

The Windsock

Vol. 70, No. 43

www.cherrypoint.marines.mil

October 25, 2012

Volunteers refurbish Piranha Pit with new routes, bridges

LANCE CPL. PAUL E. WYATT
MCAS CHERRY POINT

The Piranha Pit just got a makeover. The air station's popular biking and running trail was renovated by a group of 10 volunteers, in an event organized by the Natural Resources Division, Environmental Affairs Department on Saturday.

The upgrades include two new bridges to replace aging structures and rerouting the trail away from a section that had begun to erode. From years of use and weather, roots under the trail had become exposed and the trail itself had become sloped, said Brian Stoll, Morehead City resident and volunteer on the project.

"There was a place on the trail that was eroding," said Steve Shephard, the station forester for Cherry Point. "Instead of using a trail going straight downhill, we built a new trail along the contour lines and covered up portions of the old trail. Hopefully, the erosion will stop once the trail is covered."

Once a year, the National Environmental Education Foundation, an organization that partners with the DOD Legacy Resource Management Program, provides grants for improvements to DOD public lands. The grants are awarded in conjunction with National Public Lands Day, recognized Sept. 29. Cherry Point received \$1,700

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LANCE CPL. PAUL E. WYATT

A group of volunteers lays deck boards and secures support beams on a new bridge on the Piranha Pit trail Saturday. Most of the volunteers are avid users of the trail and said they were glad to be able to help improve it. "We enjoy maintaining the trails we ride," said Steve Stolls, a native of Morehead City.

Local officials witness Piney Island operations

CPL. TYLER J. BOLKEN
MCAS CHERRY POINT

Local government officials recently got an opportunity to see first-hand how Cherry Point's premier bombing range provides unique training opportunities to America's warfighters.

Seven officials, all members of the Civilian Military Community Council, spent a day at Bombing Target 11, located on the remote, eastern Carteret County spit of land known as Piney Island. Escorted by Cherry Point commanding officer Col. Philip Zimmerman, they witnessed training operations conducted by Marines, airmen and British soldiers.

The event jumped off to a great start when the visitors were lifted to the range aboard a Cherry Point HH-46E, the easily-recognized orange and gray "Pedro" helicopters that frequent the Carolina coast. These venerable search and rescue aircraft, operated by Cherry Point's Marine Transport Squadron 1, support air operations for the 2nd Marine Aircraft Wing, which includes performing search and rescue operations and daily range sweeps to clear encroaching boaters from the local bombing ranges.

This lift was incidental to the overall purpose of the visit by the council members – it helped the visitors get a bird's eye view of the range and the associated dangers to boaters and fishermen who trespass into the range's restricted areas.

"To visually see and experience the

See **OFFICIALS** page A5

Havelock MAC awards Family of the Quarter

LANCE CPL. PAUL E. WYATT
MCAS CHERRY POINT

On top of meeting career and continuing education demands, one Marine Wing Headquarters Squadron 2 Marine volunteers more than 200 hours of his time each year helping young athletes grow. His wife has collected more than \$4,000 worth of box tops to help Graham A. Barden Elementary School while working two jobs. With all of their volunteer work, this couple still makes time to raise four children.

It's no wonder Gunnery Sgt. Todd A. McFarland, an Aviation Logistics Maintenance Assist Team member, and his wife, Talina, an insurance broker secretary and home fragrance consultant, were recognized as the Havelock Military Affairs Committee Family of the Quarter at the Carolina Grill in Havelock on Wednesday.

Every day at quitting time, McFarland heads straight to school or to coach baseball. He spends his weekends at his son's football games and coaching Little League games.

Despite all he does for the community, McFarland had no idea he was even nominated for the award until recently. He was in Yuma, Ariz., when he got an e-mail asking him to write a biography for Wednesday's ceremony.

Stephanie Duncan, the executive director of the Havelock Chamber of Commerce, of which the MAC is a sub-committee, explained his selection.

"We give a list of criteria for the award," Duncan said. "The criteria requires the Marine to be active in the community, but not only that. We also look for the family to be active in the community. We want to honor their service to the country as well as their service to the community."

Though the award was unexpected, Todd McFarland was glad to be an inspiration to his children and the Marines who work for him.

"I just want to show them that whatever they want to accomplish, they can do," McFarland said after receiving the award.

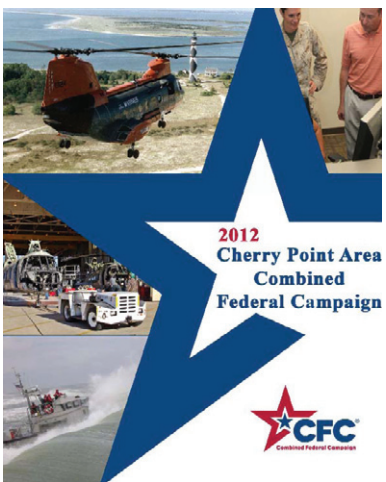


LANCE CPL. PAUL E. WYATT

Gunnery Sgt. Todd A. McFarland, right, and his wife, Talina, enjoy a joke told by Gary Baldree, the director of the Havelock Military Affairs Committee, at a ceremony in Havelock Wednesday. The McFarlands were recognized as the committee's Family of the Quarter based on the entire family's willingness to go above and beyond to serve their community.

Cherry Point CFC has reached 36 percent contact

Goal: 100 percent contact by Nov. 29



There are more than 2,600 eligible charities listed in the CFC brochure.

They need your support to continue providing services.

You can help!

See your unit CFC representative to make a pledge to your favorite charity, or contact Ms. Bobbie Whitbeck in the Manpower Directorate at 466-4237

First Lady of the Marine Corps establishes reading list

JOINT PUBLIC AFFAIRS OFFICE
MCAS CHERRY POINT

Bonnie Amos, spouse of the commandant of the Marine Corps, created a recommended reading list in an effort to assist military spouses in overcoming the challenges of military life.

The First Lady of the Marine Corps reading list features books written by military spouses from first-hand experience of what it is like to be married in the military.

The reading list contains books for new spouses, for those facing their first move or deployment, about understanding the effects of post-traumatic stress and living a healthy lifestyle. There is also a smaller section for children.

Many selections are now available for check out at the station library and for purchase at the Marine Corps Exchange.

Requests for large quantities of books for clubs or organizations should be addressed with the Exchange store manager.

For more information call the station library at 466-3552 or the Exchange at 447-7041.

Visit <http://1.usa.gov/QWKYnB> to see the full reading list.



CONTRIBUTED

Many titles from the First Lady of the Marine Corps recommended reading list are available at the Cherry Point Exchange.

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In This Edition:



Ghosts haunt historic New Bern

See B1 for photos and story



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

News Briefs

Paxton tapped for ACMC

President Obama intends to nominate a career infantry officer to become the Marine Corps' next assistant commandant, said Defense Secretary Leon Panetta Oct. 18.

If confirmed by the Senate, Lt. Gen. John Paxton will pin on a fourth star and replace Gen. Joseph Dunford.

Panetta made the announcement during a news briefing at the Pentagon.

Dunford will replace Gen. John Allen as the top commander of U.S. and Coalition forces in Afghanistan.

BOQ to get climate control

The Bachelor Officers' Quarters aboard the air station will soon boast a budget-friendly climate control system, thanks to a Hampstead-based geothermal company.

Applied Resource Management has been awarded a \$550,000 contract for constructing a geothermal system for the residential facility, said geologist James Cornette, the company's president. The project is expected to take six to eight months to complete.

Cornette said the project is part of the Navy and Marine Corps' major energy efficiency initiative. As a veteran-friendly company, Cornette added, ARM plans to hire at least one project crew made up of Marine veterans.

Chapel opens Manna Cabana

The Marine Corps Air Station Cherry Point Chapel opened the Manna Cabana room for all Cherry Point patrons Oct. 19.

Headquarters and Headquarters Squadron chaplain Cmdr. Carl Koch said the room addresses a need for a place for small group study that is out of the way of public view, comfortable and secure. The room is equipped with couches, coffee and a big screen television to create an "at home" atmosphere for patrons. The cabana will be used for group studies, classes or meetings.

The new room will double as a small group training or counseling environment for groups like alcoholics anonymous and other Marine Corps Community Services sponsored groups because of its unique, secure location in the chapel. The space is open to all who need a quiet place to talk.

The room can be reserved by calling 466-4000.

MCSF raises \$1.5M

The Marine Corps Scholarship Foundation hosted the Chicago Dinner for the Gravely Wounded Tuesday, honoring Marines and Navy corpsmen who have been severely wounded in combat, by awarding college scholarships to their children.

Nearly 13,000 Marines were wounded in action while serving in Operation Iraqi Freedom and Operation Enduring Freedom; 400 have experienced major limb amputations. The Scholarship Foundation announced more than \$1.5 million in new gifts for children of the wounded at the Chicago dinner.

Marine runs for Corps birthday

Capt. Jason W. Dequenne, a logistics officer with II Marine Expeditionary Force (Forward), ran 236 miles last year, starting at the infamous Tun Tavern in Philadelphia, running 210 miles to the starting point of the Marine Corps Marathon in Washington, D.C., and finishing the 26.2 mile-long race.

He plans to do the same this year, adding another mile for the 237th year of the Marine Corps' existence.

He runs each mile for different fallen Marines he has served with, heard about from a friend or read about online. Dequenne says it's the least he can do for someone who gave the ultimate sacrifice.

Chaplain's Corner

American first

CMDR. PHILIP KING

MARINE AIRCRAFT GROUP 14

Division is not a pretty word. And no, I'm not talking about one of our formidable Marine divisions. I'm thinking about our nation's division between Democrats and Republicans. Well here's a radical idea: be an American first! There's a story I like to tell about Lee Hamilton, who was elected to Congress in 1964, the same year Lyndon Johnson enjoyed a landslide victory for president. Congressman Hamilton wrote, "One of my strongest memories of him (President Johnson) is not of a president reveling in partisan supremacy, but of his cautioning against it. Johnson used to love meeting the freshman members of Congress, and after taking office, we Democrats who'd been elected along with him had every expectation that he would allow us to bask at the expense of our Republican colleagues. He didn't. 'I'm an American first,' he told us, 'and a Democrat second.'"

The reality of our democracy is that it's rough and tumble, and we will get dirty getting into the weeds about how the business of our communities and the nation are to be accomplished. It is our nature to take issue with those ideas we do not agree with. But from the ancient Greeks to George Washington to the present day, the genius of democracy is

Energy Awareness Month:

Energy efficiency powers up national budget, shields environment

SHERRY KAMINSKI

NAVAL HEALTH CLINIC CHERRY POINT

As the single largest domestic user of energy, the federal government spends more than \$9 billion to power its vehicles, operations, and approximately 500,000 facilities throughout the U.S.

Americans first set aside a time to remind ourselves about saving energy in 1981 with American Energy Week. On Sept. 13, 1991, President George Bush proclaimed October as Energy Awareness Month. In addition, regulations like the Energy Policy Act of 2005 require federal agencies to meet a number of energy and water management goals.

Our nation can benefit from the wise use of energy at federal facilities. Efficient energy management saves taxpayer dollars, reduces greenhouse gas emissions, protects the environment and natural resources and contributes to our national security. With so many major global challenges tied to energy use, including air pollution, climate change, volatile fuel supplies and costs, aging energy infrastructure and reliance on fossil fuels, it makes sense to choose energy efficiency as a basic work ethic and lifestyle.

Cherry Point is doing its part through the implementation of many different energy-efficient technologies including solar photovoltaic panels that generate electricity from the sun, solar thermal panels that provide hot water for the fire station by using heat from the sun, LED street lights, energy-efficient heating and air conditioning systems, insulated windows and doors, and many others.

New technology is not the only

way to save energy. The cheapest energy is that which has not been used in the first place.

Lighting

The Navy's Utilities and Energy Cost Savings Tiger Team has traveled the world looking for low-cost energy savings opportunities on Navy bases. One recurring opportunity involves de-energizing light fixtures that aren't needed.

Where will you find these fixtures? Sometimes they are a by-product of renovations, leaving a few stray lights that nobody needs. Often excess fixtures are in hallways. Light levels in hallways can be considerably lower than light levels in work areas. When hallways are bright and fixtures are closely spaced, every other fixture can often be de-energized.

Take a look around your work area and see if there are areas that are switched on, but really don't need to be. If you see lights that don't seem to serve a purpose or bright hallways, tell your supervisor or energy manager about the potential energy savings. The energy manager can evaluate the lighting requirements and de-energize unnecessary fixtures, helping your building and your base be a little greener.

Are there areas in your workspace that should have their own switch but don't? Depending on how many fixtures are involved, it might make sense to have another switch wired in. Is the switch on the other side of the room, increasing chances it will be left on when people leave? Report it. Sometimes it will make sense to install occupancy controls that shut lights off automatically when a room is unoccupied.

that we are bound to work together despite our differences. It is the purpose and the business of every city council, county board, state House and the U.S. Congress to debate the issues of the people and move the nation forward. Imagine, more than 300 million people across 50 states, six U.S. territories, almost 4 million square miles of land covering a continent and reaching two oceans, working together in democratic unity to achieve the goals of the republic for more than 236 years! A monumental labor, and one that is being done every day all across our nation and most especially by all of you reading these words now.

Our Marines and Sailors, our families, perform a sacrificial duty that is a piece of a greater legacy central to the story of America. What civics class or college course could teach the meaning of citizenship the way a tour in the Marine Corps can? For those who have served, no Memorial Day, Veterans Day or July 4th can ever be the same. We understand the living meaning of E Pluribus Unum, of "Out of many, one."

During his first inaugural address, President Ronald Reagan said, "If we love our country, we should also love our countrymen." Those words still ring true today. The President concluded that speech with these words: That those times required, "...our best effort, and our willingness to believe in ourselves and to believe in our capacity to perform great deeds; to believe that together, with God's help, we can and will resolve the problems which now confront us."

May this election, and every vote, reflect our unity as Americans first.

Leaving off heat-generating lights on hot afternoons can also improve comfort. That makes two good reasons to try shutting off lights in the afternoon when you have a source of daylight! A few task lights here and there might be all you need to work safely, productively and energy efficiently.

According to studies, providing the right lighting can save up to 15 percent on your lighting bill. Across the Department of the Navy, that could be a savings of up to \$55 million. Many small contributions can add up to big savings.

Heating and air conditioning

Due to differences in human metabolism, people who sit right next to each other may have opposite complaints, it is too hot or too cold.

The Navy has energy efficiency standards that apply to space temperatures: Cool to no lower than 78 degrees Fahrenheit, and heat to no higher than 68 or 70 F. Since these are average temperature targets, different rooms might have different temperatures, especially in older buildings with large open areas and few thermostats. Navy standards also exist for after hours, to adjust temperature setpoints to provide less heat in the winter and less cooling in the summer when the building is unoccupied. Cherry Point has a central computer controlling these setpoints automatically in many buildings. If your building is uncomfortable, contact facilities maintenance; there may be a problem with the equipment.

It may seem like opening windows will help if you are too warm, but it

See **ENERGY** page A5

CPL. RICHARD K. BROWN

Job Title: Electronic Countermeasures Technician

Unit: Marine Aviation Logistics Squadron 14

Hometown: Marion, Ohio

Age: 23

Date Joined: April 7, 2008

When an EA-6B Prowler requires repairs beyond its home squadron's maintenance scope, Cpl. Richard K. Brown goes to work.

Brown, an electronic countermeasures technician with Marine Aviation Logistics Squadron 14, has the know-how and the equipment to pinpoint issues down to a single microchip on a Prowler weapons replaceable assembly, which has more than 200 components.

He directly supports all four Marine Tactical Electronic Warfare Squadrons on the air station. In his day-to-day work, Brown is constantly aware of lives and mission-critical equipment on the line each time he picks up a screwdriver.

The weight of that responsibility on his shoulders aside, the Marion, Ohio, native said he loves the complexity of the job and working on equipment most people have never seen or heard of.

He said the reward for doing his job is even greater when he is deployed. "You can actually see the Prowler flying. You can see it doing its mission. You can see it helping the Marines on the ground."



Highlighting Cherry Point's Warriors



LANCE CPL. PAUL E. WYATT

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.

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REMEMBER TO RECYCLE



Marines roll out big guns for family day



PHOTOS BY CPL. SCOTT L. TOMASZYCKI

A light armored vehicle with 2nd Light Armored Reconnaissance Battalion gives a family a ride during Marine Light Attack Helicopter Squadron 467's family day on Marine Corps Base Camp Lejeune Oct. 19. Sgt. Maj. Charles Metzger, the squadron sergeant major, said the event helped build unity between family and Marine structures.

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

MARINE CORPS BASE CAMP LEJEUNE, N.C.

– It's not every day families see the end result of their Marines' efforts at work. For Marine Light Attack Helicopter Squadron 467 families, that opportunity meant spending a day at the bombing range watching UH-1N Hueys and AH-1W Cobras pound targets with machine guns, rockets, and cannons.

The HMLA-467 Sabers held a family day Friday at Marine Corps Base Camp Lejeune. They watched a live fire demonstration, rode in armored vehicles and mingled at a social luncheon.

"It's a really good opportunity for the families to see what we do and appreciate the intricacies of the Marine Corps and how we all function together with the helicopters and the (light armored vehicles)," said Staff Sgt. Matthew Ratliff, a UH-1N Huey crew chief with the squadron.

"It helps me understand what he does when he's deployed or just working on a daily basis, and it's also nice to show the children what their family does instead of me just trying to explain it. They can actually see it," said Jessica Ratliff, Matthew's wife.

The demonstration featured one UH-1N Huey and one AH-1W Cobra working in tandem to hit targets with maximum firepower. The families listened to the radio chatter between the forward air controller and the pilots flying the demonstration to complete the experience of battlefield air support.

"A lot of the times the families don't understand why they have to work 10, 12, or 14 hours a day; why they have to do deployments and training," said Sgt. Maj. Charles Metzger, the sergeant major of the squadron. "When they see the combat power come in and what it does, it gives them a better point of view of what their job is on a daily basis. It helps build better unity between the family structure and the Marine structure."

Amphibious assault vehicles with the 2nd Assault Amphibian Battalion and light armored vehicles with the 2nd Light Armored Reconnaissance Battalion gave rides to Marines and their families. Also, the HMLA-467 Sabers let Marines shoot a GAU-17 mini gun at targets on the range.

Metzger said events like this are excellent for getting people out to meet each other, make new family friends, and build a bigger and better Saber family.

(Right) A Marine family rides down a road in an amphibious assault vehicle during Marine Light Attack Helicopter Squadron 467's family day at Marine Corps Base Camp Lejeune, N.C. Oct. 19.



A Marine fires a GAU-17 mini gun at a firing range on Marine Corps Base Camp Lejeune Oct. 19. Marine Light Attack Helicopter Squadron 467 held a family day with fun activities for everyone, including a live fire demonstration of helicopter air support, rides in amphibious assault vehicles, and a mini gun shoot for Marines.



Families watch an UH-1N Huey fly out to strike targets on a bombing range at Marine Corps Base Camp Lejeune Oct. 19. Marine Light Attack Helicopter Squadron 467 held a family day and live fire demonstrations to help families better understand the Sabers' mission and importance of the roles their Marines play within the squadron.

This month in history:

Cherry Point squadron played key role in Cuban Missile Crisis



CONTRIBUTED

Cherry Point pilots with Marine Composite Reconnaissance Squadron 2 flew missions over Cuba in 1962 to capture images like this that provided important intelligence, that helping shape American policy and actions during the 13-day standoff known as the Cuban Missile Crisis. October marks the 50th anniversary of the crisis. The squadron was later redesignated as Marine Tactical Electronic Warfare Squadron 2.

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

Fifty years ago this month, RF-8A Crusaders sped hundreds of miles per hour only 50 feet above the surface of the Caribbean Sea. Their mission: to enter hostile airspace above Cuba and capture photographs.

Unbeknownst to the pilots, their targets were nuclear missile sites, and their photos would provide intelligence that helped the highest levels of command, including President John F. Kennedy, shape American policy and actions during the Cuban Missile Crisis.

During Operation Blue Moon, American military photo reconnaissance aircraft flew over the island every two hours collecting vital information on the Soviet progress in building the missile sites. The Navy's Light Photographic Reconnaissance Squadron 62 was the primary Navy unit for the mission, which flew with four pilots and aircraft from Marine Composite Reconnaissance Squadron 2. The Marine squadron was later redesignated Marine Tactical Electronic Warfare Squadron 2. Marine Captains Ed Love, Richard Conway, John Hudson and Fred Carolan flew the VMCJ-2 Crusaders during Blue Moon.

In a time before the emergence of mass communications technology, the pilots were more concerned with executing their assigned mission than with the potential for nuclear apocalypse.

"We were so far down the chain, we weren't concerned with all the implications of everything that went on," said

retired Col. Ed Love, the senior Marine pilot during Blue Moon. "No one (in the squadron) knew they had nukes down there. We were aware they had missile sites that put Washington, D.C., and a few other places in range of their ICBMs (intercontinental ballistic missiles) if they launched those."

Their mission, with or without the threat of nuclear weapons, was dangerous and difficult. From Key West, Fla., the pilots flew between 50 and 75 feet above the sea. When they came to the island, they jumped up to about 1,000 feet and proceeded from target site to target site, often dodging anti-aircraft artillery. After leaving the island, the aircraft refueled at Key West and then flew to an airfield near Jacksonville, Fla., to drop off the film.

"The Blue Moon pictures provided the most timely and authoritative intelligence on Soviet military capabilities in Cuba, during and immediately after the crisis," wrote Michael Dobbs in the Smithsonian Magazine article *The Photographs That Prevented World War III*. "They showed that the missiles were not yet ready to fire, making Kennedy confident that he still had time to negotiate with (Soviet Premier Nikita) Khrushchev."

Before the Blue Moon pilots could take pictures of missile sites, mission planners had to know exactly where they were so they could plan flight routes. As a composite between photo reconnaissance and electronic warfare, VMCJ-2 had unique capabilities for this planning stage. The nuclear launch sites were protected by surface-to-air missiles to deter airstrikes, and electronic warfare could

determine exactly where the radars guiding the missiles were located.

"We would go around the island and triangulate to find the radar sites," said retired Lt. Col. Richard Conway, a VMCJ-2 pilot who flew missions during the crisis. "We sent that back to Washington, so when they planned our targets, they knew where the sites were. They could direct us over one [site], over another and another in a straight line because we had located those sites for them."

Eventually, negotiations prevented a potentially devastating war. Khrushchev agreed to remove the missiles from Cuba if the United States removed missiles from Turkey. However, Blue Moon continued because the president and top commanders needed to make sure the Soviets kept their word and dismantled the missile sites.

During the crisis, the squadron did not know exactly what was happening. Only after they went home and watched the news did they realize the impact their mission had.

Their actions became a source of pride for the pilots and the squadron. All of the pilots earned distinguished flying crosses. VMCJ-2 became the first Marine Corps unit to receive the Navy Unit Commendation during a time of peace. VFP-62 also became the first Navy unit to receive the award during a time of peace.

"Sitting there watching the TV, you feel really proud about what you contributed," said Conway. "It was a very rewarding experience."

OFFICIALS from page A1

importance of that bombing range, not only hearing about it, but to see it and experience it was great,” said Pamlico County Commissioner Christine Mele. After conducting their own version of a range sweep aboard Pedro, the visitors spent the remainder of their time observing range operations from the ground and a target observation tower. Attack helicopters from 2nd MAW flew overhead with fighter jets from Seymour Johnson Air Force Base of Goldsboro, N.C., in coordination with Marines and British soldiers on the ground.

Piney Island’s unique geography offers every branch of the U.S. military valuable training opportunities, explained Mark Condra, the range maintenance officer. In addition to the air-to-ground targets, the island’s surrounding shallow waters permit waterborne training operations to engage the range’s variety of targets from water to shore.

“Taking them out to the ranges enabled them to learn so much,” said Zimmerman. “They were exposed to more about Marine aviation in a four-hour period than what two years of meetings could convey.”

The CMCC meets with Cherry Point leadership four times a year to discuss issues of mutual interest to the public and Cherry Point. One topic of conversation has been that Cherry Point grounds and facilities encompass much more than what is inside the air station fence line.

“The discussion went toward, ‘could we possibly go visit this area, so we can better see how it all fits together,’” said Tyler Harris, the Cherry Point community plans and liaison officer. “That is what it is all about, educating them. They saw how complicated it is and what coordination is required.”

This visit helped put those discussions into perspective for the council members.

The scale and concurrency of training evolutions underscores the significance of the island to the community, Cherry Point and the safety of the nation, said Newport Mayor Derryl Garner.

“It’s critical to the training for defense of our country,” said Mele.

TRAIL from page A1

to make the trail improvements. The funds were used to purchase lumber, hardware and tools, including rakes, shovels, and a post-hole digger, said Carmen Lombardo, the natural resources manager for the Environmental Affairs Department. The work, however, was all volunteered.

Master Sgt. Joshua Hillbrand, the Marine Air Control Group 28 detachment staff noncommissioned officer with the 26 Marine Expeditionary Unit, worked on the trail all day Saturday. He said he uses the trail about four times a week and was glad to be able to get some work done on it.

“Many Marines use this trail besides mountain bikers,” Hillbrand said. “This is something we are glad we can do to keep this trail safe and enjoyable for more than just the mountain bike crew.”

Most of the volunteers were either active duty military or civilian personnel who work on the air station. Two of the volunteers were community members sponsored under existing regulations, said Lombardo.

One of the local residents who came out was John O’Connor, of Morehead City, who helped design the trail 12 years ago. He’s been coming out ever since to maintain and use the trail.

“It’s so cool to watch others ride across the trails you built,” O’Connor said.

The biggest reward for these men who spent their Saturday working was the fact that they were helping everyone who uses the trail, and O’Connor said he just wants patrons to “enjoy the trail, and enjoy our work.” The Pirhana Pit reopened Sunday.

ENERGY from page A2

wastes energy when the heat or air conditioning is running. Your open window can confuse a thermostat that controls the heat supply to spaces that aren’t benefiting from your outside air and make it difficult to pinpoint the source of temperature complaints.

The best things you can do if you are too warm or too cold are dress in layers and inform supervisor or energy manager. Your building’s climate control system may be in need of some attention, especially if everyone has the same complaint. If you tend to be cold, ask your supervisor if you can move to a location that’s a better fit for your metabolism. If your energy team gives you permission to open windows temporarily while a condition is being resolved, be sure to shut them at night to minimize energy waste.

Improving the building envelope

Obviously, doors to the outside need to be closed when the heat or A/C is on. If you notice a door that is frequently left open, report it to your supervisor or facilities maintenance.

Most doors within buildings are inside the air conditioning boundary, and can be left open unless they are designated as fire doors. One way to save on heating and air conditioning is to close doors to spaces that aren’t used much, like storage areas. If they have their own source of heat or air conditioning, set the thermostat to the most energy-saving position (down in winter, up in summer) or off if there’s no chance of water freezing in pipes in the space.

It is especially important that large loading doors be closed when not actively in use, if the heat or A/C is on.

In some cases, it might make sense to close blinds to keep out the heat, especially on the south and west side of buildings.

Saving water

Vast amounts of energy are used to pump, treat, deliver, and heat our nation’s water. Approximately 4 percent of the nation’s electricity consumption is used moving or treating water and wastewater.

In homes with electric water heaters, a quarter of household electricity is used to heat water.

Given how closely related saving water is to saving energy, one of the best ways to save energy across the country and in our own homes is to use water more efficiently. If you see a dripping faucet, call facilities maintenance to get it repaired.

Energy savings on the road

At home and at work, these tips for transportation fuel efficiency can lead to big savings:

Get the junk out of the trunk. An extra 100 pounds in your vehicle can reduce your fuel efficiency by up to 2 percent.

Properly inflated tires are safer, last longer and save fuel. You can improve your gas mileage more than 3 percent by keeping your tires inflated to the recommended pressure. You can usually find the tire pressure recommended for your vehicle on a sticker located inside the driver’s side doorjamb, the glove box or owner’s manual. If you need to carry a heavy load, look for a “heavy load” pressure recommendation in your owner’s manual.

Don’t start your car until you’re ready to move, and avoid long idles. Idling engines waste gas. Limit car warm-ups in winter. Idling gets zero miles per gallon! Avoid aggressive driving. Speeding and rapid acceleration and braking can lower your gas mileage by as much as 33 percent at highway speeds and 5 percent around town.

Car pooling and sharing travel makes a difference. Reducing the number of vehicles on the road decreases congestion and reduces carbon monoxide emissions.

Please do your part to conserve energy, during not only Energy Awareness Month, but all day, every day. If you have any questions, call Bob Ruffin, station energy manager, at 466-4720.

ASTC Sailors visit National Museum of the Marine Corps

LANCE CPL. PAUL E. WYATT

MCAS CHERRY POINT

A group of 13 Sailors from Aviation Survival Training Center Cherry Point visited the National Museum of the Marine Corps on Friday for a day of learning.

Lt. Cmdr. Thomas P. Murphy, the director of the center, said the center's staff regularly goes on trips to places of naval historical significance. In previous trips, the group visited the CSS Neuse, a Confederate ironclad from the Civil War, and the USS North Carolina, a highly-decorated World War II-era battleship.

"These trips are an opportunity to bond with a small staff," Murphy said.

Murphy summed up the reason the Sailors selected the museum, a destination generally known as a mecca of Marine history.

"Where we are located, at Cherry Point, we support the 2nd Marine Aircraft Wing," he said. "That's our sole reason for being there."

Navy Lt. Maile L. Richert, a division officer with the center, said she enjoyed meeting with the various museum docents who were involved in the battles they

taught about. She spoke with a veteran who fought on Iwo Jima and now teaches at the section of the museum dedicated to the battle.

"It's more than you would get from reading a book," Richert said. "It's an actual person there who is telling you things he noticed when he was coming off the boat or trudging through the water."

The museum evoked a sense of brotherhood with the Marines they work alongside every day said Chief Petty Officer Robert P. K. Craig, a division chief with the center. The picture of history the museum painted hit home for him

"One of the biggest things that draws me in here as a Sailor, besides the fact that I have spent almost 18 of my 21 years with the Marine Corps in some way, is that this museum ties in that Navy and Marine Corps team," Craig said. "From the exhibits of World War II, where they are talking about Guadalcanal, to the exhibits where they show the corpsmen treating casualties through Vietnam, it's promoting the core of the Marine Corps, but it's pulling in that we did this as a team."



LANCE CPL. PAUL E. WYATT

Chief Petty Officer Jason Vernier, lead chief petty officer of Aviation Survival Training Center Cherry Point, looks at a display of historical weapons. Many artifacts the Sailors viewed were held by heroes they learned about throughout their careers.



PHOTOS BY LANCE CPL. STEPHEN T. STEWART

Ben Thomas, a golfer on the Tandemloc Inc. team, watches his golf ball after putting during the team's final hole during the Carolina Classic Golf Tournament Oct. 21 at Miller's Landing. The tournament is hosted by the Marine Corps Scholarship Foundation every year to raise money for children of Marines and children of wounded or deceased Marines to help pay for college. This year marked the 50th anniversary of the MCSF and the 14th annual golf tournament.

Golfers help send Marine children to school

Marine Corps Scholarship Foundation hosts 14th annual Carolina Classic

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

More than 200 golfers raised money for the Marine Corps Scholarship Foundation during the 14th annual Carolina Classic Golf Tournament Saturday and Sunday at Cherry Point and Marine Corps Base Camp Lejeune.

This year marks the 50th anniversary for the scholarship foundation which set a record by raising more than \$6 million and awarding more than 1,900 scholarships nationally to Marine children last year.

"This tournament is one of our biggest fundraisers on the East Coast," said Clint Nesmith, the national events director for the foundation. "We always have a big turnout, and it is great to see all the people out here donating money to help others."

The golf tournament is held annually to raise money for children of Marines and children of wounded or deceased Marines to help pay for college education.

This year's tournament raised more than \$100,000 for the foundation.

The foundation awarded more than \$700,000 in scholarships to more than 190 children in North Carolina last year, the majority of the scholarships going to children in eastern North Carolina.

"I love coming out here and playing golf to help out children in need," said Michael Jones, one of the golfers in the tournament. This was Jones' eighth year participating in the tournament.

The golf tournament is one of 43 events held by the foundation throughout the nation.

"We honor the fallen heroes by helping pay for their children to go to college," said Nesmith.

The Heroes Tribute Scholarship is also available to the children of Marines who have been wounded or killed since 9/11.

This year, more than 550 applicants qualified for scholarships ranging from \$1,500 to \$10,000 annually for college.

"Now we are primarily focusing on saving money to pay for children 10 to 15 years from now to go to college," said Nesmith. "We have been successful for 50 years, and we plan to continue that success down the road."

The golfers rotated between Cherry Point and Camp Lejeune for the two-day tournament.

Interested parties may donate to the foundation or apply for a scholarship at www.mcsf.org.



Ben Thomas, a golfer on the Tandemloc Inc. team, swings during the Carolina Classic Golf Tournament Oct. 21.



PFC. CALEB HOOVER

CH-53E Super Stallion helicopters from Marine Medium Helicopter Squadron 262 (Reinforced), 31st Marine Expeditionary Unit, prepare to land and off-load Marines during a helicopter raid exercise in the Republic of the Philippines Oct. 14. The training was part of the 29th iteration of annual Amphibious Landing Exercise, designed to increase interoperability between U.S. and Philippine forces while strengthening their long standing bond.

31st MEU Marines, Philippine Marines execute helicopter raid

SGT. PAUL ROBBINS

31ST MARINE EXPEDITIONARY UNIT

CROW VALLEY, Philippines – First they hear the thumping of rotors, followed by the deafening thunder of .50 caliber machine gun fire, and by the time they raise their heads to mount a defense it is already too late - the Marines have landed.

Marines and Sailors of Company G, Battalion Landing Team 2nd Battalion, 1st Marine Regiment, alongside Philippine Marines of the 33rd Marine Company, 33rd Battalion, inserted with helicopters of Marine Medium Helicopter Squadron 262 (Reinforced) to conduct a helicopter raid training exercise Oct. 14.

For more than a week, the 31st MEU has been training alongside their Philippine counterparts to increase interoperability during the annual Amphibious Landing Exercise. The Marines of Company G have spent the majority of that time training in small unit tactics with Philippine Marines.

“This range serves as a culmination for more than a week of training, since we’ve gone from fire team to squad and now to platoon level, then incorporating the helicopters and all live-fire,” said 1st Lt. Sam Long, executive officer for Company G, BLT 2/1.

The two groups of Marines completely integrated for the raid, with each participating squad consisting of U.S. and Philippine riflemen and machine gunners. Those squads boarded CH-46E Sea Knight and CH-53E Super Stallion helicopters for insertion into a hot landing zone.

As the helicopters approached the target site, crew chiefs from each aircraft suppressed the target area with live ammunition from GAU-21 .50 caliber machine guns and XM 218 .50 caliber machine guns. Solid suppression is vital to the successful insertion of troops in a combat zone.

“Providing accurate fire on the target can save yours, or your wingman’s life by keep-

ing the enemy’s heads down to minimize damage on the aircraft as we descend,” said Cpl. Christopher W. Johnson, crew chief for HMM-262 (REIN). “That suppression also gives the infantry Marines a chance to get out of the aircraft and find cover.”

Once the dust of the leaving aircraft had cleared, the bilateral group of Marines assaulted across muddy terrain to eliminate targets more than 300 meters from the landing zone. Using the small unit tactics they had practiced throughout PHIBLEX, the objective was cleared quickly.

After completing the exercise, many of the Company G Marines felt they had gained as much from the experience as they had taught.

“Just like we’ve been teaching them, they’ve been teaching us a lot. We learn a lot from these guys. They are extremely professional and very proficient,” said Long.

The exercise also proved valuable to the

pilots and crew of HMM-262 (REIN), as it allowed them to put into practice a number of skills required to support the combat operations of the 31st MEU.

“For us it is critical training. It allows us to practice ingress into a hot landing zone, shooting our weapons at ground targets, dropping off troops and firing at targets on egress,” said Captain Jonah B. Warren, CH-46E Sea Knight helicopter pilot for HMM-262 (REIN).

The 31st MEU is nearly finished with the 29th iteration of PHIBLEX, the annual bilateral training exercise designed to increase interoperability between U.S. and Philippine forces while strengthening their long-standing bond.

The 31st MEU is the Marine Corps’ force in readiness for the Asia-Pacific region and the only continuously forward deployed MEU.

Weapons Company flies with Fighting Griffins



CPL. KYLE N. RUNNELS

Marines with Weapons Company, Battalion Landing Team 3rd Battalion, 2nd Marines, 26th Marine Expeditionary Unit, run to board an MV-22B Osprey at Marine Corps Base Camp Lejeune, N.C., Oct. 17. Marines were conducting a tactical recovery of aircraft and personnel mission.

CPL. KYLE N. RUNNELS

MARINE CORPS BASE CAMP LEJEUNE

CAMP LEJEUNE, N.C. - Marines with Marine Medium Tiltrotor Squadron 266 (Reinforced), 26th Marine Expeditionary Unit, and Marines and sailors with Weapons Company, Battalion Landing Team 3rd Battalion, 2nd Marines, 26th MEU, conducted a tactical recovery of aircraft and personnel mission at Marine Corps Base Camp Lejeune Oct. 17.

During the exercise, their mission was to recover a downed unmanned aerial vehicle in the vicinity of a mock landing zone.

“We inserted a 35-Marine element to recover the UAV and bring the parts back. For our escorts, we had two AH-1W Super Cobras in support,” said Maj. Ivan L. Bejarano, an MV-22B Osprey pilot with VMM-266. “The Cobras’ mission was to fly overhead and make sure there was no enemy around the troop insertion. Once the escorts deemed the area safe, we flew down and dropped the troops off.”

When the need for this type of mission is verified, the ground combat element and aviation combat element are capable of planning and conducting the mission – fast.

“Once we get notification that we have to launch a TRAP, the aviation element and ground assets have 120 minutes to

launch the mission,” said Bejarano.

VMM-266 conducted a real-world TRAP mission to recover an Air Force pilot from a downed aircraft in Libya on their last deployment with the 26th MEU in March 2011.

“A TRAP mission can happen at anytime,” said Lance Cpl. Alejandro Perez, a VMM-266 crew chief. “An asset can go down at anytime, so we need to always be on the ready. The MEU is a quick reaction force so we must always be prepared for anything to happen.”

Crew chiefs aboard military aircraft are enlisted personnel and are an invaluable tool for the pilots.

“They need to know what is expected of them,” said Perez. “A crew chief needs their head in the game and know exactly what to look for and what to do.”

Coordinating and executing missions with multiple elements can add a new level of training experience mock exercises cannot provide.

“Whenever you carry those troops, you are learning how they act and how they respond. You get experience getting those guys in the aircraft and making sure they get strapped in their seat. In a notional mission, all you need to worry about is yourself. With training like this, you have to have your troops in mind. You have to make sure you keep them informed on

where you are or how long it will be until you hit the landing zone,” Perez said.

On this particular flight, communication and standard operating procedures between the air and ground was crucial. Perez said when the aircraft landed for the troops’ egress and they started to load up, the Osprey started sinking in mud. Without hesitation the crew chiefs signaled to the ground element they needed to lift off. The remaining Marines who had not yet boarded immediately knew to run and set up security while waiting for the aircraft to find a more suitable spot to land.

Bejarano attributed the success of this type of training, as well as all other aviation mission sets, to the aid of crew chiefs.

“Without crew chiefs, we would not be able to complete the mission in our aircraft,” said Bejarano. “They provide us cover with their weapons and they are the ones primarily responsible to get the Marines in and out of the aircraft to execute the assault or support the mission.”

This training is part of the 26th MEU’s pre-deployment training. The 26th MEU is slated to deploy in 2013.

Marine Air Support Squadron 2 Marines sharpen skills during small-unit leadership

CPL. MARK STROUD

MARINE CORPS AIR STATION FUTENMA

MARINE CORPS AIR STATION FUTENMA, Japan - Marines with Marine Air Support Squadron 2, Marine Air Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force, conducted a small-unit leadership course at Marine Corps Air Station Futenma Oct. 12.

The course consisted of nine stations designed to challenge the Marines physically, build camaraderie, and reinforce small-unit leadership while providing refresher training of basic Marine skills.

"If you don't train on the core disciplines and the core tactics for a while, you start to forget," said Sgt. Jesus M. Valle, medium tactical vehicle floor chief, MASS-2. "This training allowed our Marines to refresh those skills."

The stations were spread over a five-mile course and included training on convoy operations, establishing a landing zone, tying knots, setting up communications equipment, donning mission-oriented protective posture gear, calling for fire support, disassembly and assembly of .50-caliber Browning machine guns and M240 medium machine guns, and running an obstacle course while transport-

ing a simulated casualty to further care.

"The training helped build motivation, esprit de corps and tactical skills," said Sgt. Maj. Jackie R. Robertson, sergeant major, MASS-2. "In Iraq and Afghanistan, (the forward units) used everybody regardless of what their job was, so it is important for all of the Marines to have these basic skill sets."

Maintaining ground combat skills helps the Marines stay well-rounded and prepared for future duty stations, as well as potential combat deployments.

"We're not infantry, so we don't always have the opportunity to practice the other side of our job, that is to say, being a rifleman," said Valle. "Having this kind of training now will help the Marines if they ever end up on the ground side ... they will have kept these perishable skills fresh."

Squad leaders used the training evolution as an opportunity to practice small-unit leadership in a high-tempo operating environment while taking in tactical lessons, said Valle.

"They had 1 1/2 weeks to prepare for the course. We gave (the Marines) the (letter of intent) and they had to go look the stations up," said 1st Lt. Joshua M. Rodriguez, air support control officer, MASS-2.

"That allowed them to use problem-solving techniques to figure out the best way to get through them."

Spreading the course out over five miles that included numerous hills introduced physical fitness to the equation, forcing Marines to maneuver through the stations despite their exhaustion.

"The training allowed the Marines to operate under stressful conditions when they were tired and fatigued," said Robertson. "It added an additional challenge to the event."

The stations also helped prepare the Marines to get the most out of an upcoming field training exercise at the Central Training Area by building unit cohesion and common skills beforehand, said Rodriguez. The small-unit leadership course pushed the Marines to continue improving their basic Marine skills in an environment outside the realm of their daily routine.

"The training today took the Marines out of their comfort zone," said Lt. Col. Alison J. MacBain, commanding officer, MASS-2. "They do a certain thing during day-to-day work and this takes them out of that, challenges them, and helps build their confidence."



CPL. MARK STROUD

Sgt. Jesse R. Hiatt puts on his mission-oriented protective posture gear at the MOPP station during small-unit leadership training at Marine Corps Air Station Futenma Oct. 12. Marines moved through a traditional obstacle course before rigging a field-expedient litter and evacuating a Marine to a casualty collection point.

Life & Times

Facebook.com/MCASCherryPoint

October 25, 2012

GHOSTS HAUNT NEW BERN



LANCE CPL. CORY D. POLOM

Molly A. Allen, a tour guide with the Ghosts of New Bern tour, stands in the outdoor chapel at the Christ Church graveyard in historic New Bern Friday and tells of its history during a time of yellow fever outbreaks in the city. "The building that now rests here is the third church to be put here," said Allen. "The graveyard became extremely full during the fever because there were so many dead, they dug trenches and dumped the bodies in them in a mass burial. When they built this new church, they actually dug up a few bodies, and now the church and this cemetery are haunted."

Historic city offers two ghost tours this Halloween

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

When Halloween approaches, New Bern ghosts come to life to tell visitors the history of the city.

Two ghostly tours of the city are available: the Ghosts of New Bern tour and the New Bern Ghostwalk.

Both tours offer historical value, teaching patrons about important figures and the city's first settlers in August of 1710.

The Ghosts of New Bern tour is in its fifth year and takes patrons around the historic side of the city showcasing New Bern's haunted sites.

"A lot of these locations and stories are told to children growing up in New Bern as myths and legends to make sure they're good," said Molly A. Allen, a guide for the Ghosts of New Bern tour. "Parents of New Bern will still say to their kids 'you better be good, otherwise Miss Fanny will get you.'"

Miss Fanny was the youngest daughter of Isaac Taylor, a wealthy Scottish sailor who settled in New Bern in 1792. She was due to be married, but a week before her wedding, her fiancé went for a walk, collapsed in the street and died. Miss Fanny was heartbroken and vowed to never leave her house again, becoming very angry and mean. Legend states that her servants would make jokes saying, "you better watch out, or Miss Fanny will get you." It is said if you walk by the house, you can see her sitting in the window, waiting for her fiancé to come home.

Joseph O'Callahan and his wife Joyce co-authored a book that contains many of the stories told during the tour. "All we would like is for people to come here and have a good time and learn about the paranormal history that this town has believed in since its creation."

Those who prefer a ghostly ride to a walking tour can hop in a tractor-pulled hay wagon for an alternate version of the tour called "Haunted Hayrides."

During the Halloween season, the tours meet at 7:30 p.m. Wednesday through Saturday in front of Morgan's Tavern in New Bern. The cost for active duty service members and their families is \$10 per person for both the hayride and walking tour.

The New Bern Ghostwalk, entering its 22nd year, supports the New Bern Historical Society

Patrons are guided throughout the historic city to see actors and actresses dressed as ghosts of some of New Bern's most notable past residents.

"Through these actors and actresses, we are able to tell about New Bern's history in a fun and spooky way," said Lynne Harakal, the executive director of the New Bern Historical Society.

This tour is offered today through Saturday, and tickets for active duty service members and their dependants are \$10. Ticket holders can attend on any of the three days offered or all three without purchasing additional tickets.

Tonight, participants will meet the New Bern ghosts at both historic theaters and inside the Cedar Grove Cemetery. On Friday and Saturday, the Historical Society adds more than 15 additional sites to meet these friendly spiritual phenomenons.

For more information on the Ghosts of New Bern tour, call Joseph or Joyce O'Callahan at 252-571-4766 or go to www.ghostsofnewbern.com. For more information on the New Bern Ghostwalk contact the historical society at (252) 638-8558 or go to <http://newbernhistorical.org/ghostwalk/>.



LANCE CPL. CORY D. POLOM

(Above) A dimly lit house along the Ghosts of New Bern tour route adds an eerie element to the tour in historic New Bern. Many locations on this tour are of historic importance to this city, said Molly A. Allen, a guide with the Ghosts of New Bern tour.



(Left) A woman dressed as a historical spirit stands in the Cedar Grove Cemetery and speaks to patrons of the 21st annual New Bern Ghostwalk. This year's event takes place today through Saturday, and tickets can be purchased at the door.



LANCE CPL. CORY D. POLOM

Attendees of the Ghosts of New Bern Tour sit in front of New Bern City Hall as their tour guide tells stories of the history of New Bern Friday. The tour showcases the city's haunted history.

CONTRIBUTED

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 & Blendz

Tuesday and Thursday Lunch (Blendz) - Banana-strawberry yogurt, banana-blackberry yogurt, banana-peach yogurt, banana-pineapple yogurt, banana-mango yogurt, banana-blueberry yogurt, Asian chicken chopped salad, Asian beef chopped salad, Savannah fried chicken salad, Southwest chicken strip salad, chef salad bowl, buffalo chicken salad, turkey club salad, beef fajita salad, BLT club salad, Southwest flank steak salad, chicken caesar salad, Chinese chicken salad, antipasto salad.

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, toasted garlic bread and breadsticks.

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.

Friday - Wings of fire, honeyed barbecue 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 October 25

Lunch - Cream of broccoli soup, Jamaican jerk chicken, Creole macaroni, cilantro rice and balsamic roasted potatoes **Dinner** - Chicken and orzo soup, pork scallopini with herbed tomato sauce, baked stuffed shells, rice pilaf, stewed chick peas with zucchini and mixed vegetables

Friday October 26

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

Saturday October 27

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

Sunday October 28

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

Monday October 29

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

Tuesday October 30

Lunch - Salmon with tomato cucumber relish, chicken fried chicken, rice pilaf, mashed potatoes, sausage gravy, succotash, southern-style greens and 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 and horseradish sauce

Wednesday October 31

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

Domestic Violence

Signs of an unhealthy relationship

GUNNERY SGT. MELINDA MUÑOZ

MARINE AND FAMILY PROGRAMS

Some signs of domestic violence and abuse are more obvious than others. Some of the most common signs of an unhealthy relationship are:

- Does your partner ...
- Accuse you of cheating and being disloyal without reason?
- Make you feel worthless?
- Hurt you by hitting, choking or kicking you?
- Intimidate and threaten to hurt you, someone you love, or your pets?
- Threaten to hurt themselves if they don't get what they want?

- Try to control what you do and who you spend time with?
- Isolate you?
- Pressure or force you into unwanted sex?
- Control your access to money?
- Stalk you, including calling you constantly or following you?
- Stop you or make it difficult for you to work or attend school?

If you suspect that you or someone you know is in an abusive relationship, help is available. The Prevention and Intervention Program has a 24/7 victim advocacy response line. Call 252-665-4713 to speak to a victim advocate.

Escape Planning:

Keep family safe with these tips from Cherry Point Fire and Emergency Services

Safety Tips

- Make a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- Know at least two ways out of every room. Make sure all doors and windows leading outside open easily.
- Designate an outside meeting place like a tree, light pole or mailbox a safe distance from the home where everyone should meet.
- Practice using different ways out, crawling low to the floor.
- Teach children how to escape on their own in case you can't help them.

If The Alarm Sounds

- If the smoke alarm sounds, get out and stay out! Never go back inside for people or pets.
- If you have to escape through smoke, get low and go under the smoke to your exit.
- Close doors behind you as you leave.
- CALL 9-1-1 from outside your home.



Plan Ahead!

If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

For more information about fire safety visit <http://www.nfpa.org>

By The Numbers

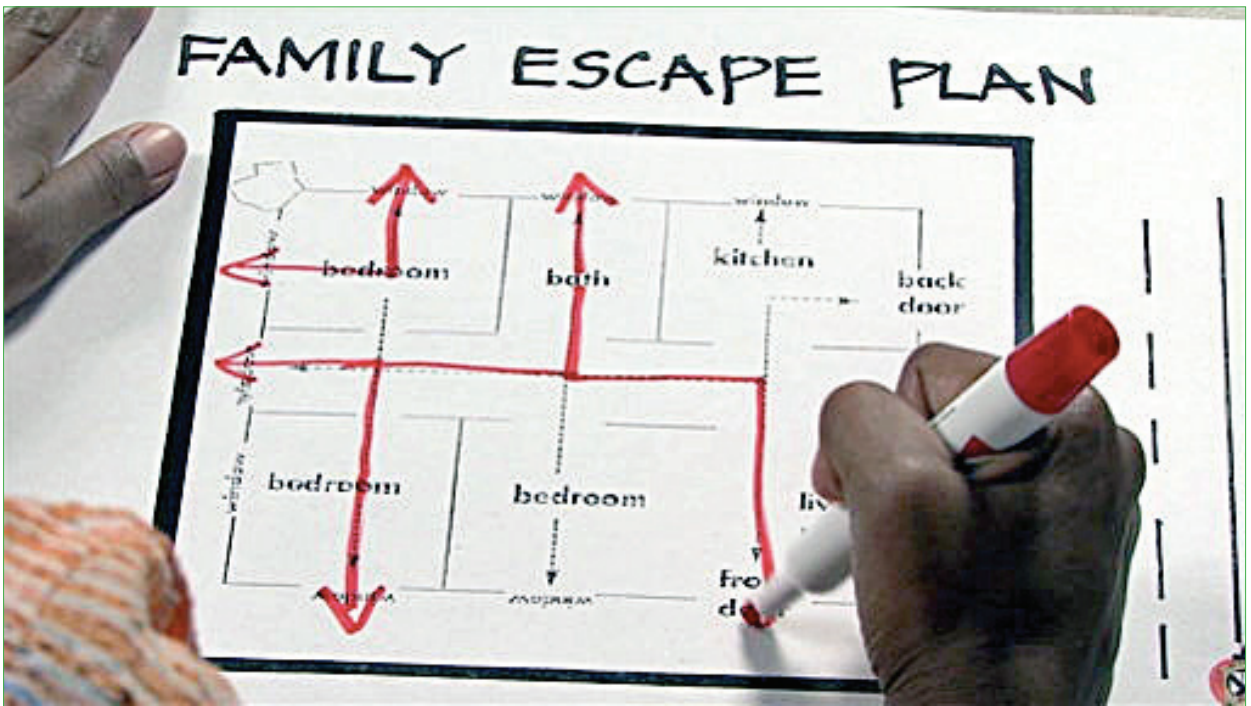
8: Percentage of people who said their first thought upon hearing a smoke alarm would be to get out, according to a National Fire Protection Agency survey.

6: Number of minutes people thought they would have before a fire would become life threatening.

2: Number of minutes they actually have.

33: Percentage of American households that have developed and practiced a home fire escape plan.

18-24: Ages of people least likely to have an escape plan.



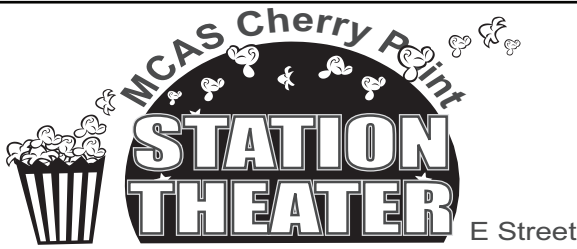
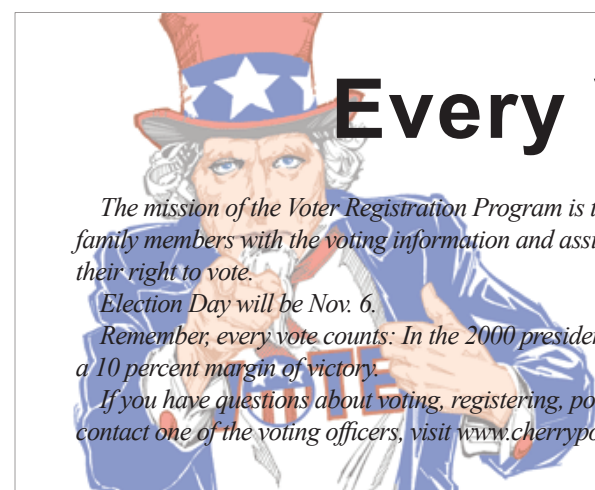
Every Vote Counts

The mission of the Voter Registration Program is to provide all military members, civilians and eligible family members with the voting information and assistance to ensure they have the opportunity to exercise their right to vote.

Election Day will be Nov. 6.

Remember, every vote counts: In the 2000 presidential election, 224 electoral votes were won by less than a 10 percent margin of victory.

If you have questions about voting, registering, polling places or how to cast your ballot and would like to contact one of the voting officers, visit www.cherrypoint.marines.mil/Resources/VotingAssistance.



E Street

Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

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

NOW SHOWING

Thursday, October 25

6:00pm - Hit and Run R

Friday, October 26

5:00pm - Finding Nemo G

7:45pm - Resident Evil: Retribution R

Saturday, October 27

2:00pm - Finding Nemo G

4:45pm - Premium Rush PG 13

Sunday, October 28

2:00pm - Finding Nemo G

Tuesday, October 30

6:00pm - Great Pumpkin Charlie Brown G



Hit and Run - Starring: Kristen Bell, Dax Shepard, Tom Arnold. Former getaway driver Charlie Bronson jeopardizes his Witness Protection Plan identity in order to help his girlfriend get to Los Angeles. The feds and Charlie's former gang chase them on the road.

Premium Rush - Starring: Sylvester Stallone, Bruce Willis, Chuck Norris. The Expendables are back and this time it's personal. With newest members Billy the Kid and Maggie aboard, they are reunited when Mr. Church enlists the Expendables to take on a seemingly simple job.

Finding Nemo - (Animation) - Starring the voices of: Albert Brooks, Ellen DeGeneres, Alexander Gould. Life along the Great Barrier Reef is full of dangers when you are a tiny clown fish. And for Marlin, a single parent determined to protect his only son Nemo, there are constant fears and anxieties.

Resident Evil: Retribution - Starring: Milla Jovovich, Sienna Guillory, Shawn Roberts. The Umbrella Corporation's deadly T-virus continues to ravage the Earth, transforming the global population into legions of the flesh eating Undead. The human race's last and only hope, Alice, awakens in the heart of Umbrella's most clandestine operations facility and unveils more of her mysterious past as she delves further into the complex.

Great Pumpkin Charlie Brown - Starring: Peanuts Gang. All of the Peanuts gang dress up for the enchanting night of Halloween. All, that is, except for Linus, who firmly believes that this year the Great Pumpkin will finally visit his humble pumpkin patch.

Movies are subject to change without notice

THE LOCAL BUZZ

Announcements

► Indicates new announcement

MARSOC Screening Team Visit

The Headquarters Marine Corps Special Operations Command Screening Team will visit Camp Lejeune today and Friday.

For more information, contact Karlee Loch at 910-440-0282, 910-915-6745, or Karlee.loch@usmc.mil, or visit <http://www.marsoc.marines.mil>.

Pine Knoll Shores Halloween Activities

Masquerade among the marine life with Trick or Treat Under the Sea at the North Carolina Aquarium at Pine Knoll Shores today from 4:30-7:30 p.m.

Admission price is \$8 per person, \$6 for members at the door,

Advance tickets are available online. Ages 2 and under are admitted free.

Or visit "A-scare-ium," a Halloween costume party for grown-ups Saturday, 7-11 p.m.

Win great prizes for great disguises, including a Dahon Mu P8 eight-speed folding bicycle and gift certificates to the area's top restaurants.

Costumes are compulsory, so indulge your creativity or your alter ego for this masquerade among marine life.

Wine and beer made in North Carolina will be sold. Also enjoy complimentary food, soft drinks, music, dancing, giveaways and a cauldron full of other activities in an appropriately eerie ambience of haunted waters. Advance tickets are available now online for \$18 per person, \$35 per couple. Tickets at the door are \$20 per person. Daily admission passes and tickets do not apply.

The bewitching evening is limited to guests ages 21 and up.

Proceeds go to the Aquarium's sea turtle conservation and research program.

Visit <http://www.ncaquariums.com> for more information.

Maritime Museum Fright Night

Spooky storytelling and a haunted exhibit hall will highlight the many activities of "Fright Night" at the North Carolina Maritime Museum in Beaufort Friday, 5:30-8 p.m.

There will be fun and frights for all ages. Performers from the East Carteret High School Drama Club and the museum's staff and volunteers will help visitors get in the Halloween spirit.

Tickets are \$6 for adults and \$3 for ages 18 and under. The museum is open Monday-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-5 p.m.; and Sunday, 1-5 p.m.

Visit <http://bit.ly/museumfrightnight> or call 728-7317 for more information.

Monthly and Weekly Events

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.

Table Talk Bible Study

The Cherry Point Chaplain hosts a weekly bible study at Miller's Landing Thursdays at 6 p.m.

For more information, call the Chaplain's office at 466-4000.

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 p.m.

For information, call 241-6155.

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.

Dart Tournament

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

Disabled Veterans

Chapter 26 of the Disabled American Veterans meets the third Wednesday of the month at the Senior Center in Havelock at 7 p.m. For information, contact Ancil Jones at 622-5245.

Domestic Violence Support

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

The group meetings are held Wednesdays at 6 p.m. For more information, call 728-3788.

Ghost Ship

The USS North Carolina will be turned into a haunted battleship, where patrons are allowed to walk through the ship across the river from downtown Wilmington Friday and Saturday.

Tours start at 9:30 p.m. No advance tickets will be sold. Tickets are \$10 and are limited.

Visit <http://www.battleshipnc.com> for more information.

Flu Shots

The Naval Health Clinic's final Saturday seasonal flu vaccine rodeo will take place Saturday from 8 a.m. - noon at the immunizations department.

Eligible beneficiaries may also receive the flu vaccine during regular immunization hours, Monday-Friday, 8 a.m. - 3 p.m.

Halloween Costume and Movie

Onslow County Parks and Recreation will present a Halloween costume contest and movie at Carmike Cinema 16 in Jacksonville Saturday at 9 a.m.

The contest provides a fun, safe environment for children 12 and under and parents to enjoy unique costumes.

Price of admission is three canned goods per person. Costume awards will be given to winners in age groups: 5 and under, 6-8 and 9-12.

All donations will go to the Onslow County Christmas Cheer Program.

Onslow Oktoberfest and 5K

Along with mouth-watering beer and bratwurst, Onslow Oktoberfest will also host its fourth annual 5K run or walk at the Riverwalk Crossing Park in Jacksonville Saturday.

Register online at <http://www.onslowco.org> or for more information call 910-455-5733.

Cherry Point Trick or Treat Hours

Regular door-to-door trick-or-treat times in the housing areas aboard the air station will be 7-9 p.m. Wednesday.

Law enforcement and fire department personnel will provide security for the little ghosts and goblins throughout the housing areas, and there will be an increased presence of patrols in each housing area throughout the evening.

Naval Health Clinic Construction

The Naval Health Clinic is installing a new automated pharmacy system. Construction for the project will begin on Monday and is expected to last six to nine months. The command requests that patrons follow posted signs to ensure their safety.

Basic Budgeting

Learn basic financial management skills in room 159 of the Training and Education building. The classes for 2012 will be held Nov. 6 and Dec. 6 at 9 a.m. For more information, call 466-4201.

Zumba

Zumba exercise classes are held every Monday, Wednesday and Thursday at the Marine Dome aboard the air station at 5 p.m.

For more information, call 466-1147.

Education Fairs

The Cherry Point Education office hosts monthly career and education fairs, at the Jerry Marvel Training and Education building, room 171b. The next fairs are Oct. 19, and Nov. 30. For more information call, Dana Bayliss, at 466-2046.

Tours of Cedar Grove Cemetery

The Craven Chapter of Questers International and the New Bern Historical Society will provide tours of Cedar Grove Cemetery through November.

Tours offer glimpses into the lives of more than two centuries of New Bernians.

Tickets are \$10 and can be purchased at the New Bern Historical Society Monday through Friday, 9:30 a.m. - 4:30 p.m. or at the gate prior to the tour. All tours begin at 4 p.m. on Saturday and Nov. 3, 10, 17 and 24.

For more information call 635-1374.

Breast Cancer Benefit Dinner for Lisa

The American Cancer Society will host a breast cancer benefit for Lisa at La Rosa Italian Restaurant in Havelock Nov. 15. In late September, Lisa, a full-time graduate student, wife, and mother, was diagnosed with a rare form of breast cancer. This dinner will help raise funds for her medical care.

For \$10 you will receive a dinner of spaghetti, bread, salad, and a soft drink.

Marine and Family Programs

Marine, Family Programs Office Numbers

Now in Building 298

- Library – 466-3552.
- Retired Activities – 466-5548.

Now in Building 286

- Exceptional Family Member Program – 466-3305.
- Child Development Resource and Referral – 466-5490.

Now in Building 87

- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.
- Military Family Life Consultant – 876-8016.
- Families Overcoming Under Stress Representative – 466-7137.

Now in Building 4335

- Lifelong Learning – 466-3305.
- The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

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.

Marine Corps Family Team Building

Educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. Located in Building 87. For more information, email family.readiness@usmc.mil.

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 meant 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

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

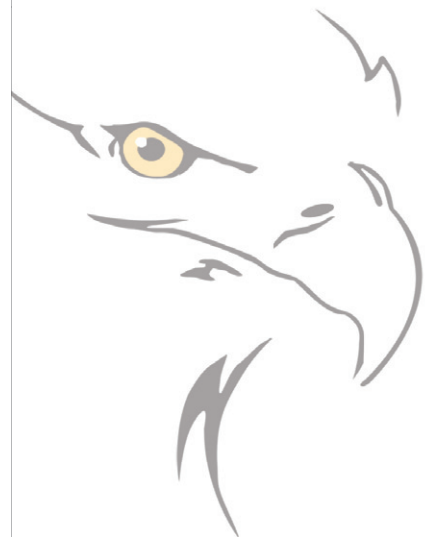
Signs of Terrorist Activity:

Acquiring Supplies

Be aware of anyone attempting to acquire explosives, weapons, ammunition, dangerous chemicals, uniforms, badges, flight manuals, identification or access cards for key facilities.

Any of these items or a combination of them in the wrong hands could be used in a terrorist or criminal act.

If you observe any suspicious activities call Cherry Point Emergency Dispatch immediately at 466-3616 or 466-3617.



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 AND NEW BERN)
 TWIN RIVERS (NOT THE MALL)
 WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

BELL AUTO SALVAGE II
 DASH-IN
 DISCOUNT TOBACCO
 D'S DRIVE THRU
 D'S QUICK MART
 EXPRESS WAY
 KINGS DRIVE THRU
 LAIRDS AUTO & TRUCK CENTER
 MOE'S MART
 NEW YORK TOBACCO CENTER
 ONE STOP SHOP
 SMART BUY
 SMITTY'S R&R
 TOBACCO FOR LESS
 TOBACCO HOUSE CIGARETTE CENTER
 TOBACCO LEAF
 VETERANS AFFAIRS SERVICES

NEXT UP...

SPRINT CUP

Race: Tums Fast Relief 500
Where: Martinsville Speedway
When: Sunday, 1:00 p.m. (ET)
TV: ESPN
2011 Winner: Tony Stewart (right)



NATIONWIDE SERIES

Race: O'Reilly's Auto Parts Challenge
Where: Texas Motor Speedway
When: Nov. 3, 7:00 p.m. (ET)
TV: ESPN
2011 Winner: Trevor Bayne

CAMPING WORLD TRUCKS

Race: Kroger 200
Where: Martinsville Speedway
When: Saturday, 1:30 p.m. (ET)
TV: SPEED
2011 Winner: Denny Hamlin

NASCAR INSIDER

By RICK MINTER / Universal Uclick



Ryan Newman (left) drives the No. 39 Chevrolet side by side with Kasey Kahne in the No. 5 Chevrolet during the NASCAR Sprint Cup Series Good Sam Roadside Assistance 500 at Talladega Superspeedway on October 7. (NASCAR photo)

Good chemistry

Newman, former crew chief Borland reunited

In Sprint Cup racing, or any team sport for that matter, chemistry between driver and crew, or coach and players, is often cited as one of the keys to success.

Team chemistry is difficult to explain and almost impossible to intentionally create. It just seems to happen. When it does, the results are often phenomenal. But the chemistry also can be lost, and the results soon show it.

In NASCAR racing, some of the sport's all-time win leaders had their best years while working with the same crew chief. Richard Petty, the sport's all-time win leader with 200 race victories, had most of his success with his cousin Dale Inman as crew chief. David Pearson, second on the all-time list with 105 wins, got the biggest chunk of them with Leonard Wood as his crew chief. Jeff Gordon had his best years with Ray Evernham as his crew chief, and Bobby Labonte was at his best with Jimmy Makar calling the shots. Together they won 19 races, but Labonte has only won two since they parted.

Ryan Newman won 12 races and 37 poles while working with crew chief Matt Borland at Penske Racing from 2002-2006. Since then, Newman has won four races and 11 poles. But beginning this week at Martinsville Speedway, Newman and Borland will be reunited.

The change is part of a personnel shuffle at Stewart-Haas Racing that will see Newman's current crew chief, Tony Gibson, move to Danica Patrick's team beginning at her home

track, Phoenix International Raceway.

Now the NASCAR world will see if Newman and Borland can recreate their winning chemistry.

Greg Zipadelli, the former crew chief of Tony Stewart who now serves as competition director at Stewart-Haas Racing, believes they can.

"Matt Borland has had great success as a crew chief, and much of it came when he and Ryan Newman worked together," Zipadelli said in a team release. "Matt and Ryan both have engineering backgrounds, and they have similar mindsets. It's a pairing that produced some very good results and there's no reason why it can't produce similar results now that they're back together. Their four races together this year will position them very well for 2013."

Zipadelli isn't alone in the Sprint Cup garage when it comes to seeking the right chemistry among key members of a race team.

Eddie Wood, part of the second generation of the Wood Brothers racing team, said when a team hits on the right combination of personnel, it should do everything it can to keep them together.

"I used to make fun of people who talked about chemistry, but I'm pretty much a believer in it now, because I've lived it," he said. "There have been combinations that have been magic and shouldn't have gotten messed up and changed, but they did."

"And it was usually outside interference."

Stewart: Danica's schedule not easy

Danica Patrick has struggled in her limited Sprint Cup appearances this year, but her car owner Tony Stewart said that one day she'll thank him for that, as it should speed up the learning curve as she makes the difficult transition from open-wheel Indy cars to NASCAR-style cars.



Danica Patrick

"We picked races that were going to be hard," he said. "They are not supposed to be easy ..."

"There wasn't anything to learn by going to easy tracks this year on a partial schedule. The schedule she is going to have next year, she is going to have to go to these hard tracks. Being able to just have the experience of going the year before, even if it's a rough experience, you at least learn and get a base of that track."

"Any time you do something for the first time it's tough. The second time is always easier ..."

"Though she may not see the benefit of it right now, she will next year."

NOTEBOOK

Cautions, sliding at Kansas

After most of this year's Sprint Cup season has seen races run for long stretches of green-flag racing, and many events boil down to fuel-mileage contests, along came the Hollywood Casino 400 on the repaved and reconfigured Kansas Speedway.

The race saw a track record – and Cup season-high – 14 caution periods, most of them for wrecks that saw many of the sport's most skilled drivers losing control of the cars and slamming into the wall.

Even race winner Matt Kenseth smacked the wall at one point.

"Everything is just on edge," said Kyle Busch after he was involved in a crash with Ryan Newman. "You're really slipping and sliding and fighting for as much grip as you can find out there."

Busch admitted he'd been struggling with a loose condition with his car, but still blamed Newman for the crash. "Newman just ran up on the back of me and got me loose – I've been loose all day – and then he ran into the back of me and spun me out, so just impatience ..."

"I don't know what that was for or why or whatever, but I'm glad he's wrecked along with me, and he'll get another one here before the year is out."

Newman said the wreck was Busch's fault. "He just got loose in front of me, and it's so fast [at Kansas] it's hard to check up when he is getting sideways," he said. "He already lost control of the car once earlier in the race. It's kind of treacherous on the tires."

Jimmie Johnson, who wrecked his car but bounced back to finish ninth, said it was hard to keep from crashing.

"Restarts were pretty wild," he said. "You had to run so hard that when something happened and you lost grip, the car just stood up on the tires and would take off and you couldn't control it, and the guys were sliding everywhere."

It wasn't just the guys who were sliding everywhere.

Danica Patrick wrecked her No. 10 Chevrolet after intentionally spinning Landon Cassill's No. 83 Toyota.

"It's been pretty consistent with [Cassill] getting into me," Patrick said. "So at some point in time, I have to stand up for myself, or everybody's going to do it."

Cassill, on his two-way radio, offered his comment.

"Rule No. 1 in stock car racing is learn how to wreck someone without wrecking yourself," he said.

Cassill, who escaped the Patrick effort at retaliation without significant damage to his car, went on to finish 18th, tying his best finish of the season. Patrick finished 32nd, not far off her average finish of 30.2 in eight Cup starts this year.

Ford, RPM renew partnership

Ever since the announcement that Penske Racing is moving from Dodge to the Ford camp beginning next season, there have been questions about how the move would affect other Ford-backed teams, particularly Richard Petty Motorsports.

But last week Ford and RPM announced they would continue their partnership into next season, which means Petty's two Cup teams and one Nationwide entry will be running Fords for the fourth straight year.

RPM announced that it will continue to race the

No. 9 Fusion with backing from Stanley and Dewalt and the No. 43 Ford Fusion with Smithfield Foods. Aric Almirola drives the No. 43, and Marcos Ambrose the No. 9.

The team's No. 43 Nationwide Series entry, driven by Michael Annett, will return with backing from Pilot/Flying J.

No Prelude charity race for 2012

Tony Stewart confirmed last week that the popular Prelude to the Dream Late Model race at his Eldora Speedway in Rossburg, Ohio, won't be run next year.

The race featured top drivers from various forms of motorsports, including Sprint Cup, racing Late Model cars on the dirt at Eldora with the proceeds going to charity.

"It takes a ton of work to put the Prelude on," Stewart said. "We are changing our format for how we run the Dream [Late Model race] that weekend, making it a three-day weekend with that series. We are trying to focus on that a little bit more and some changes that we think are going to be better for our Late Model race."

"We just needed to take a year off while we focus on that, and make sure that we don't get overloaded for that."

He said he expected the Prelude to return at some point in the future.

Stewart also addressed speculation that NASCAR was considering running a Camping World Truck Series race at Eldora.

"I would be ecstatic if we could get any NASCAR race at Eldora," he said. "That would be great. I have talked to NASCAR. They have been looking at all kinds of different tracks."

"It has been brought up in conversation, but that is about as far as it has come right now."

2012 CHASE CONTENDERS

Chase Chart following the Hollywood Casino 400 at Kansas Speedway

1. Brad Keselowski 2,250 (finished eighth)

He wove his way through several crashes to preserve his points lead. "It seemed like every wreck that happened, happened right in front of me," he said. "It was a tough day."

2. Jimmie Johnson -7 (finished ninth)

Despite a wreck that looked as if it could send their car to the garage for lengthy repairs, the No. 48 crew patched up their car and Johnson drove it to a top-10 finish.

3. Denny Hamlin -20 (finished 13th)

Early race handling woes, coupled with a late stop for fuel, left him with a mediocre finish. But some of his best tracks remain on the schedule, including Martinsville, where he has four wins. "We just shot ourselves in the foot a lot," he said.

4. Clint Bowyer -25 (finished sixth)

He had hoped to back up his Charlotte victory with another at his home track, but it was not to be. "We've just got to keep digging," he said. "I was hoping to gain a little bit more than that, but we had a solid day. Just frustrating, though."

5. Kasey Kahne -30 (finished fourth)

He was running second late in the race, but stalled his car trying to save fuel under caution and dropped to sixth for the final restart, ending what appeared to be a good chance for victory. "We had a good car; we got back to fourth," he said.

6. Martin Truex Jr. -43 (finished second)

Another strong run at Kansas wasn't enough to give him much of a boost in the points standings. "That's a good run for us, for sure," he said. "Just a little bit too tight there at the end there to run with Matt [Kenseth]."

7. Tony Stewart -47 (finished fifth)

The defending Cup champion overcame a penalty for driving away from his pit stall with a wrench in his car, then saved his car when he looked to be about to crash. "We have a ways to go, but I'm really proud of our guys," he said.

8. Jeff Gordon -51 (finished 10th)

His crash in the Chase opener at Chicagoland, and resulting 35th-place finish, continues to haunt him. Since then, he's had an average finish of 7th, compared to the 5.7 average posted by Keselowski in all six Chase races to date.

9. Matt Kenseth -55 (finished first)

Despite being one of the many drivers who hit the wall, he bounced back to get his second Chase win and third overall this season. Still, his setbacks in early Chase races have him essentially out of the running for the title. "We went through a couple months where we didn't perform as well," he said. "Unfortunately, one of those months ran into the Chase."

10. Kevin Harvick -59 (finished 11th)

His Chase results have been remarkably consistent, with five finishes between 11th and 13th and one of 16th, but that's not good enough to contend for the championship.

11. Greg Biffle -62 (finished 27th)

The points leader at the end of the 26-race regular season had another disappointing outing as he crashed out while running third. "I wrecked it bad," he radioed to his crew as he drove his battered car to the pits.

12. Dale Earnhardt Jr. -122 (did not compete)

After sitting out the past two races while recuperating from concussions, he's expected to return to the No. 88 Chevrolet this week at Martinsville Speedway, but his title hopes are over for this year.

NUMERICALLY SPEAKING

6 Points separating Nationwide leader Elliott Sadler and Kansas winner Ricky Stenhouse Jr., who is second in the standings (Sadler was fourth at Kansas, while Austin Dillon, 26 points back in third place, finished second at Kansas)

1,617 Laps led by Jimmie Johnson in the past 15 Cup races at Martinsville, tops among drivers

2 Laps led by Sprint Cup points leader Brad Keselowski in five career Cup starts at Martinsville Speedway

2,880 Laps run among the top 15 by Ron Hornaday Jr. in the past 15 Truck Series races at Martinsville Speedway, the most of any driver