

The Windssock

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Shadow in the sky



LANCE CPL. S. T. STEWART

An RQ-7B Shadow, an unmanned aerial vehicle from Marine Unmanned Aerial Vehicle Squadron 2, flies over the flight line after launch during a training flight at Cherry Point Feb. 28 in preparation for the squadron's involvement in the Weapons and Tactics Instructors course. More than 150 Marines with the squadron will participate in the training at Marine Corps Air Station Yuma, Ariz.

VMU-2 conducts final flights before WTI

LANCE CPL. S. T. STEWART
MCAS CHERRY POINT

Marine Unmanned Aerial Vehicle Squadron 2 conducted final training flights aboard the air station Feb. 28 in preparation for the squadron's participation in the Weapons and Tactics Instructors course.

More than 150 Marines with the squadron will take part in the six-week course at Marine Corps Air Station Yuma, Ariz. With RQ-7B Shadows, unmanned aerial vehicles with live-feed video capability,

the squadron will provide day and night aerial reconnaissance, surveillance and target acquisition.

VMU-2 aircraft operators are enlisted Marines, unlike squadrons that field every other aircraft in the Corps' arsenal.

"We have Marine officers who act as our unmanned aircraft commanders. They are responsible for the flight, and they own the aircraft," said Gunnery Sgt. Joseph Lapi, squadron weapons and tactics instructor.

"But we have enlisted operators from

private to master gunnery sergeant."

Sgt. Derek H. Davis, one of the enlisted unmanned aerial vehicle operators, said that because of the important role they play on the battlefield, the squadron is constantly training. Davis has been an operator for five months and is eager to go on his first large exercise with the squadron.

"I'm looking forward to getting into a higher tempo environment with my job,"

See **VMU-2** page A3

Eager Hawk

MAG-14 exercises expeditionary skills

CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

Marine Aircraft Group 14 deployed approximately 120 personnel to Marine Corps Auxiliary Landing Field Bogue Friday, in support of Exercise Eager Hawk.

The purpose of the training is to help refine the group's organizational understanding of how to conduct high tempo operations in an austere environment. The command hopes to build a foundation upon which solid command and control can be exercised in a deployed environment in support of any operational plan or theater security cooperation event, said Maj. Brent Looby, MAG-14 operations officer.

"One of our mission essential tasks as a Marine air group is to be able to conduct expeditionary aviation operations," said Col. Bob Sofge, MAG-14 commanding officer.

With the help of Marine Wing Support Squadron 271 and Marine Air Control Group 28, MAG-14 set up flight and logistical operations.

"We can't do this alone, we need each other in order to perform our mission," Sofge said. "One squadron is supplying the power, another unit is setting up communication connectivity, and civilian technical representatives are on site to assist Marines to better understand the finer points of their equipment."

Lance Cpl. Kimberly N. Huerta, a field wireman with MWSS-271, said

See **HAWK** page A3

Republic of Georgia honors 2nd MAW Marine

COURTESY STORY

MARINE CORPS SECURITY COOPERATION GROUP

VIRGINIA BEACH, Va. – A 2nd Marine Aircraft Wing officer was among 13 Marines and one Sailor honored by representatives from the Republic of Georgia's Ministry of Defense and Gen. John Paxton, assistant commandant of the Marine Corps, for their contributions in support of the Georgia Deployment Program – International Security Assistance during an award ceremony at Joint Expeditionary Base Little Creek, Fort Story, Va., Feb. 28.

Capt. Jared L. Perry, the information systems management officer for Marine Wing Headquarters Squadron 2, earned the Republic of Georgia's Peacekeeping

See **HONOR** page A3



GUNNERY SGT. ALEXIS MULERO

Republic of Georgia Col. Lasha Beridze, Deputy Chief of Defense, Georgian Armed Forces, awards Capt. Jared L. Perry, communications officer, Georgia Liaison Team, with the Georgia's Peacekeeping Operations Medal during an award ceremony at Joint Expeditionary Base Little Creek – Fort Story in Virginia Beach, Va., Feb. 28. Perry was among nine Marines who received the medal, which is presented in recognition of a service member's contributions to Georgian Armed Forces peacekeeping and combat operations.

Carteret County leadership tours Cherry Point

CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

Cherry Point hosted a Leadership Carteret program tour Feb. 27, which examined air station work spaces where many Carteret County residents are employed.

The 10-week program is sponsored by the Carteret County Chamber of Commerce and teaches community leaders about the economic and social intricacies affecting life in the county. Many of its participants are business owners, professionals and influential community members who make decisions based on the business climate of Carteret County.

"We provide jobs and support the local community with all sorts of volunteering," said Sgt. Maj. Larry J. Harrington, Marine Transport Squadron 1 sergeant major. "As a base, we provide so much for the local community in schools and relationships with the chamber of commerce. I think it's a great opportunity for locals who normally don't get the opportunity to see what we do to come on base and get a feel for what the Marine Corps really is."

Fleet Readiness Center East, a large complex for high-level maintenance on all kinds of aircraft the Navy and Marine Corps flies, employs about 1,300 Carteret County residents, making it the largest single employer of county residents. Cherry Point also employs Carteret civilians at various other facilities. Between hundreds of local civilian employees and thousands of Marines and dependents, Cherry Point has a large economic impact on Eastern North Carolina.

"The military families who live here are part of our

See **TOUR** page A3



CPL. SCOTT L. TOMASZYCKI

Lt. Col. B. D. Bernth, commanding officer of Marine Transport Squadron 1, speaks with civilians as part of the Leadership Carteret program tour on the air station Feb. 17. The tour, comprised of local executives and Carteret County citizens, educates participants about the impact Cherry Point has on the local community.

Students take tour, learn about KC-130J Hercules



LANCE CPL. CAYCE NEVERS

Capt. Ryan P. Gibbons, a KC-130J Hercules pilot with Marine Aerial Refueler Transport Squadron 252, speaks to students of The Epiphany School of Global Studies during a tour March 1. After arriving at Cherry Point, the students toured Aircraft Rescue and Fire Fighting and VMGR-252. While at VMGR-252, the students viewed the inside of a KC-130J Hercules.

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Reminder:



Set clocks forward one hour, change to desert cammies and change smoke detector batteries

Sunday.



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

News Briefs

NHC optometry services expand

The Naval Health Clinic Cherry Point optometry department has expanded care on a space-available basis to active-duty dependents over the age of 18 who do not wear contact lenses.

If no spaces are available, patrons may still see a network provider or specialist contracted through TRICARE.

Contact lens fittings and spectacles are not a TRICARE-covered benefit.

Call the appointment center at 466-0921 to schedule an exam.

Navy Medical Corps anniversary

Sunday marked the 142nd anniversary of the Navy Medical Corps.

The Navy Medical Corps was founded on March 3, 1871, and is comprised of commissioned military physicians from a variety of specialties.

Throughout Naval history, doctors have helped improve health and save lives of both Navy and Marine Corps personnel.

Today, more than 3,700 Medical Corps Officers serve at various Navy and Marine Corps commands.

Gunnery sergeant selection board

The fiscal year 2013 gunnery sergeant selection board will convene April 24 at the Harry Lee Hall at Marine Corps Base Quantico, Va., for a period of about eight weeks.

To be eligible for the board, Marines must be professional military education complete prior to April 24. To be qualified, staff sergeants must complete the Staff Noncommissioned Officer Career Nonresident program.

It is critical that eligible Marines ensure their records indicate evidence of PME completion.

Tuition Assistance canceled

Effective immediately, the Tuition Assistance Program has been shut off within the Marine Corps.

Marines who have not received an approved TA form for classes should check with the education office to confirm whether it was funded and make immediate contact with the academic office to either cancel classes or switch to other funding sources.

Marines whose TA is already approved may continue the class for which it was approved.

Marines should still visit the education office as appropriate for educational advisement regarding other forms of funding and all other educational needs.

For more information, contact the education office at 466-3500.



Chaplain's Corner :

40 Years of Women Serving in Military Chaplaincy

LT. DEANN C. COLEMAN
2ND MARINE AIRCRAFT WING

What a privilege and honor it was to observe the ceremony and ribbon cutting of the new exhibit displayed at Arlington Cemetery titled "Celebrating 40 Years of Women Chaplains: A Courageous Journey of Faith and Service" Monday. I was thoroughly moved by the reflections shared by the first women to become chaplains in the Navy, Army and Air Force in 1973. Reverend Dianna Pohlman, a Presbyterian minister, was the Navy's first female chaplain commissioned a lieutenant junior grade.

As I sat there taking it all in, with every breath I took, I reflected on my own journey, wishing I could sit at the feet of these trailblazers to hear their experiences of success, triumph, pain and perseverance. My eyes filled with tears during most of the ceremony hearing the expression of their passion of being called to serve. It was not a job for them, it was a calling and something they didn't necessarily want, but something they had to do.

I was only 5 years old enjoying my last months of kindergarten when Reverend Pohlman became the first woman commissioned in the Navy Chaplain Corps. I

had no aspirations to be a military chaplain at that time. My young mind was consumed with my toys, learning to share, add and read. So when I was a child, there were women who answered God's call and paved the way for me to serve as a Navy chaplain. Without a doubt, under much resistance of discrimination, prejudice and sexism, they answered.

I know this call too well. The call to serve pulls at you in such a way that denying it is not an option. You can't walk away from it because you know without a doubt that God has destined you to fulfill it. This call from God wraps itself around you making it impossible to escape. I am humbled by this call from God to serve him and his people.

The call to serve in a military environment where women are still becoming "firsts" in various settings and positions is truly an honor, privilege and rewarding challenge. I am thankful to God for calling me to serve in this capacity and I am grateful to the first women chaplains in the Navy, Army and Air Force for their tenacity, faithfulness and commitment. They are my heroes. Their story is connected to mine and to all women

See **WOMEN** page A3

Development program host job fair at Cherry Point



LANCE CPL. CORY D. POLOM

The personal and professional development program hosts its monthly job fair at the training and education building Feb. 15.

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

The personal and professional development program will host the next monthly career and education fair at the Jerry Marvel training and education building March 15 from 10 a.m.-1 p.m.

The fairs are held monthly and provide an opportunity for all Cherry Point patrons to see what local schools and businesses have to offer, said Shane Murazsky, the employment manager with the personal and professional development program.

"This event works two ways," said Murazsky. "It not only gives all base patrons a way to see local jobs opening up to them, but also gives the Transition Readiness Seminar students a chance to practice the skills they learned during that week."

Every month different employers and schools participate in the program. Recent participants include Greensboro Police Department, Park University and East Carolina University.

For additional information, call 466-3500.



More than 60 Marines with the Center for Naval Aviation Technical Training Marine Unit Cherry Point run in a formation at Atlantic Beach, N.C., Feb 22.



The Windsock Weekly Photo Competition

February 28 - March 7, 2013

Vote on Facebook - <http://bit.ly/mcaschptfb>
Vote on Google+ - <http://bit.ly/CherryPointPlus>
Vote on Flickr - <http://bit.ly/cpflickr>

CPL. KEILA GARRIDO

Job Title: Maintenance Administrative Specialist

Unit: Marine Attack Squadron 542

Hometown: New York City

Age: 21

Date Joined: Aug. 25, 2009

Marines in the aviation maintenance field must continually keep logs and operating procedures up to date in a constantly changing environment. Cpl. Keila Garrido, a maintenance administration specialist with Marine Attack Squadron 542, diligently spends her days ensuring the maintenance supervisors of the AV-8B Harrier squadron stay abreast of the latest information available.

Garrido's job specifically deals with maintaining publications, or guidelines on safety and operations procedures all Marines of the squadron have to follow.

"It's not a hard job to do if you stay on top of it," said Garrido. "But it's an easy job to screw up if you don't stay on top of it."

Garrido said updates come at anytime of the week. She and fellow maintenance administration specialists gather the updates and incorporate them into established electronic publications.

Garrido then sends weekly updates to staff noncommissioned officers from each workstation, keeping the squadron running smoothly, safely and up-to-date.

Fly by Highlighting Cherry Point's Warriors



LANCE CPL. GLEN E. SANTY

The Windsock

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or Sailor Superstar

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466-3542

REMEMBER TO RECYCLE



VMU-2 from page A1

said Davis, who went on to say there are stressors that come with operating the aircraft. "You are under a lot of pressure because you have to make sure you're watching the gauges and no mechanical errors happen. But that's why we train."

The squadron rarely has to rely on outside units to accomplish its mission said Lapi. He described the squadron as a hybrid of ground and aviation units because the squadron has elements of both.

VMU-2 has its own motor transportation maintenance, engineers, administration shops, and many other assets that other squadrons aboard the air station reach out to Marine wing support squadrons for.

Cpl. Tyler W. Goulding, an electronic equipment repair specialist with the squadron, recently returned from Afghanistan and had the opportunity to see first hand the importance and unique role played by unmanned aerial vehicles in a deployed environment.

Goulding said the Marines watching the video feed from the unmanned aerial vehicles can tell if there are improvised explosive devices in the ground, if an individual has a weapon and might be a potential threat, or if there is any other abnormal activity near units operating nearby.

Sgt. Maj. Brandon Eckardt, VMU-2 sergeant major, is confident in his Marines' abilities to succeed during WTI and beyond.

"This unit has deployed every year since 2005, and it is one of the most deployed units in the entire Fleet Marine Force," said Eckardt. "We accomplish our objectives, our mission is expanding, we have a high tempo, and we have an asset that is applicable to just about every single unit's mission in the Marine Corps. Given the weight of that, the Marines have performed extraordinarily."

TOUR from page A1

community and do business with our community," said Diane Warrender, programming manager for the Carteret County Chamber of Commerce. "We have more than 900 businesses that are part of the chamber, and we always want to create a friendly atmosphere and a partnership with the military and their personnel to make them feel very welcome and a part of our community."

"A lot of us have relatives who work or have worked here," said Brandon Staton, a tour participant. "My father worked at FRC East for about 10 or 12 years. It's kind of cool for me, especially to see what he did for such a long time. It's something I really haven't had a chance to get a first-hand look at."

Staton also said many already read and talk about the impact Cherry Point has on the community, but it's still very helpful to meet the people who help the country and the local community.

While touring the station, the leadership program also looked at Marine assets that directly contribute to community safety. They toured an HH-46 search and rescue helicopter from VMR-1, saw robots used by the explosive ordnance disposal team to investigate and defuse potential hazards, and toured air traffic control facilities used to direct aircraft in the region.

"It's good for them to know that we're here if they need anything," said Lance Cpl. Stephen B. D. Bargar, a crew chief for VMR-1. "We love doing search and rescue missions because of that good feeling you get when you rescue somebody and bring them back to their family."

Harrington said the tour is a great opportunity for the Marine Corps to highlight Marines like Bargar who make the Corps the winning team it is.

"When they see the 18-year-old kid who works on an airplane and flies, they're wowed and amazed," said Harrington. "That just goes back to who we are. We're the greatest fighting force that the world has ever seen, and we'll continue to be that with the youth that we have and continue to build leaders and great warriors. This is an opportunity for them to see how we do that."

HAWK from page A1

the role the communication Marines play is essential to mission accomplishment.

"We set up and provided phone services to all the tents here," she said. "It is our job to make sure they can communicate with each other and the Marines back at Cherry Point. Training exercises like this are important so we can learn how to troubleshoot in a timely manner, just in case something goes down during a real scenario."

Exercise Eager Hawk is a complex scenario involving close air support, strike coordination and reconnaissance and aerial interdiction.

"Overall, I'm hoping this training helps the Marines gain a refined understanding of the service the group provides to flying squadrons," said Sofge.

Throughout the deployment, MAG-14 will continue to provide the full spectrum of support to the 2nd Marine Aircraft Wing and its subordinate elements.

HONOR from page A1

Operations Medal.

Perry was among nine Marines who received the medal, which is presented in recognition of a service member's significant contributions to Georgian Armed Forces peacekeeping and combat operations. Four others were presented with the Gen. Giorgi Mazniashvili Medal, the fourth-highest individual award in the Georgian Armed Forces. It honors service member leadership and contributions to Georgian national defense.

Perry said he was honored to have been recognized here at home for his efforts abroad.

"It's very humbling that the Georgian Ministry of Defense would take time to come here to present the medal to us," he said.

According to the citations, all of the Marines greatly contributed to the expansion of the program and their considerable achievements, tireless efforts and steadfast professionalism reflected great credit upon the unit, the United States Marine Corps and the United States of America.

Perry served double duty as the communications officer for the Georgian liaison team and the Company C advisor for the 31st Light Infantry Battalion during its combat tour to Afghanistan under the banner of Regional Command Southwest and the NATO International Security Assistance Force.

"The U.S. and Georgian partnership is very important," said Republic of Georgia Col. Lasha Beridze, Deputy Chief of Defense, Georgian Armed Forces. "We are like a family. We are two hands working together for one common objective, and that makes us stronger."

Perry echoed the sentiment.

"I enjoyed my time with the Georgian Army," he said. "Just as you would with any American in the same situation, you develop friendships during a combat situation that will last a lifetime."

U.S. Marine Corps Forces Europe is the lead component for planning, coordination and execution of the GDP-ISAF program, and Marine Corps Security Cooperation Group is the lead command with direct responsibility for training the Georgian battalions with support from Training and Education Command and multiple operating force units.

WOMEN from page A2

chaplains who serve, past, present and future.

Please continue to pray for women chaplains and all chaplains who serve our Armed Forces as we pray for all of you. March is Women's History Month, so please research and discover more about women "firsts" that are still occurring in our military today. In your search may you identify inspiring stories describing trials that produced perseverance, perseverance that birthed mature character and character that produced hope in God, the giver of our eternal salvation (Romans 5:4-5).



LANCE CPL. TODD MICHALEK

Aviation ordnance Marines with Marine All-Weather Fighter Attack Squadron 224, based at Marine Corps Air Station Beaufort, S.C., load a Guided Bomb Unit-12 Paveway II laser-guided bomb onto an F/A-18D to be used later that day as a part of bilateral training with Wing One Royal Thai Air Force pilots during Exercise Cobra Gold 2013 at Wing One Royal Thai Air Force Base, Nakhon Ratchasima, Kingdom of Thailand Feb. 18. The exercise develops multinational solutions to common challenges.

VMFA(AW)-224 aviation ordnance, backbone for F/A-18D mission

LANCE CPL. TODD MICHALEK

MARINE CORPS AIR STATION IWAKUNI

NAKHON RATCHASIMA, Kingdom of Thailand – Aviation ordnance Marines with Marine All-Weather Fighter Attack Squadron 224 based in Beaufort, S.C., work around the clock to ensure jets are ready to fulfill their mission during Exercise Cobra Gold 2013 at Wing One Royal Thai Air Force Base, Nakhon Ratchasima, Kingdom of Thailand, Feb. 18.

“Our work revolves solely around the flight schedule,” said Cpl. Andrew Welliver, an aviation ordnance technician and quality assurance safety observer with VMFA(AW)-224.

Ordnance Marines work grueling shifts. These long shifts make them one of the closest-knit groups in the Marine Corps’ air wing.

“Not only do we have to complete our normal workload, we have to configure everything for the flight schedule the next day,” said Welliver. “It’s one of the reasons ordnance sticks together and have

the camaraderie we do, because the flight schedule has so many moving parts. We work through it together and try to make each other better.”

During Cobra Gold the squadron’s F/A-18D pilots will drop ordnance while conducting bilateral training with Royal Thai Air Force pilots. Assuring the pilots are able to complete this mission rests on the backs of the ordnance technicians. Their job, however, entails more than just loading ordnance onto the aircraft.

“We also check the weapons systems in the jets, repair and replace gear on the jets that help drop the ordnance as well,” said Lance Cpl. Jonathan Lynch, an aviation ordnance technician with the squadron.

Loading ordnance onto aircraft requires a lot of know-how as the F/A-18D can support many types of ordnance.

“The F/A-18D is a versatile weapon, which is good, but it can make the job intimidating sometimes because there’s a lot of ordnance we can load on it,” said Lynch. “We also take a lot of pride in our

job because we can put anything on the jet, and we can deliver.”

Getting a solid grasp on the job isn’t easy and can take a new Marine some time to get used to.

“If you have a guy who is fresh out of the schoolhouse, you literally have to guide him step by step,” said Welliver. “You take for granted what you know when you’ve been doing the job for a while. You can teach a new guy everything they need to know, but without the application of that knowledge, it doesn’t mean a whole lot.”

A mistake can set a shop back, sometimes for hours, causing unexpected problems loading and quality checking the ordnance.

“I actually love days like that because it means we’re all going to learn something, and learning in our job is essential,” said Welliver. “Knowledge gained can be the difference between spending two hours versus thirty minutes working on something.”

Because ordnance is very hands-on, the

chance to sharpen one’s craft and learn something new is always available.

“Ordnance is one of those jobs where you never stop learning,” said Welliver. “Even if you are the best ordnance man, you’ll still be able to learn something.”

The ongoing learning process is something ordnance Marines take a lot of pride in. To be wellrounded in their profession and to help those who are learning improve is also very important.

In doing these things, Marines are fulfilling CG 13’s primary objective of strengthening our military-to-military cooperation with Thailand. But what this means the most to these Marines is knowing they’ve done their job as well as it could be done.

“It’s very rewarding when you see the jet going out with all the ordnance you put on yourself,” said Lynch. “When the jet comes back and the pilot says, ‘That missile you loaded hit target perfectly, good job’, I really take a lot of pride in that.”



PHOTOS BY CPL. ANDREA CLEOPATRA DICKERSON

Lance Cpl. Timothy J. Bruce, a food service specialist with Headquarters and Headquarters Squadron, puts his rendition of sweet and spicy salmon on the grill just minutes before the Chef of the Quarter competition at the Marine Corps Air Station Cherry Point Mess Hall Friday. Normally, the chefs have a few weeks to prepare a tasting menu, practice preparation of their dishes and put the finishing touches on their creations. Due to last-minute circumstances, Bruce stood in for a fellow Marine with only 12 hours notice to prepare for the competition.

Marines battle for Chef of the Quarter title

CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

Cherry Point's finest food service specialists brought the heat to compete for the coveted title of Chef of the Quarter at the Mess Hall here Thursday.

This quarter's competitors were Lance Cpl. Timothy J. Bruce and Cpl. Fatimah R. Butler, both with Headquarters and Headquarters Squadron, and Lance Cpl. Rolando Castillo with Marine Wing Support Squadron 271.

Normally, the chefs have a few weeks to prepare a tasting menu, practice preparation of their dishes and put the finishing touches on their creations. Due to last-minute circumstances, Bruce stood in for a fellow Marine with only 12 hours notice to prepare for the competition.

"When I found out I had to do the competition, I was nervous because I had no idea what I was going to make," said Bruce. "The first thing I thought to do was look in the kitchen to see what food we had that I could prepare."

What he found inspired a sweet and spicy salmon entrée, accompanied by mashed potatoes, asparagus and key lime pie made from scratch.

Even though each of the chefs had differing amounts of prep time they all shared the same anxious feelings.

Butler said she had kinks to work out with her dishes and worked until the final moments to ensure everything came out right. The inspiration for her dishes came from her grandmother and mother, both Louisiana natives.

"My gumbo and red velvet cheesecake cake are the best of both worlds," said Butler. "I wanted to incorporate them both into my presentation."

A key component of the competition was who could pair the savory flavors of spices, meats, sides and sweets. The contest was very close, leaving the winner to be determined by more than flavor alone.

Winning by only a half point, Bruce's overall food presentation, attention to detail and cleanliness in the kitchen helped secure victory over his counterparts.

"It feels good to win knowing I had less than 12 hours to prepare," said Bruce. "Now I have bragging rights in the kitchen."

Bruce will go on to compete in the Chef of the Year competition later this year.



Cpl. Fatimah R. Butler, a food service specialist with Headquarters and Headquarters Squadron, prepares a batch of gumbo for the Chef of the Quarter competition at the Mess Hall Friday.



Cpl. Fatimah R. Butler, a food service specialist with Headquarters and Headquarters Squadron, fills bread bowls with gumbo before plating it and serving the judges at the Chef of the Quarter competition. The inspiration for her entrée came from her mother.



Col. Philip J. Zimmerman, commanding officer of Marine Corps Air Station Cherry Point, presents the first-place trophy to Lance Cpl. Timothy J. Bruce, a food service specialist with Headquarters and Headquarters Squadron, for the Chef of the Quarter competition. Winning by only a half point, Bruce's overall food presentation, attention to detail and cleanliness in the kitchen helped him secure victory over his counterparts.



Lance Cpl. Timothy J. Bruce, a food service specialist with Headquarters and Headquarters Squadron, plates sweet and spicy salmon, grilled asparagus and mashed potatoes before serving it to the judges.

Ridge Runners and Red Lions team up for co-op flight

CPL. MELISSA WENGER

MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

MARINE CORPS AIR STATION MIRAMAR, Calif. – Pilots and crew chiefs with Marine Medium Tiltrotor Squadrons 163 and 363, 3rd Marine Aircraft Wing, conducted division-form training followed by confined-area landings aboard Marine Corps Air Station Miramar, Calif., Feb. 14.

This training evolution was a joint effort between the VMM-163 “Ridge Runners,” and the VMM-363 “Red Lions.”

The division-form flight consisted of four MV-22B Ospreys, one of which was designated the division lead. Of the four aircraft, the division lead served as the guide for the rest.

“This is the first time that I’ve flown with three other aircraft,” said 1st Lt. Jamie Bunce, a pilot with VMM-163. “There’s a huge learning curve when you have to consider that you have four planes involved, and you need to use the airspace in a way that provides room for all of us to be able to do what we need to do and go where we need to go.”

According to Bunce, the Osprey gives the Marine Air Ground Task Force commander the flexibility of a helicopter as well as the speed of an airplane. The Osprey takes off vertically, allowing the aircraft to land and deploy closely together and without the use of a runway. Confined-area landings occur when multiple planes navigate into as small a landing zone as possible.

“This training basically simulates what

we would do in a combat situation,” said Bunce. “We can fit about 24 combat-loaded Marines on one plane... so if we had to take in more guys than could fit into one plane, we could take two or three or four planes as the mission may call to bring everyone in at once.”

Confined-area landings allow multiple aircraft to rapidly amass large groups of Marines into a small area, which is often the case in a deployed environment.

“We could’ve inserted just shy of a hundred Marines into an area literally 200 to 300 miles away from Miramar in less than an hour,” said Gunnery Sgt. Mark Mosholder, a crew chief with VMM-163. “It’s something a battlefield commander might like to do in areas like Afghanistan or if we’re operating in Africa or anything like that.”

As Mosholder recalled, flying division-form flights and confined-area landings is typically how the Osprey is employed.

“I was with the first deployment of Ospreys into Iraq, and what we did today was on par with what we did in Iraq as far as inserting a company of Marines into a town for a raid,” said Mosholder.

The collaboration between VMM-163 and VMM-363 was another aspect of the training that was similar to his experience in Iraq.

“The opportunity we had today in particular was important because we had two squadrons jointly training together, so it brings those two units together as a cohesive unit,” said Mosholder. “That joint operation is something that we do a lot of



CPL. MELISSA WENGER

MV-22B Ospreys perform a division-form flight north of Marine Corps Air Station Miramar, Calif., Feb. 14. The aircraft with Marine Medium Tiltrotor Squadrons 163 and 363 were en route to perform confined-area landings.

in country.”

Flying in formation and performing confined-area landings also solidifies the relationship between crew chiefs and pilots. The pilots rely on them to be their eyes and ears, especially when multiple aircraft are flying together.

“We’re just depending on the crew chiefs to guide us to where we need to move the plane to get it down on the deck, so there’s definitely a lot of trust that’s required there, and it’s something that builds over time,” said Bunce.

According to Bunce, this professional relationship is the core of a successful flight.

“This [crew chief and pilot relationship] is one of the coolest things about working with assault aircraft,” said Bunce. “It takes all four of us to get to what the ultimate

end state of what the mission is.”

All four Marines aboard each aircraft had something new to learn from this joint training effort, regardless of their prior experience.

“For me, [this training] is just a great opportunity to get reengaged with flying with four aircraft, which I haven’t done since flying in Iraq,” said Mosholder. “Today, I was flying with a brand new pilot, so as a way for me to gain additional information to better train the newer pilots, it’s a new experience too.”

Training for division-form flights and confined-area landings enable the squadrons to perform their primary mission: to be a transport element capable of inserting Marines and equipment under any conditions.

Fire science instrumental to Marine's success



CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

Editor's note: The Marine Corps is recognizing women's contributions to the military during the month of March in observance of Women's History Month. As outlined in Marine Administrative Message 071/13, the Marine Corps theme for this year is Women Inspiring Innovation Through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics.

When she joined the Marine Corps, Shannon R. Bandy, wanted to become a military police officer. Although her plans did not pan out, little did she know she would still be able to save lives and put what she learned in science classes to good use.

Now, one year later, the Headquarters and Headquarters Squadron lance corporal is an aircraft rescue and firefighting specialist here at Cherry Point.

"I like being a firefighter because it's what most of us look up to," she said. "What young child doesn't want to be in the midst of what's happening when they see a firetruck?"

Bandy loves her job and the responsibility that comes with it. She is also proud to be part of a job field that was initially closed to women.

"One day a colonel in the Air Force looked at me and said, 'You're rare because you're a female Marine, but you are even more of a rare breed because you're a female firefighter.'"

Since 1918, women like Bandy have played integral roles in the Marine Corps. They serve in 93 percent of all occupational fields and 62 percent of all billets. With the recent repeal of combat exclusion rules, women may soon integrate into nearly every Marine occupational specialty.

There is more to being a firefighter than just extinguishing a fire, said the Johnston City, Ill., native. Bandy works with chemicals and hazardous materials on a daily basis and said she responds to all phases of incidents such as fuel spills, fires and aircraft experiencing technical issues.

She said science plays a major role in how she does her job; aircraft rescue and firefighting specialists must know critical information about chemical bonds and which chemicals can safely put out a fire. She stressed the importance of knowing how some could even create potential hazards.

"When in an emergency, I have to think quickly but also use good judgment," she said. "At any given time, I could hold a Marine's life in my hands."

Tools of the trade assist Bandy and her fellow Marines, making their lives easier. They are responsible for operating their P-19 crash fire rescue vehicles and the equipment they employ.

"I rely on my favorite tool, the K-12 fire-rescue saw," she said. "It can cut through anything like butter."

"From boot camp on, we are taught to take care of the Marines beside you," she said. "If I needed to, in an instant I would give up my life to save one of my brothers or sisters to my left and right."

Lance Cpl. Shannon R. Bandy, an aircraft rescue and firefighting specialist with Headquarters and Headquarters Squadron, hangs on to a P-19 crash fire rescue vehicle parked out on the flightline at Marine Corps Air Station Cherry Point Friday. Bandy said she doesn't take being a firefighter lightly. "From boot camp on, we are taught to take care of the Marines beside you," she said. "This job gives me the responsibility of saving lives. If I needed to, in an instant I would give up my life to save one of my brothers or sisters to my left and right."

PHOTOS BY CPL. ANDREA CLEOPATRA DICKERSON

NEXT UP...

SPRINT CUP

Race: Kobalt Tools 400
Where: Las Vegas Motor Speedway
When: Sunday, 3:00 p.m. (ET)
TV: FOX
2012 Winner: Tony Stewart (right)



NATIONWIDE SERIES

Race: Sam's Town 300
Where: Las Vegas Motor Speedway
When: Saturday, 4:00 p.m. (ET)
TV: ESPN2
2012 Winner: Ricky Stenhouse Jr.

CAMPING WORLD TRUCKS

Race: Kroger 250
Where: Martinsville Speedway
When: April 6, 1:30 p.m. (ET)
TV: SPEED
2012 Winner: Kevin Harvick

NASCAR INSIDER

by RICK MINTER / Universal Uclick

Sprint Cup drivers: Mixed feelings on new Gen-6 car; 'Wait till Vegas'

All across the NASCAR community, many people have been saying, "Wait till Vegas," before deciding whether the Generation 6 Sprint Cup race cars that debuted this season will improve the on-track product the sport produces.

After the first two races of 2013, this weekend's Kobalt Tools 400 at Las Vegas Motor Speedway takes on added significance, as the first two races produced little of the side-by-side racing for the lead that many hoped the new car would facilitate.

Sunday's Subway Fresh Fit 500 at Phoenix International Raceway, which saw Carl Edwards break a 70-race winless drought, had very little passing at the front, and lead changes determined more by events in the pits than by action on the track. Edwards led the final 78 laps without a serious challenge for the top spot.

"I don't want to be the pessimist, but [the Gen-6 car] did not race as good as our Generation 5 cars," said third-finishing Denny Hamlin. "This is more like what the Generation 5 was at the beginning. The teams hadn't figured out how to get the aero-balance right. Right now, you just run single-file, and you cannot get around the guy in front of you. You would have placed me in 20th place with 30 [laps] to go, I would have stayed there — I wouldn't have moved up."

Hamlin said the tire compound is one of the issues.

He said the left-side tires at Phoenix were "very, very hard" and that if a softer tire is chosen, the racing will improve.

"Once we do that, you'll have some tire wear and overtaking like there's supposed to be," he said.

In his post-race comments, fourth-finishing Brad Keselowski, the defending Cup champion, tried to put a positive spin on the race, but did acknowledge that track position was critical and that being in clean air was a clear aerodynamic advantage. Both were issues that the designers of the Gen-6 car hope

to address.

"If you could get to the lead, it looked like you had it covered," Keselowski said, adding that being in the clean air out front is "probably more important than ever."

Phoenix runner-up Jimmie Johnson agreed that there was little side-by-side racing. "Racing-wise, it was tough to pass all day long," he said. "Track position and strategy on pit road really seemed to be the big deal."

But he said the lack of door-to-door action wasn't a fault of the new car and called for changes to race tracks across the circuit.

"The cars are equal and when they're equal, you're going to have a situation like this," he said. "What we need now is the race tracks to consider the asphalt they're putting down and even reconfigure the lanes so that we have somewhere to race."

He said changing the cars isn't working.

"I think we need to leave the cars alone for a good 10, 20 years," he said. "Let the teams be."

It was much the same in the season-opening Daytona 500, as former driver Kyle Petty, now a TV analyst, surmised.

"Daytona was terrible," he said. "All hype, no substance. For 480 miles, they went in a line. We saw it at Talladega — a single-file race — no racing."



Carl Edwards celebrates in Victory Lane after winning the Subway Fresh Fit 500.



Mark Martin pits during the Subway Fresh Fit 500.

SPRINT CUP STANDINGS

1. Jimmie Johnson, 90
2. Dale Earnhardt Jr., 82
3. Brad Keselowski, 82
4. Denny Hamlin, 72
5. Clint Bowyer, 72
6. Greg Biffle, 66
7. Mark Martin, 65
8. Jeff Gordon, 60
9. Ricky Stenhouse Jr., 60
10. Aric Almirola, 60

Edwards back in Victory Lane for first time in 70 races

After wrecking five cars while testing and racing at Daytona International Speedway, Carl Edwards and his No. 99 team bounced back with a trouble-free performance at Phoenix, ending a nearly two-year losing skid and delivering a win in the team's second race with veteran crew chief Jimmy Fennig.

Edwards led twice for 122 laps and sped away from Jimmie Johnson on the final restart to seal the win.

Third-finishing Denny Hamlin offered his opinion on what the breakout win meant for Edwards, who finished 15th in the standings last year.

"I'm sure it's a relief for someone like Carl that he's now relevant again," Hamlin said. "He really is. It's a good sign for their race team for things to come."

"When you win really the first real race of 2013, you've got to feel pretty good about your program."

For Daytona star Danica Patrick, the 500-kilometer race at Phoenix was a hard dose of NASCAR reality. She struggled to find speed in practice, qualified 40th, then wrecked midrace when the right-front tire blew on her No. 10 Chevrolet.

She said the most disappointing aspect of the Phoenix wreck was the setback in points. She had been running just outside the top 20 and was poised to be in a safe



Carl Edwards celebrates his first win since 2011 with a backflip.

position after next week, when provisional starting positions will begin being based on this year's standings.

"It would have been nice to get these points here ... especially off of our eighth last weekend [in the Daytona 500], and then have a decent run in Vegas," she said. "These points in the beginning of the year are so important. We were making progress, but unfortunately, our day ended early."

Despite her 39th-place finish at Phoenix, she heads to Las Vegas a fairly safe 22nd in the standings.

NOTEBOOK

Daytona crash investigation ongoing

NASCAR senior vice president Steve O'Donnell met with reporters at Phoenix International Raceway last weekend to give an update on the investigation into the crash at Daytona International Speedway that saw the No. 32 Chevrolet of Kyle Larson strike the catchfence, sending debris flying into the stands and injuring 28 fans, two of whom were still hospitalized last weekend.

O'Donnell said there would be considerable attention paid to the crossover gate where Larson's car struck.

"I think because of where it hit, it having pieces that did get through, and it being a gate area, I think that's really going to be the focus for us," he said.

Officials also are carefully inspecting Larson's crashed car, which will continue to be reviewed by track officials at Daytona, then transported to the NASCAR research and development center in Concord, N.C., for further work.

"Our focus is going to be if the elements in the car did their job: What do we need to do to the impact to the fence? What happened once that car impacted the fence?" he said, adding that crew members who helped build that car will be part of the investigation.

"We'll go through each part of the car. [We] want to look at how everything held up that was in the car, the cockpit, the tethers."

O'Donnell said that Dean Sicking, the University of Nebraska safety expert who helped develop the SAFER barriers now used at all major race tracks, will be consulted about possible changes to the catchfences, particularly at Daytona and its sister track, Talladega Superspeedway. It was at Talladega in 2009 that a similar incident occurred when Carl Edwards' car flew into the fence and injured seven fans.

"We have a race coming up in May at Talladega," O'Donnell said. "Anything we can learn in the immediate future that can be applied to Talladega, we'll do that."

O'Donnell also spoke about the indefinite suspension of Nationwide Series driver Jeremy Clements for uttering a racial slur during a conversation with a reporter at Daytona.

"We believe strongly we made the right decision there," he said. "Our go-forward plan with Jeremy is to employ Dr. Richard Lapchick; have him work with Dr. Richard Lapchick and get him back in a race car as soon as we deem fit."

Clements has issued an apology for the comment made to reporter Marty Beckerman, who told other reporters that Clements did not use the phrase in reference to a specific driver, but was saying that "if you drive roughly, you'll be treated roughly."

Lapchick, the son of one-time Boston Celtics center Joe Lapchick, is a human rights activist sometimes referred to as the "social conscience of sport."



Steve O'Donnell, NASCAR senior vice president.

NUMERICALLY SPEAKING

6 Frequent Chase contenders now outside the top 20 in Sprint Cup points: Tony Stewart, 23rd; Kevin Harvick, 30th; Kasey Kahne 31st; Kurt Busch, 32nd; Kyle Busch, 33rd; and Martin Truex Jr., 34th

5 Bonus points earned for leading laps by Jimmie Johnson and Carl Edwards, the most of any Sprint Cup drivers this season

370 Laps led by Jeff Gordon in the past eight Sprint Cup races at Las Vegas Motor Speedway, tops among all drivers

0 Laps led by Denny Hamlin in seven career Cup starts at Las Vegas Motor Speedway



LANCE CPL. MELISSA ESCHENBRENNER

Marines with Aircraft Rescue and Fire Fighting extinguish a fire during controlled burn exercises aboard Marine Corps Air Station Miramar, Calif., Feb. 23. ARFF Marines use about 100 gallons of JP-8 jet fuel to ignite a fire that can reach temperatures higher than 2,000 degrees.

ARFF Marines train in burning ring of fire

LANCE CPL. MELISSA ESCHENBRENNER

MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

MARINE CORPS AIR STATION MIRAMAR, Calif. – Aircraft Rescue and Fire Fighting Marines geared-up to combat a 2,000-degree inferno during a controlled burn training exercise Feb. 23.

“We don’t often see [fuel fires], so we come out here to practice as much as possible,” said Lance Cpl. Sergio Guillen, a firefighter with ARFF. “If we didn’t train, we would be incompetent if there was a fuel fire because fuel fires burn differently from other fires. They have a mind of their own so this training lets us perfect our technique

and work with back-up men.”

ARFF trains with water instead of foam, which they would use in a real situation. Guillen said it is important to practice with water because it is harder to fight fire caused by fuel with water than foam. He also explained that using jet fuel for controlled burn exercises ensures that the teams can put out fires caused by many different types of sources.

The Marines use a two-person team consisting of a hand-line man and a back-up man. The hand-line man holds the nozzle of the hose to control the water and focuses on the fire directly in front of the team, while the

back-up man signals the hand-line man where to move to and ensures the team does not become surrounded by flames.

“The teamwork is extremely important,” said Staff Sgt. Justin Hansen, an ARFF section leader. “You’re going in as a team.”

As a team, ARFF can defeat fires of all types and help in other situations. They train to stay ready for any mishap that may occur within miles of the air station.

“You play how you practice,” said Guillen. “So we have to practice hard, so when you have to use those skills, you’re ready.”

Parris Island hosts 70-year celebration of female Marines



Sgt. Maj. Angela M. Maness (left), sergeant major of Marine Corps Air Station Cherry Point, speaks to junior Marines during a celebration of 70 years of women in the Marine Corps at Parris Island's 4th Recruit Training Battalion March 1. Experienced Marines shared their stories and history in the Corps with those who are set to be the Corps' future. Parris Island began training female Marine recruits in 1949, and today 4th Recruit Training Bn. is the home of Marine Corps female enlisted recruit training.

Life & Times

Facebook.com/MCASCherryPoint

March 7, 2013



PHOTOS BY LANCE CPL. S. T. STEWART

Nimbus, a rare white loggerhead turtle and one of many attractions at the North Carolina Aquarium at Pine Knoll Shores, swims through its tank March 4. Nimbus, not a true albino, gets his white color from a genetic deviation that causes an uncommon lack of normal pigmentation. Nimbus came to the aquarium after being rescued in a Pine Knoll Shores nest.

N.C. Aquarium brings sea to shore

JPAO COURTESY STORY

MCAS CHERRY POINT

Since 1976, the North Carolina Aquarium at Pine Knoll Shores has offered Marines and Sailors aboard Cherry Point a wet, wild and inexpensive experience.

The aquarium hosts a wide variety of attractions and events to entertain patrons of all ages. Some main attractions include an all-white turtle named Nimbus, a 306,000-gallon living shipwreck exhibit populated by sand tiger sharks, sea turtles and a sunken World War II German submarine.

"Our visit today has been really nice," said Sgt. Shawn Neal, during a visit with his family March 4. "This is a re-

ally cool place, it's not expensive and it has let my kids run around seeing and learning new and exciting things about fish, sharks, eels, frogs and tons of other animals."

Neal, an aircraft mechanic with Marine Attack Training Squadron 203, said he has lived in the area for almost eight years but never got around to visiting the aquarium. But as soon as his in-laws were in town, the aquarium was a welcome experience to share with his family and bring them closer together.

Walking through the aquarium, it is hard not to stop and listen to the staff and volunteers teach about the inhabitants and the behind-the-scenes work that goes into keeping the

aquarium running.

The keepers clean the tanks, feed the animals and care for the sea life within the aquarium. They also are a part of the entertainment. On some occasions, divers swim in the living shipwreck habitat to interact with the sea life and talk to patrons via an underwater microphone.

The aquarium allows certified scuba divers to volunteer to help with the living shipwreck shows and help care for the animals.

For more information about events and attractions at the North Carolina Aquarium at Pine Knoll Shores or to buy tickets online, visit www.ncaquariums.com.

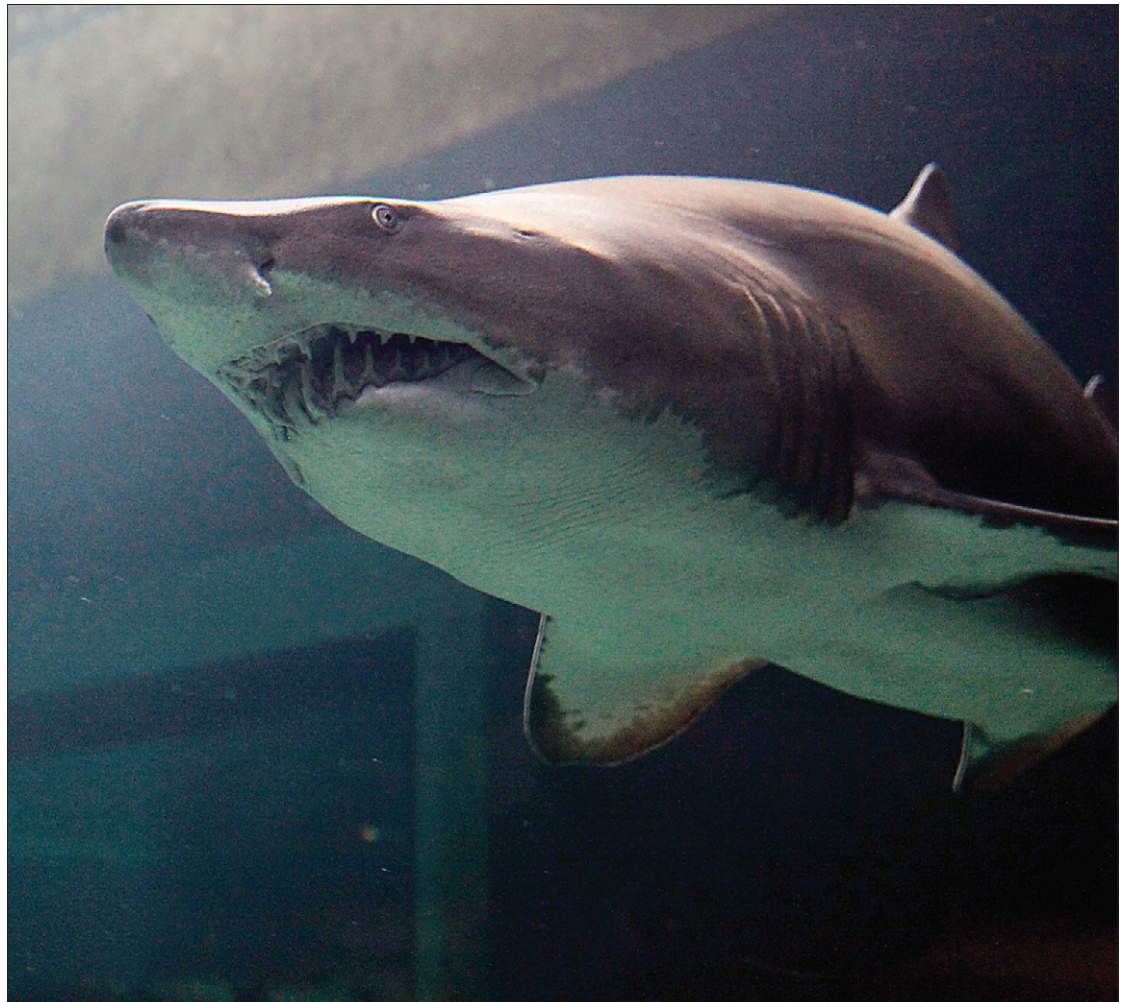


Lance Cpl. Victoria Cook, a videographer with Marine Wing Headquarters Squadron 2, holds 1-year-old Olivia Santy up to touch the stingrays at the aquarium. The aquarium has a wide variety of interactive exhibits to include the touch tank, outdoor walking tours and behind-the-scenes tours.

Sgt. Shawn Neal, an aircraft mechanic with Marine Attack Training Squadron 203, and his family look at the shipwreck exhibit at the Pine Knoll Shores Aquarium March 4.



PHOTO BY LANCE CPL. GLEN E. SANTY



(Above) A sand tiger shark shows his teeth to aquarium visitors. Some of the aquarium's main attractions include an all-white turtle named Nimbus, a 306,000-gallon living shipwreck habitat with sand tiger sharks, sea turtles and a sunken World War II German submarine.



(Left) A lionfish swims through his tank at the North Carolina Aquarium at Pine Knoll Shores Aquarium. The aquarium hosts a wide variety of attractions and events to entertain patrons of all ages.

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, honey-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 March 7

Lunch - Chicken and dumplings, pasta toscano, steamed rice, steamed vegetable medley, Harvard beets and cream of spinach soup **Dinner** - Mediterranean herb-roasted chicken, herbed roast pork loin, mashed potatoes, dirty rice, glazed carrots, steamed broccoli, brown gravy and American bounty vegetable soup

Friday March 8

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

Saturday March 9

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

Sunday March 10

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

Monday March 11

Lunch - Southwestern corn chowder, pepper steak, turkey Monterey roasts, rosemary red potatoes, steamed rice, wax beans Creole and stewed chick peas and zucchini **Dinner** - Spanish chorizo and potato soup, veal parmesan, Tex-Mex chicken and rice, penne rigate noodles, marinara sauce and scalloped cream-style corn broccoli and red peppers

Tuesday March 12

Lunch - Beef with vegetables and barley soup, linguini with clam sauce, bayou chicken, rissole potatoes, cauliflower and mashed sautéed green beans and mushrooms **Dinner** - Bean with bacon soup, country fried steaks, baked turkey and noodles, mashed potatoes, brown gravy, squash and carrot medley and peas

Wednesday March 13

Lunch - Bean with bacon soup, country fried steaks, baked turkey and noodles, mashed potatoes, brown gravy, squash and carrot medley and peas **Dinner** - Chicken tortilla soup, Hungarian goulash, Creole shrimp, brussels sprouts parmesan and corn



PHOTOS BY LANCE CPL. CAYCE NEVERS

From left to right, Lt. Cmdr. Sean P. Leonard, Warrior Wellness and Readiness Clinic senior medical officer; Col. Peter D. Buck, 2nd Marine Aircraft Wing chief of staff; Cmdr. Raymond Batz, 2nd MAW wing surgeon; Capt. John F. Ferguson, Naval Health Clinic Cherry Point commanding officer; and Lt. Cmdr. Linda A. Huber, Warrior Wellness and Readiness Clinic officer in charge, cut the ribbon during a ceremony at the new clinic announcing its official opening Feb. 28. The Naval Health Clinic and 2nd Marine Aircraft Wing have joined to transform medical care in garrison. The goals of the clinic includes improving medical readiness, increasing continuity of care through primary care managers, and fostering a team approach to health care to achieve a fully ready and mission-capable fighting force.

Ribbon cutting opens WWAR Clinic

CMDR. RAYMOND R. BATZ AND LT. CMDR. TIMOTHY D. BARNES

NAVAL HEALTH CLINIC CHERRY POINT

Col. Peter D. Buck, 2nd Marine Aircraft Wing chief of staff, and Capt. John Ferguson, Naval Health Clinic Cherry Point commanding officer, celebrated the official launch of the Warrior Wellness and Readiness Clinic with a ribbon-cutting ceremony Feb. 28.

NHCCP and 2nd MAW have combined forces to transform the delivery of garrison health care for Marines and Sailors stationed at Marine Corps Air Station Cherry Point. This pilot project is a joint initiative between the Bureau of Medicine and Surgery and Headquarters of the Marine Corps.

"By establishing a Marine-Centered Medical Home, which offers a patient-centered, holistic approach to health care, we are ensuring that we provide the highest quality care and service to the operational forces of the U.S. Marine Corps," said Ferguson. "The Warrior Wellness and Readiness Clinic is a new concept to operational forces similar to the Medical Home Port model that was implemented by Navy Medicine in 2010."

According to Ferguson, he and Maj. Gen. Glenn M. Walters, 2nd MAW commanding general, have focused on three key tenets of care as the WWAR clinic takes flight aboard Cherry Point.

"Our primary goals include improving medical readiness, increasing continuity of care through primary care managers, and fostering a team approach to health care to achieve a fully ready and mission-capable fighting force," said Ferguson. "The vanguard WWAR Clinic is a marked shift away from battalion aid station care to the military treatment facility setting, recognized for joint commission standards of care and quality."

The WWAR clinic is designed around a two-team concept. In many cases, the team includes the squadron flight surgeon, medical officer or independent-duty corpsman

who serves as the primary care manager for the Marines. In addition, operational forces now receive coordinated care from Navy or contracted nurses, case managers and civilian clerks, along with dedicated "green side" corpsmen who comprise the health care team.

The improved environment also leverages technology through greater access to the enterprise-wide electronic health record, Armed Forces Health Longitudinal Technology application, and a secure patient messaging system known as RelayHealth. A nurse advice line and 24/7 access to care are other key components to improving the care of Marines and Sailors.

"The wing and NHCCP leadership have taken tremendous strides to foster this team approach to care," said Ferguson. "We have weekly NHCCP/WWAR Clinic team meetings that often include clinical and administrative personnel focused on fostering open communication and patient care. This model also empowers our hospital corpsmen to maximize their full potential and operate at the top of their skill set, enabling them to address medical readiness shortfalls, contribute active support to providers, screen, triage and treat minor conditions, and document care directly in the (electronic health record)."

The Warrior Wellness and Readiness Clinic continues to evolve to ensure the satisfaction of patients, staff, and Navy and Marine Corps leadership. The goal of Naval Health Clinic Cherry Point is to deliver medically-ready Marines and Sailors.

During October 2007, Naval Hospital Cherry Point was realigned to a Naval Health Clinic. The command provides outpatient primary and specialty care, including same-day surgery, ancillary services and houses the only free standing Ambulatory Procedure Unit in the Navy. NHCCP serves active duty personnel, retired military and their family members residing in the Cherry Point area.

March is Colorectal Cancer Awareness Month

LAURIE VARNER

NAVAL HEALTH CLINIC CHERRY POINT

As with any type of cancer, prevention and early detection is the key. If detected early, colorectal cancer can be more easily and successfully treated.

What is colorectal cancer?

Cancer is a group of diseases in which there is abnormal and uncontrolled growth of cells in the body. If left untreated, malignant (or cancerous) cells can spread to other parts of the body.

Colorectal refers to the colon and rectum, which together make up the large intestine. Colorectal cancer can begin anywhere in the large intestine. The majority of colorectal cancers begin as polyps (abnormal growths) inside the colon or rectum that may become cancers over a long period of time.

How does colorectal cancer affect the U.S. population?

Colorectal cancer affects both men and women, and is the second leading type of cancer that kills in the U.S. According to the Center for Disease Control and Prevention, 136,717 adults were diagnosed with colorectal cancer in 2009, and 51,848 adults died of the disease in the United States.

Screening saves lives

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Preventive screenings can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

When should I begin to get screened?

The guidance states that you should begin screening for colorectal cancer soon after turning 50, and continue being screened at regular intervals. However, you may need to be tested earlier than 50 or more often than other people if you fall in one of the following higher risk categories:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have genetic syndromes such as familial adenomatous polyposis or hereditary non-polyposis colorectal cancer.

During March, take a few minutes to ensure you are taking appropriate action to stay healthy and decrease your risk for colorectal cancer. Speak with your Primary Care Manager to receive instructions on how to obtain a screening and how often it should be repeated.

**MCAS Cherry Point
STATION THEATER**

E Street

ADULTS ONLY \$4 • KIDS (4-12) ONLY \$3

Movie Hotline: 466-3884 • www.mccscherrypoint.com

NOW SHOWING

Friday, March 8

5:00pm - Warm Bodies PG13
7:30pm - Bullet to the Head R
9:30pm - The Last Stand R

Saturday, March 9

2:00pm - Ice Age 4 Continental Drift (**FREE SHOWING**)
4:30pm - Warm Bodies PG13
7:00pm - Bullet to the Head R
9:00pm - The Last Stand R

Sunday, March 10

2:00pm - Marvel Avengers (**FREE SHOWING**)
4:30pm - Bullet to the Head R

movie synopsis

Warm Bodies - After a zombie epidemic, R (a highly unusual zombie) encounters Julie (a human survivor), and rescues her from a zombie attack. Julie sees that R is different from the other zombies, and as the two form a special relationship in their struggle for survival, R becomes increasingly more human.

Bullet to the Head - New Orleans hitman and a New York City cop form an alliance to bring down the killers of their respective partners.

The Last Stand - After leaving his LAPD narcotics post Sheriff Ray Owens moved out of Los Angeles and settled into a life fighting what little crime there was. A wanted drug kingpin makes a deadly escape from an FBI prisoner convoy and enters Owens small town. Reluctant to help the FBI, Owens ultimately takes the matter into his own hands, setting the stage for a classic showdown.

Ice Age 4 Continental Drift - Manny, Diego, and Sid embark upon their greatest adventure after cataclysm sets an entire continent adrift.

Marvel Avengers - The Avengers team to defeat an unexpected enemy threatening global safety and security when the powerful and dangerous Loki gains access to the Cosmic Cube and its unlimited power.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.



You are not alone. There is support. If you or someone you know is in immediate danger of hurting himself or others, please call the National Suicide Prevention Lifeline.

1-800-273-TALK (8255)

It's important to talk about suicide and feelings of depression or PTSD. If you're looking for more information or resources, trained health professionals are available 24/7 at the:

DCoE Outreach Center

866-966-1020

resources@dcoeoutreach.org

www.dcoe.health.mil

Announcements

► Indicates new announcement

Navy Marine Corps Relief Society Scholarships

The Navy Marine Corps Relief Society is accepting scholarship/interest-free loan applications for the 2013-2014 academic year. The deadline is May 1.

For more information, visit bit.ly/nmcrs.

► Rookie Soccer Registration

Registration for Cherry Point Rookie Soccer is open now through April 16.

Rookie Soccer is an instructional program focusing on learning the fundamentals of the sport. The program is available to children ages 5–6 and includes six sessions held on Wednesdays at 6:15–7:15 p.m. from April 17–May 22.

Registration is \$20 and participants will receive a Rookie Soccer T-shirt and a soccer ball.

Go to the Cherry Tree House to register or call 466-5493.

► Youth Indoor Soccer League Registration

Registration for the Cherry Point Youth Indoor Soccer League is open now through March 27 and is available to children ages 7–12.

Registration is \$30 for the first child in a family and \$25 for each additional child. A \$5 late fee will be added to the registration fee after March 27.

All practices and games will take place at the Cherry Tree House.

Go to the Cherry Tree House to register or call 466-5493.

NHC Frostbite Golf Tournament

The Naval Health Clinic will host the Frostbite Golf Tournament at the Sound of Freedom Golf Course March 15 at noon.

This event is open to all air station patrons. Registration is \$40 per player and is due by Friday.

Four-person teams; check in before 11 a.m.

For more information or to register, call 466-2146 or call Fred Guinn at 466-0514.

Get Hooked Fishing School

A comprehensive one-day overview of various aspects of angling in local waters will be held Saturday at the Pine Knoll Shores aquarium from 9 a.m.–5 p.m.

Price is \$60 and includes lunch, drawings for fishing gear and giveaways.

Registration is required.

To register or for more information, call 247-4003 or visit www.ncaquariums.com/pine-knoll-shores.

Monthly and Weekly Events

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, call 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.

Al-Anon Family Group Meeting

Al-Anon family group meetings are held Mondays 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.

Education Fairs

The Cherry Point education office is currently hosting monthly career and education fairs, at the Jerry Marvel Training and Education building, room 171b.

The next fair is April 12.

For more information, call Dana Bayliss, at 466-2046.

Young Marines

The Cherry Point Young Marines is a youth organization for ages 8–18. The

Sheep Dog IA Golf Tournament

The Crystal Coast Chapter of Sheep Dog Impact Assistance, which is made up of military and first responders, will host a charity golf tournament Saturday beginning at 9:30 a.m. at the Country Club of the Crystal Coast.

Registration begins at 8:30 a.m.

For more information, call 915-727-6547.

Tales for Tots

Pre-schoolers and parents will learn about life in Eastern North Carolina before the arrival of European settlers at the Tryon Palace Historic Sites and Gardens in New Bern Tuesday at 10 a.m.

Space is limited to 20 children.

Price will be \$6 and is open to families.

To reserve your child's spot, call 639-3500. Extra openings will be filled the day of the event on a first-come, first-served basis.

Military Family Day

North Carolina along with the Marine Corps Reserves will host a Military Family Day event at the Navy and Marine Corps Reserve Operational Support Center in Raleigh March 16 from noon–4 p.m.

The event will provide participants with a day to come together for fun, fellowship, camaraderie and relaxation. Free lunch will be provided.

For more information, visit <http://bit.ly/Familyday>. For questions, email scott_enroughty@ncsu.edu or call 919-515-8500.

Emerald Isle Saint Patrick's Day Festival

The Emerald Isle Shopping Center, in Emerald Isle, N.C., will host the Emerald Isle Saint Patrick's Day festival March 16, beginning at 10 a.m.

The festival will include music, dancing, food, amusement rides, arts and crafts and vendors.

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

14th Annual Cherry Point Half Marathon

Marine Corps Community Services will host the 14th Annual Cherry Point Half Marathon March 23 at 7:30 a.m. beginning at the air station's Sunset Park near the end of runway 14 Left.

Runners, walkers and wheelchair entrants of all skill levels are invited to participate. The race is open to the public. Registration begins at 6:30 a.m. Register online at <http://bit.ly/CPmarathon>.

Registration fees are \$35 for active duty, retired and reserve service members and \$50 for all others. Registration fees will increase Sunday.

group meets Friday nights 5:30 p.m.–8 p.m. and Saturdays 8 a.m.–12 p.m.

The organization is looking for Marines dedicated to helping youth. To volunteer, call Paula Cusson at 444-5914.

Welcome Aboard Expo

Cherry Point hosts a Welcome Aboard Expo every month at Miller's Landing.

The expo is open to all new Marines, Sailors, civilian employees and spouses.

The next expo is March 27 at 9 a.m.

For questions or to register, contact Sandy Langlois at 466-5743 or email sandy.k.langlois@usmc-mccs.org.

SMP Golf Clinic

The Single Marine Program hosts a free golf clinic Wednesdays at 5 p.m. on the Sound of Freedom Golf Course. The clinic lasts one hour.

For more information, call 466-3027.

For additional information, call Berna Crosby at 466-2208, email bernadine.crosby@usmc-mccs.org or visit <http://bit.ly/MCASCSP>.

2013 New Bern Great Glow Run

Easter Seals and United Cerebral Palsy will host the inaugural Great Glow Run of New Bern March 23 at 7:30 p.m. at Union Point Park.

The Great Glow Run is a glow-in-the-dark 5K event.

Registration through March 16 costs \$30. Registration from March 16 to race day costs \$40.

To register, call Leslie Owens at 910-790-5921 or visit www.greatglowrun.com.

Civil War Reenactment

The 1st North Carolina Volunteers will host a free Civil War reenactment at Fort Macon State Park in Atlantic Beach April 20 from 10 a.m.–4 p.m.

Living history events will be performed throughout the day by Union and Confederate role players.

The bombardment and surrender of Fort Macon will be reenacted at 11 a.m. and 4 p.m.

For more information, call 726-3775.

Marine and Family Programs

Marine, Family Programs Office Numbers

Building 298

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

Building 286

- Exceptional Family Member Program – 466-3305.
- Child Development Resource and Referral – 466-3595.

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 – 339-6084.
- Families Overcoming Under Stress Representative – 466-7137.

Building 4335

- Education – 466-3500.
- 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.

Religious Services

Sundays

9 a.m. – Liturgical Protestant Service, Fellowship Chapel

9 a.m. – Roman Catholic Mass, Memorial Chapel

11 a.m. – Contemporary Worship Service, Memorial Chapel

Tuesdays

11:30 a.m. – Women's Bible Study, Memorial Chapel

Thursdays

6 p.m. – Table Talk, Wings Restaurant at Miller's Landing

Tuesdays – Thursdays

11:45 a.m. – Roman Catholic Mass, St. Michael's Chapel

This month in Marine Corps History

March 2, 1867 Col. Jacob Zeilin, seventh Commandant of the Marine Corps, was promoted to the rank of brigadier general. This was the first time Congress authorized this rank in the Marine Corps.

March 13, 1967 The first group of 71 female Marine officer candidates arrived at the U.S. Midshipmen School (Women's Reserve) at Mount Holyoke College in South Hadley, Mass.

March 31, 1801 Lt. Col. William Burrows, second Commandant of the Marine Corps, rode with President Thomas Jefferson to look for "a proper place to fix the Marine Barracks on." They chose a square in Southeast Washington, at 8th and I street.

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.

Suicide/Stress

To talk to someone at the National Suicide

Hotline, call 1-800-273-8255. To seek confidential counseling with personal battles call the DSTRESS line at 1-877-476-7734.

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.

Severe Weather and Force Protection

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

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
KING'S DRIVE THRU
LAIRD'S AUTO & TRUCK CENTER
MOE'S MART
NEW YORK TOBACCO CENTER
ONE STOP SHOP
SMART BUY
SMITTY'S R&R
TOBACCO
TOBACCO CLUB
TOBACCO HOUSE CIGARETTE CENTER
TOBACCO LEAF
VETERANS AFFAIRS SERVICE