$37 per person. Tickets can be purchased at Fuller’s Music Store and New Bern and Guitars Etc. in Havelock.
For more information, call 636-0845.

► Emerald Isle Fireworks

The town of Emerald Isle will host celebrations for July 4, at 9 p.m.
Fireworks will be off the Bogue Inlet pier.
For more information, visit <http://bit.ly/KWnM7b>.

► New Bern 4th of July Celebration

New Bern Parks and Recreation will host a 4th of July celebration at Lawson Creek Park beginning at 3 p.m.

Amusements for kids of all ages and misting tents to keep everyone cool will be available. From 7 - 9 p.m., listen to a reading of the Declaration of Independence and enjoy patriotic music. As evening nears, get ready for the patriotic fireworks show. Coolers are welcome but prohibit alcohol, glass containers, fireworks and pets is prohibited.
For more information, call 639-2902.

► Morehead City 4th of July Celebration

The Carteret County Chamber of Commerce will host a July 4th celebration at the main public access of Atlantic Beach.
Fireworks begin at 9 p.m. There will be a water slide and amusement rides.
For more information, call 726-2121.

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>.

Women’s Vehicle Care 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 women 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.

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

Dart Tournament

Weekly dart tournaments at the Roadhouse restaurant and recreation facility are held Thursdays at 8 p.m.
For more information, call 241-6155 or 466-3044.

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.

Zumba

Zumba exercise classes are held every Monday, Wednesday and Thursday at the Marine Dome at 5 p.m.
For more information, call 466-1147.

Couple’s Communication Class

An interactive and engaging four-part workshop Tuesdays at 1 p.m. Classes focus on improving marriages. Topics include improving basic communication skills and managing

marital expectations.

For more information, call 466-4401.

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.

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.

Basic Budgeting

Learn basic financial management skills the second and last Thursday of the month at 8:30 a.m. in room 139 of the Training and Education building.
For more information, call 466-4201.

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.

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.



Testing of procedures

Be aware of any attempts to penetrate physical security or test procedures at 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