

The Windsock

Vol. 71, No. 11

www.cherrypoint.marines.mil

March 14, 2013

'Ace of Spades' det joins 26th MEU



LANCE CPL. GLEN E. SANTY

An AV-8B Harrier pilot with Marine Attack Squadron 231 sits in his aircraft and checks his equipment before departing Cherry Point March 11. Approximately 80 Marines and Sailors with VMA-231 departed Cherry Point to support operations with the 26th Marine Expeditionary Unit.

LANCE CPL. GLEN E. SANTY
MCAS CHERRY POINT

Sitting in the ready room at the Marine Attack Squadron 231 hangar, pilots wait patiently for their departure time. They casually talk about gifts they want to get or games they set up for wives and children. They check their watches one last time, don their gear and walk out on the Cherry Point flight line.

These aviators are a part of approximately 80 Marines and Sailors with VMA-231 who departed the air station March 7-11 to support a 26th Marine Expeditionary Unit deployment.

The squadron personnel along six AV-8B Harriers will attach to Marine Medium Tiltrotor Squadron 266 (Reinforced) to provide attack and close-air support along with armed reconnaissance for the 26th MEU.

Maj. Timothy Anderson, pilot and detachment officer in charge, said the Marines are prepared and ready to go on this deployment.

"We went to (Enhanced Mojave Viper) with the parent squadron,

See **VMA-231** page A3

'Workhorse' detachment to support 2nd MAW (Fwd)

LANCE CPL. S. T. STEWART
MCAS CHERRY POINT

A detachment of more than 100 Marines from Marine Wing Support Squadron 271 left Cherry Point March 9 for Afghanistan.

During its approximately seven-month deployment, the "Workhorse of the Wing" will provide aviation ground support to 2nd Marine Aircraft Wing (Forward), the lead aviation combat element in Afghanistan.

The squadron is made up of more than 60 military occupational specialties.

"The squadron has to provide a wide variety of tasks such as mo-

tor transportation, engineering, fuel, aircraft rescue and firefighting and many more," said Maj. Wade Evans, MWSS-271 operations officer. "There will be other entities out there that have similar capabilities but not the variety of capabilities that an MWSS brings."

The detachment of Marines activated in early November and spent the past few months conducting operations and field exercises here in preparation for the deployment.

"We are one of the few organizations that actually do what we do in combat in garrison," said Evans.

Despite the preparations for the

deployment, the detachment will face challenges in Afghanistan.

"I would say the distances between the number of air sites that we maintain will be the biggest challenge for the Marines," said Evans. "Because it is a large area, maintaining hundreds of (helicopter landing zones) and other landing zones can be daunting."

Evans said the detachment will be challenged, but he is confident that it will accomplish its mission and provide 2nd MAW (Fwd.) with the support it requires.



LANCE CPL. S. T. STEWART

Marines with Marine Wing Support Squadron 271 pass bags down a line to be loaded into a 7-ton truck at the squadron's headquarters on Cherry Point March 9. More than 100 Marines with the squadron deployed to Afghanistan in support of NATO's International Security Assistance Force.

MAG-14 Marines learn combat lifesaving



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Cpl. Stephanie Abelino, a warehouse clerk with Marine Aircraft Group 14, performs CPR on a victim with a simulated injury, during a combat lifesaver course aboard Marine Corps Auxiliary Landing Field Bogue March 6.

LANCE CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

Seven Marines with Marine Aircraft Group 14 participated in a combat lifesaver course while conducting expeditionary operations at Marine Corps Auxiliary Landing Field Bogue last week.

The combat lifesaver course bridges the gap between first-aid training given at recruit training and the more in-depth medical training hospital corpsmen undergo, said Petty Officer 2nd Class Tenia Jackson, the course instructor.

"The purpose of this course is to show Marines lifesaving steps to aid each other in combat in the event a corpsman is not able to assist fallen service members," said Jackson.

During the course, the Marines learned vital techniques such as providing cardiopulmonary resuscitation, treating injuries like sucking chest wounds and applying tourniquets.

To enhance the effectiveness of the three to four-day training, several types of buddy drags are taught and executed. Students must also pass written and practical

See **MAG-14** page A3

'274 hauls Carolina Thunder

CPL. SCOTT T. TOMASZYCKI
MCAS CHERRY POINT

When Marine Aircraft Group 29 goes to the field for training or operations, it gets there on the broad back of Marine Wing Support Squadron 274.

That support will be exercised again Monday when MWSS-274 hauls two aircraft squadrons and a headquarters group to Marine Corps Auxiliary Landing Field Bogue for Exercise Carolina Thunder. Before the exercise can take place, the squadron's motor transportation Marines must transport all the necessary supplies to enable those assets to accomplish their respective missions.

Staff Sgt. Michael Keith, the motor transportation operations chief, said the process starts with units submitting an equipment distribution list to the squad-

ron mobility officer, who then prioritizes and creates a timeline for moving everything. The equipment and supplies slated to move are brought to a marshalling area, where Marines load it on trucks and haul it to the destination.

"A Marine has to sleep, right? So you have to haul tents," Keith said. "A Marine has to eat, so you have to haul a kitchen or some kind of messing facility. You have to haul chow, you have to haul water, fuel, generators – all you're doing is removing yourself from one area and building another area, so all those life-sustaining facilities have to be there."

Besides those facilities, operators move operational necessities like bulldozers, computers, communications equipment,

See **MWSS-274** page A3



CPL. SCOTT T. TOMASZYCKI

Tactical semitrucks with Marine Wing Support Squadron 274 prepare for departure to Marine Corps Auxiliary Landing Field Bogue from Cherry Point March 6, carrying gear for Exercise Carolina Thunder. MWSS-274 will support two flying squadrons and a headquarters element from MAG-29 starting Monday.

What's Inside

News Briefs	A2	Bench Press Club	B1
Marine Corps Trials	A4	Mess Hall Menu	B2
Battle Skills School	A7	Announcements	B3

In This Edition:



Hawks Rise
See Pg. A5 for
photos and story



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

News Briefs

Relief Society Drive Begins

Marines and Sailors at MCAS Cherry Point can extend a helping hand for fellow service members by donating to the Navy-Marine Corps Relief Society Active Duty Fund Drive through April 30.

The Navy-Marine Corps Relief Society is a private, non-profit charity dedicated to supporting active-duty and retired Marines and Sailors with financial and educational assistance. Active-duty donations and client repayments of interest-free loans are the largest sources of funding for these services.

In 2012, the Cherry Point Navy-Marine Corps Relief Society provided \$625,000 in financial support, helped more than 1,200 local service members and their families, and educated more than 350 new parents. Visiting nurses made 1,780 home visits and conducted 40 short courses on a variety of personal wellness and financial topics affecting nearly 2,500 Marines and Sailors.

Service members can learn more about the Navy-Marine Corps Relief Society and make a donation at <http://www.nmcra.org> or by logging in to Marine Online at www.mol.usmc.mil.

'273 Marine Receives Award

Gunnery Sgt. Christopher R. Heindel, with Marine Wing Support Squadron 273, Marine Aircraft Group 31, received the Pfc. Herbert A. Littleton staff noncommissioned officer award for communications excellence.

The award recognizes the contributions of SNCOs performing communication duties in support of the Marine Corps' operational communications mission.

Web Access, URL Changes

Marine Administrative Message 118/13 states Outlook Web Access services are transitioning from the Hewlett-Packard enterprise services Navy-Marine Corps Intranet control to Marine Corps control.

The internet address used to connect to NMCI Outlook Web Access will no longer function.

All Marine Corps NMCI users need to access Outlook Web Access through new URLs.

For the Mail Channel Directory System used for most state-side users, go to <https://webmail.us.usmc.mil>.

Eight-Year Officer Retirement

Marine Administrative Message 110/13 states Commissioned officers are only required to serve eight years, as opposed to 10, to be eligible for active duty retirement.

Requests for years of commissioned service retirement packages are being accepted for officers planning to retire in fiscal years 2013 and 2014.

Packages must be submitted with justification through the proper chain of command.

Degree completion program helps leaders reach goals

MASTER SGT. FRED D. BROCK

MARINE AND FAMILY PROGRAMS

Education is the basic building block of every society. The pursuit of knowledge and the invaluable attributes gained through educational experiences play a significant role in shaping our individual personal and professional development.

Specifically for our staff non-commissioned officers, the SNCO Degree Completion Program is available to assist with achieving educational goals. The program gives highly qualified staff sergeants through master sergeants, the opportunity to fill specialized billets in accounting, safety, education or psychology that require a bachelor's degree.

SNCOs selected for the program complete approximately 18 months as full-time students on campus at accredited colleges or universities geographically located near their parent commands. In addition to a challenging class schedule, students are also required to complete all annual military training. Upon successful graduation and check-in to the unit assigned, a 36-month payback tour begins. Service members must have 54 months of obligated service to be accepted for the program.

As a devoted advocate for lifelong learning, I highly recommend the Degree Completion Program to all eligible SNCO's as an exceptional opportunity to excel in their military career. Having personally completed the program, attaining a Bachelor's degree not only enhanced my abilities to serve as an effective leader, but also helped to ensure my success as the MCAS Cherry Point Marine and Family Programs Personal and Professional Development SNCOIC.



Master Sgt. Brock

For more information regarding the SNCO Degree Completion Program or the Personal and Professional Development Program, contact Master Sgt. Fred Brock at (252) 466-8209.

Chaplain's Corner :

Easter egg hunts at Miller's Landing

CMDR. CARL P. KOCH

MCAS CHERRY POINT COMMAND CHAPLAIN

Easter is just around the corner – March 31, according to Protestants and Catholics. This year, our Orthodox Christian friends celebrate Easter May 5. I'm not telling you this to confuse you. I just don't want to ignore this fact. Unlike Christmas, Easter is celebrated on a different Sunday each year.

At 11:30 a.m. and 1 p.m., there will be two Easter egg hunts at Miller's Landing sponsored by the Protestant congregations from Memorial Chapel. Volunteers from the Single Marine Program will assist us in these two events.

So, why have two Easter egg hunts at these times? Because Miller's Landing is once again serving their fantastic Easter brunch buffet from 10 a.m. to 3 p.m. By the way, don't forget to make your reservation!

Since this buffet is open to all Marines, Sailors, dependents, retirees and guests, we've scheduled our Easter egg hunts at times to coordinate with folks eating at 10 a.m. and those eating some time later.

We'll have three separate age group areas so 3-year-olds aren't stealing eggs from 10-year-olds. 3-year-olds can be sneaky that way! Everything will be well marked. All we ask is that you bring something – an Easter basket maybe – for the eggs your children collect.

There will be one "special" egg for each age group at both Easter egg hunts, six special eggs in all. The children who find these eggs will each get a cool prize. All

the other kids will get candy in the eggs they find.

Oh, by the way, it is Easter. Sure, Easter egg hunts and brunch buffets are great. But Easter isn't the celebration of the birth of the Easter Bunny. It's not just a good excuse to have brunch. Christians around the world celebrate the resurrection of Jesus on Easter.

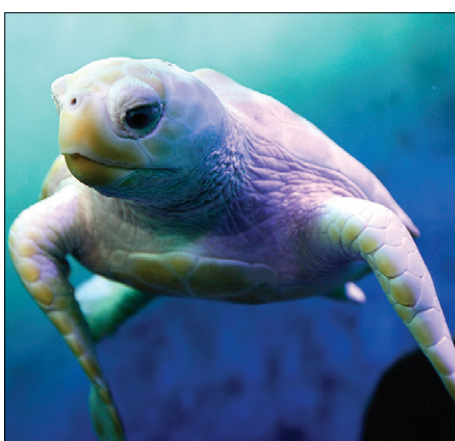
For folks who call themselves Christian, Jesus' resurrection is the big deal. Why? For some, it's one of the two days of the year they feel they have to go to church. For others, it's the fact that without Jesus' resurrection, they wouldn't be Christians.

The death and resurrection of Jesus is at the heart of Christian faith. And, the resurrection is a great reason to celebrate. We invite you to celebrate with us whether you are a Christian or not. At 9:30 a.m., we'll have an Easter worship service behind Miller's Landing, overlooking the river. This service is open to everyone coming to the buffet and the Easter egg hunts.

There are three great things about this service. First, we'll be celebrating Jesus' resurrection. Second, it will be a half-hour long, "user friendly" time of worship. Third, we'll be celebrating Jesus' resurrection. Hey, I told you the resurrection of Jesus is a big deal!

Easter egg hunts are always fun. It's hard to beat a Miller's Landing Easter brunch buffet. I even find it entertaining to see your kids bouncing off the walls because of the chocolate they eat. But I know of nothing that compares to the resurrection of Jesus. Come to Miller's Landing and enjoy it all.

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.



The Windsock
Weekly Photo Competition
 March 7 - March 14, 2013
 Vote on Facebook - <http://bit.ly/mcaschpftfb>
 Vote on Google+ - <http://bit.ly/CherryPointPlus>
 Vote on Flickr - <http://bit.ly/cpflickr>

HM2 CHRISTINA KOCH

Job Title: Hospital Corpsman
Unit: Naval Health Clinic Cherry Point
Hometown: Winston Salem, North Carolina
Age: 26
Date Joined: Feb. 8, 2005

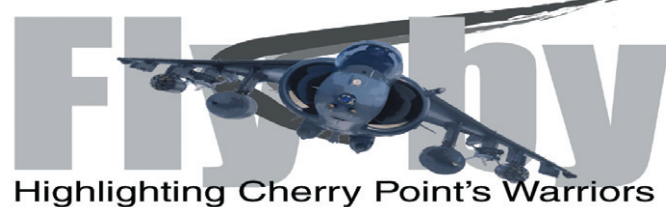
Marines don't often think about the care that goes into their medical services. However, when they get sick or injured, Navy "docs" are always there to patch them up.

Petty Officer 2nd Class Christina Koch, a hospital corpsman with Naval Health Clinic Cherry Point, said the highlight of her job is working with and helping Marines.

"I joined the Navy so I didn't have to 'go camping' with the Marines," said Koch. "Now that I've spent all this time with them, I'd much rather go with them than go be on a ship somewhere."

Koch and other corpsmen work to support training like the rifle range and the obstacle course, and work alongside 2nd Marine Aircraft Wing and Cherry Point squadrons to maintain unit readiness.

"My time working with the Marine Corps has been fun," said Koch. "Hospital shifts aren't my favorite, but you can't beat the camaraderie and unit cohesion you find with the Marines."



LANCE CPL. GLEN E. SANTY

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 Ellis Publishing at 252-444-1999. This Department of Defense newspaper is an authorized publication for members of the DoD. Contents of the Windsock are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense, United States Marine Corps, Marine Corps Air Station Cherry Point, or the Public Affairs Office, Cherry Point, N.C. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Marine Corps, or Ellis Publishing Co., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The Windsock is published by Ellis Publishing Co., a private firm in no way connected with the Department of Defense or the U.S. Marine Corps under exclusive written contract with Marine Corps Air Station, Cherry Point, N.C. The editorial content of this publication is the responsibility of the PAO.

COMMANDING OFFICER
 MCAS CHERRY POINT
 COL. PHILIP J. ZIMMERMAN

PUBLIC AFFAIRS DIRECTOR
 MAJ. WILL KLUMPP
 PUBLIC AFFAIRS CHIEF
 MASTER SGT. MARK E. BRADLEY

PRESS OFFICER
 1ST LT. ALEJANDRO AGUILERA

PRESS CHIEF
 GUNNERY SGT. MICHAEL A. FREEMAN

EDITORS
 LANCE CPL. S. T. STEWART
 LANCE CPL. GLEN E. SANTY
 LANCE CPL. CAYCE NEVERS
 STACEY R. SWANN

STAFF WRITERS
 CPL. SCOTT L. TOMASZYCKI
 LANCE CPL. ANDREA CLEOPATRA DICKERSON
 LANCE CPL. CORY D. POLOM

Highlight Your Marine or Sailor Superstar
 Call or email The Windsock
cherry.point.windsock@gmail.com
 466-3542

REMEMBER TO RECYCLE



MWSS-274 from page A1

and everything else units need to complete the mission in the field.

Sgt. Edward Sanchez, the unit's dispatch chief, plays an important role in making it happen. He decides what trucks carry which loads and acquires the necessary permits for transporting wide loads, tall loads and heavy loads.

"It takes about 10 days to turn around and get a permit and get the right equipment to transport a piece of gear," said Sanchez. "The dispatcher is the first and last line of defense against sending out a truck that is overkill or under-kill for assets going down the road."

The operators have a variety of vehicles available to tackle different loads. There are Humvees, covered and flatbed trucks, and semitrucks with large flat trailers for massive loads.

"We can set up a mini-air station with an MWSS," said Sgt. Phillip Eades, the Motor T truck master. "Motor transport can transport anything within the realm of air station support."

MAG-14 from page A1

application tests where they use the skills they learned during simulated combat situations.

After completing the course, the Marines are considered combat lifesavers and receive CPR certifications.

It is important for the Marines to complete the course because they never know when situations could arise when they might need to save a life, said Jackson.

"Not every job deploys, but it is always good to have the knowledge," said Cpl. Stephanie Abelino, a warehouse clerk with MAG-14. "After finishing this course, I am confident that if I had to, I could save a life."



LANCE CPL. ANDREA CLEOPATRA DICERSON

Cpl. Stephanie Abelino, a Marine Aircraft Group 14 warehouse clerk, checks the vitals on a victim with a simulated injury during a combat lifesaver course conducted aboard Marine Corps Auxiliary Landing Field Bogue March 6.

VMA-231 from page A1

(VMA-231)," said Anderson. "When we got back, the parent squadron went to (Operation Enduring Freedom) and we've been back here preparing ever since."

Capt. William Graves, a pilot and quality assurance officer with VMA-231, said the Marines have been training hard for this deployment.

"We're ready to go and everybody is feeling great about this deployment," said Graves. "We're just ready to get started."

The 26th MEU, scheduled to return this summer, provides Marine Air-Ground Task Force capabilities throughout the Atlantic and U.S. Central Command area of operations.



LANCE CPL. GLEN E. SANTY

Capt. William Graves, an AV-8B Harrier pilot with Marine Attack Squadron 231, climbs into his aircraft before departing Cherry Point to support the 26th Marine Expeditionary Unit March 11.



2013 Marine Corps Trials

CPL. JOSHUA YOUNG

Marine veteran Sgt. Gabriel Martinez races toward the finish of the men's 100-meter dash at the 2013 Marine Corps Trials aboard Camp Pendleton, Calif., March 5. Martinez, a bilateral amputee, was injured by an improvised explosive device while conducting a route clearance patrol on Thanksgiving, 2010. Martinez was serving as a combat engineer attached to 2nd Battalion, 6th Marine Regiment at the time of his injury. The trials are a Paralympic-style competition that includes swimming, wheelchair basketball, sitting volleyball, track and field, archery, cycling and shooting.



PAT CUBEL

Pfc. Isaac Blunt, of Wounded Warrior Battalion West, and 1st Lt. Camilo Castellanos, who is part of the Colombian delegation competing on the Allies team, crank it out down the stretch to the finish line in the hand-crank cycling event at the 2013 Marine Corps Trials. The trials concluded March 6 at Marine Corps Base Camp Pendleton, Calif. The 50 top-performing Marines earned the opportunity to compete on the All-Marine Warrior Games team in Colorado Springs, Colo., in May.



PAT CUBEL

Marine veteran and wheelchair basketball player Cpl. Josue Barron brings the ball up court during the open tournament of the 2013 Marine Corps Trials basketball competition.



CPL. JOSHUA YOUNG

Sgt. Eric Rodriguez, with Wounded Warrior Battalion West, competes in the shot put during the 2013 Marine Corps Trials aboard Camp Pendleton, Calif., March 5. Rodriguez was injured by a roadside bomb on an over-watch mission with Scout Sniper Platoon, 1st Battalion, 8th Marine Regiment, in Afghanistan, Jan. 27, 2011. Rodriguez earned the silver medal for the sitting shot put event.



PAT CUBEL

The firing line was crowded at the 2013 Marine Corps Trials archery competition with more than 140 archers competing for gold. Competition was held in both the compound and recurve bow categories. Cpl. Luke Prentice, of the Veterans Team, won the gold medal for the compound bow, and Sgt. Clayton McDaniel, of the West Team, won the gold medal for the recurve bow.



PHOTOS BY LANCE CPL. CORY D. POLOM

1st Lt. Matthew C. Forman, a replacement pilot with Marine Attack Training Squadron 203, looks at his control panel and heads-up display as he "taxi" an AV-8B Harrier simulator March 11. The students train for two hours during each simulator flight, executing each task until it becomes second nature, said Jerry W. Fitzgerald, a Harrier contract simulator instructor.

New 'Hawks' class rises to challenge

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

Marine Attack Training Squadron 203 trains pilots to operate a 2nd Marine Aircraft Wing asset Gen. Norman Schwarzkopf named as one of the seven most important weapons of the Gulf War – the AV-8B Harrier.

Four of the Corps' newest aviators began training Feb. 11 to become the next generation capable of providing close-air support to ground troops from the cockpit of the storied jet.

Since then, the student pilots have worked in classrooms learning about the aircraft functions, basic procedures and immediate action drills and in simulators preparing for the challenges of actually getting "behind the stick" of the muscular war bird.

"Emergency immediate actions are vital," said Capt. Jacob Pruden, an instructor pilot with VMAT-203. "They need to be instinctive; the students need to know it before an incident occurs. That is why we go over them so many times before they enter the simulators, let alone get inside the real bird."

After two weeks of ground training, the students began utilizing the Harrier simulator. Inside, the students execute basic flight maneuvers such as takeoffs, landings, hovering and aerial flight patterns, said Pruden.

The students train for two hours during each simulator flight, executing each task until it becomes second nature, said Jerry

W. Fitzgerald, a Harrier contract simulator instructor.

"These first few flights in the simulators are irreplaceable," said Fitzgerald. "In these simulators, the students learn the skills that will make them a safe pilot and will save their lives in the case of an emergency."

The simulators enable instructors to replicate nearly every possible emergency a Harrier pilot could face without ever actually endangering the pilot, said Fitzgerald.

As they progress, some find that the very capabilities that make the Harrier an indispensable asset to Marine expeditionary operations, poses a tough new challenge, but it's one they must master.

"The vertical takeoff and landing in a Harrier is the hardest thing we have learned to date," said 1st Lt. David C. Hawkins, a replacement pilot with VMAT-203.

With steady progression though, instructors expect the students to succeed.

"This course as a whole is a constant crawl, walk, run and sprint movement," said Pruden.

Over the next few weeks, the students will work on perfecting basic skills, testing their knowledge and make their first live flight with a pilot trainer in the TAV-8B Harrier, a two-seated training aircraft.

Editors note: This is the first story in a monthly series about the VMAT-203 Harrier Pilots Course.



A pilot maneuvers the joystick while conducting a training flight in an AV-8B Harrier simulator March 11.



(Above) The heads-up display inside an AV-8B Harrier displays many of the aircraft functions including altitude, speed and level of the aircraft to help pilots keep their eyes on the environment.

(Left) 1st Lt. David C. Hawkins, a replacement pilot with VMAT-203, conducts checks before a training flight in an AV-8B Harrier simulator March 11. "The vertical takeoff and landing in a Harrier is the hardest thing we have learned to date," said Hawkins.

(Below) 1st Lt. Matthew C. Forman, a replacement pilot with VMAT-203, types in command codes during preflight checks in an AV-8B Harrier simulator March 11. Over the next few weeks, the students will work on perfecting basic skills, testing their knowledge and make their first live flight with a pilot trainer in the TAV-8B Harrier, a two-seated training aircraft.





A 6,200-pound I-beam is suspended from the underside of a CH-53E Super Stallion with Marine Heavy Helicopter Squadron 466 "Wolfpack," 3rd Marine Aircraft Wing, during external lift training aboard Marine Corps Air Station Miramar, Calif., Feb. 28. The Super Stallions are the largest and most powerful helicopters in the United States military.

PHOTOS BY CPL. MELISSA WENGER

A CH-53E Super Stallion with Marine Heavy Helicopter Squadron 466 "Wolfpack," 3rd Marine Aircraft Wing, practices external lifts aboard Marine Corps Air Station Miramar, Calif., Feb. 28. The Super Stallion is toting a 6,200-pound load from a single-point sling, simulating external cargo transport as it would occur in areas of operation such as Afghanistan.

Wolfpack displays heavy haul prowess

CPL. MELISSA WENGER

MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

MARINE CORPS AIR STATION MIRAMAR, Calif., – Marines with Marine Heavy Helicopter Squadron 466 "Wolfpack," 3rd Marine Aircraft Wing, took to the air Feb. 28 to perform a training evolution here, where pilots, crew and a helicopter support team practiced external lifts with a CH-53E Super Stallion.

External lifts allow HMH-466 to quickly get large cargo to their "customers" without having to land the helicopter.

"We have a max capacity of 36,000 pounds that we can lift," said 1st Lt. Devin O'Neal, a pilot with HMH-466. "In combat, we can move anything from beans and bullets to band-aids externally across the battlefield."

For training purposes, landing support specialists with the helicopter support team attached a 6,200-pound load to a single-point sling suspended from the belly of the Super Stallion.

"We were just picking up steel I-beams today, but the object you're picking up is not really the big deal, it's

the weight of it and how aerodynamically it flies," said O'Neal. "Today, we were training just to do precision hovering over a load to allow the Marines underneath, the HST, to hook up the load."

The crew chiefs observe the conditions at the front and tail ends of the aircraft to warn pilots, who have a limited range of vision from the cockpit.

"We fly a 100-foot helicopter and when we pick up the external load, it's approximately 25 feet behind where we sit, so we really can't see the load once we fly over it," said O'Neal. "Our eyes are the crew chiefs. The communication between us and the crew chiefs is really vital and we couldn't pick up the load without them."

As for the pilots and crew chiefs, they only make it look easy.

"It's actually pretty strenuous for us," said O'Neal. "Flying up at 3,000 feet straight and level isn't really tasking on the pilot or on the crew because once the helicopter is in flight, it'll generally fly on its own. With something like this, the crew is very, very involved. They have to be eyes out 100 percent of the time. For us up

front, it's a lot of small movements and adjustments."

The Marines inside the aircraft aren't the only ones feeling the pressure during an exercise like this; underneath the CH-53E, the HST must be aware of every movement above.

"When a bird goes up and it shifts left, right, forward or back it's going to pick the load up at the same time," said Lance Cpl. Anthony Scott, landing support specialist.

This training not only helped the HST Marines practice actions that will keep them safe beneath the helicopters, but placed vital experience under the belts of the pilots and crew chiefs, Scott explained.

"[The squadron] was tasked about once a week in Afghanistan to move something externally from one forward operating base to another," said O'Neal, referring to the squadron's deployment last year. "It won't necessarily be our daily mission, but if it does pop up, we need to have all our pilots and crew proficient and able to do that mission when it arises."

2nd MAW engineers train at Battle Skills Training School

LANCE CPL. DEVIN NICHOLS

2ND MARINE LOGISTICS GROUP

Approximately 70 Marine combat engineers with Marine Wing Support Squadron 274 from Cherry Point participated in a week-long course at Battle Skills Training School at Camp Lejeune Feb. 25 to March 2.

During the course, Marines familiarized themselves with breaching and clearing rooms in urban environments.

“It gets them back on their feet and back into the combat mindset,” said Staff Sgt. Joshua R. Macer, a combat engineer with MWSS-274.

The Marines trained for approximately 60 hours improving combat skills. They assembled and disassembled machine guns, conducted patrols and carried out improvised explosive device immediate action drills.

“(They) have to start from the basic building blocks and work (their way up,” said Sgt. Jacob W. Dofner, an instructor at the school. “Every Marine is a rifleman. Hopefully we did something to help them prepare for any situation.”

Most of the instructors are infantrymen and take pride in teaching Marines from other military occupational specialties, said Dofner.

“It is a good feeling to train Marines,” said Dofner. “When you’re helping or remediating, regardless if it’s a private first class that has been in for a year or a staff noncommissioned officer that’s been in for 10 years, it’s always a great feeling.”



Marine Wing Support Squadron 274 combat engineers breach a room aboard Camp Lejeune Feb. 27 during a week-long training period at the Battle Skills Training School.



Sgt. Jacob W. Dofner, an instructor with Battle Skills Training School with 2nd Marine Logistics Group, gives a demonstration on how to approach a dangerous area at Camp Lejeune Feb. 27 during a training exercise. Combat engineers with Marine Wing Support Squadron 274 practiced room clearing techniques after hours of classroom instruction.



PHOTOS BY LANCE CPL. DEVIN NICHOLS

Combat engineers with Marine Wing Support Squadron 274 line up alongside a building aboard Camp Lejeune Feb. 27 during a week-long course at Basic Skills Training School. Service members learned how to clear rooms, detect improvised explosive devices and breach doors from BSTS instructors with 2nd Marines Logistics Group.



LANCE CPL. IAN McMAHON

Japan Ground Self-Defense Force officers and Marines disembark an MV-22B Osprey on March 1 at the Central Training Area near Camp Hansen, Okinawa, Japan. The JGSDF officers were given the opportunity to experience flying in the MV-22B Osprey for the first time and learned about the aircraft's capabilities. The Marines are with Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force.

Japanese officers, Marines strengthen relationships

PFC. MIKE GRANAHAN

III MARINE EXPEDITIONARY FORCE / MARINE CORPS INSTALLATIONS PACIFIC

OKINAWA, Japan – Marines with Combat Assault Battalion engaged in bilateral training alongside Japan Ground Self-Defense Force officers March 1 at the Central Training Area near Camp Hansen as part of the Japan Observer Exchange Program.

The JGSDF officers and Marines inserted into the training area via MV-22B Osprey aircraft, and conducted a 6-mile conditioning hike. It was the first opportunity for the participating JGSDF officers to fly in the Ospreys, which are part of Marine Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing.

The learning experience offered through JOEP events is unparalleled, according to JGSDF 1st Lt. Shomei Ugaki,

an intelligence platoon leader and program participant.

“The U.S. Marine Corps is one of the most experienced military services in the world,” said Ugaki. “They have learned a lot from combat operations, and quickly applied lessons learned to their training. It is a very good experience for us to learn alongside the Marines.”

The exchange of information and experience was mutual during the hike and flight.

“It was a good experience — I learned a lot about Japan and how their forces operate,” said 2nd Lt. Jason J. Romero, a platoon commander with CAB. “I was also able to answer questions they had about the Marine Corps, which is important because it helps strengthen relationships between us and the JGSDF.”

The JGSDF officers and Marines were able to over-

come the language barrier to train successfully together due to mutual professionalism, according to Ugaki.

“Even though both forces speak different languages, we still conduct bilateral training very successfully,” said Ugaki. “It is very important for us and our allies that we have a chance to share our experiences.”

The conditioning hike built not only bonds, but endurance as well, preparing Marines and the JGSDF officers for future training together.

Both U.S. Marines and JGSDF officers look forward to further interactions as an essential part of both services' roles in the Asia-Pacific region, according to Cpl. Alexander F. Orlosky, a combat engineer with the battalion.

“It lets us see both sides of the spectrum,” said Orlosky. “I would work with these guys any day.”

Marines fast-rope onto USS Green Bay

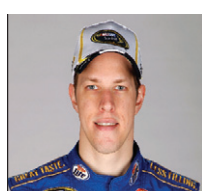


CPL. BOBBY GONZALEZ

Marines with the 15th Marine Expeditionary Unit fast-rope from a CH-46E Sea Knight with Marine Medium Helicopter Squadron 364 (Reinforced), aboard the USS Green Bay, Feb. 26. The 15th MEU is deployed as part of the Peleliu Amphibious Ready Group as a U.S. Central Command theater reserve force, providing support for maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

NEXT UP...

SPRINT CUP
Race: Food City 500
Where: Bristol Motor Speedway
When: Sunday, 1:00 p.m. (ET)
TV: FOX Sports
2012 Winner: Brad Keselowski (right)



NATIONWIDE SERIES
Race: Jeff Foxworthy's Grit Chips 300
Where: Bristol Motor Speedway
When: Saturday, 2:00 p.m. (ET)
TV: ESPN2
2012 Winner: Elliott Sadler

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

Matt Kenseth gets the most out of his car on his birthday; claims his first win for Joe Gibbs Racing

Matt Kenseth won Sunday's Kobalt Tools 400 at Las Vegas Motor Speedway in much the same fashion as he did the 24 Sprint Cup races he'd won previously — by getting the most out of his car when it counted.

He took the lead by making a gas-only trip down pit road and led the final 41 laps, holding off Kasey Kahne, who not only had a faster car, but fresher tires.

"Matt did everything right," Kahne said. "This is not the guy you want to have to race with 10 (laps) to go because he's going to do everything right. He did a perfect job and we came back second."

But this victory, Kenseth's third at Las Vegas, was different. For starters, it came on his birthday, something that has happened only to two other drivers in the history of the Cup series.

Cale Yarborough won on his birthday, March 27, at North Wilkesboro Speedway, in 1977, and again at Atlanta Motor Speedway on his birthday in 1983, and Kenseth's teammate Kyle Busch won on his birthday, May 2, at Richmond International Raceway in 2009.

Kenseth's victory also was significant because it was his first since joining Joe Gibbs Racing at the start of the season. All of Kenseth's previous victories came while he was driving for Roush Fenway Racing.

Kenseth said in his winner's interview that he never doubted he'd be able to win in Gibbs' No. 20 Toyota. Nevertheless, he was glad to be in Victory Lane after just three races.

"I'm not a huge goal person, but my goal was to win and to win early," he said. "Nobody has put any pressure on me except for myself, but I also know that Coach (Joe Gibbs) hired me to come in there and climb in that car and win races, so you certainly want to do that and you don't want to disappoint people."

Kenseth went on to say that he doesn't believe the racing world has seen all they're going to see of him and his Jason Ratcliff-led team this season.

"I feel like this is the beginning," he said. "I have a lot of confidence,



Matt Kenseth celebrates in Victory Lane after winning the Kobalt Tools 400.

had a lot of confidence after our first meeting and decided to go do this and just had a great feeling about it.

"And I still do ...

"It's always great to get a win early in the season, but you certainly don't want to act like it stops."

He said he was already thinking about what he needs to do at Bristol Motor Speedway this weekend.

"That's the great thing about the sport," he said. "It never stops. You only get to enjoy [winning] for a couple of days."

Ratcliff sounded as if he and Kenseth are thinking alike about where they're headed this year.

"We've just got a great group here, and we've got Matt and we're going to win a lot of races, I think," he said. "I knew that we would get to Victory Lane at some point, and to do it this early in the season is great, and I'm looking forward to the rest of the season."

Team owner Joe Gibbs had been to Victory Lane in the Sprint Cup Series 100 times before Sunday, but it also was a new experience for him, especially after his drivers had engine problems the past two weeks, and one of them, Denny Hamlin, ran afoul of NASCAR for his post-race comments at Phoenix.

"In tough times, everybody kind of bands together around our place, and we start fighting and we worked our way out of some tough things," he said.

And he said he was proud of his

newest driver and the contributions he's making to the entire organization.

"Obviously, Matt has just been special," Gibbs said. "I think Denny (Hamlin) and Kyle (Busch) both really respect him. I think that's helped a lot. I think he kind of likes working with them, so we've got three guys that really, I think, can get after it and drive a race car."

SPRINT CUP STANDINGS

1. Jimmie Johnson, 129
2. Brad Keselowski, 124
3. Dale Earnhardt Jr., 119
4. Denny Hamlin, 102
5. Carl Edwards, 98
6. Mark Martin, 95
7. Matt Kenseth, 93
8. Greg Biffle, 93
9. Clint Bowyer, 89
10. Aric Almirola, 88

NOTEBOOK



Sam Hornish Jr. celebrates in Victory Lane after winning the Sam's Town 300.

Hornish Jr. wins Sam's Town 300

Sam Hornish Jr., the one-time IndyCar star now racing in NASCAR's Nationwide Series, dominated Saturday's Sam's Town 300 at Las Vegas Motor Speedway and picked up a trophy that already had his name on it.

It was his second career Nationwide win, and it put him in sole possession of the series points lead.

Hornish and his crew chief, Sprint Cup veteran Greg Erwin, are racing in the second-tier series but hoping to one day rejoin the elite Sprint Cup circuit.

"It is great for us to all be hungry the way we are, and we feel like we have a lot of good opportunities here at Penske Racing," Hornish said. "[Team owner] Roger [Penske] has said many times he wants a third Cup team again, and we want to make sure we do things the right way."

Hornish led four times for a race-high 114 laps, but had to hold off Kyle Busch on a late-race restart to secure the win.

Busch said his No. 54 Toyota was no match for Hornish's No. 12 Ford.

"There at the end it felt like we were getting beat everywhere — all the way around the race track — a solid tenth-and-a-half or two [seconds per lap]," he said. "You hate to see that, especially with so many mile-and-a-half race tracks we go to this year."

Danica's rookie struggles

After a strong pole-winning, top-10 result in the Daytona 500, Danica Patrick has had more rookie-like results in the subsequent two races.

At Phoenix, she qualified 40th, blew a tire, wrecked and finished 39th. Then last Sunday at Las Vegas, she struggled from the start and finished 33rd, six laps down.

"We knew we were going to have tough days, but this is not the kind of tough day we thought about," she said. "We need to figure out how and why it (the car) changes so much from practice to the race and really learn this new car."

"Being behind traffic, the aerodynamics change a lot, and it's a handful. I felt like I was about to spin on the frontstraight. We just have to figure out how to make it better and ... make sure that we never have this day again."

She's now 30th in the standings, 53 points behind leader Jimmie Johnson.

Enfinger gets big win

Grant Enfinger, who races occasionally in the Camping World Truck Series, got the biggest win of his career over the weekend when he won the ARCA Mobile 200 at his home track, Mobile International Speedway.

Enfinger, of nearby Fairhope, Ala., took the lead on Lap 172, then held off 15-year-old Kyle Benjamin on a restart with nine laps remaining to seal the victory, which also was his first in the ARCA series.

"I knew we were going to get here, I just didn't think it would take this long," Enfinger said in Victory Lane. "I started knocking on the door in 2009, and I don't know how many second- and third-place finishes I had."

NASCAR comes down strongly on driver 'free speech'

NASCAR's \$25,000 fine imposed on Denny Hamlin for his mild criticism of the Generation 6 race car and the kind of racing it produced at Phoenix International Raceway, coupled with Hamlin's insistence that he won't pay the fine, has brought into question NASCAR's recent crackdown on free speech by race drivers.

In recent years, NASCAR has been fining drivers, some in secret and some openly, when they said something NASCAR officials deemed critical of the sport.

Many of those drivers have become less willing to express their true feelings.

Driver-turned-TV-analyst Dale Jarrett said last week that in light of Hamlin's penalty, anything any driver says about the racing with the Gen-6 car is going to be looked upon with suspicion.

"Now, when a driver says this car is great, the fans are going to think that all is contrived," Jarrett said.

NASCAR's current method of dealing with outspokenness on the part of its race drivers is far different than it once was.

Some of the sport's all-time great drivers also were some of the most vocal. Many fans remember hearing drivers like Dale Earnhardt, Bobby Allison and Darrell Waltrip making comments much stronger than Hamlin's at Phoenix, but not being punished.

Even in the days when NASCAR founder Bill France Sr. was known for ruling the sport with an iron fist, drivers and car owners could offer criticism without being fined.

In Greg Fielden's "Forty Years of Stock Car Racing," the top drivers and car owners of the day often had strong words about the dangers of racing in the mid-1960s, boycotts by various manufacturers and about NASCAR's rules enforcement.

Some strong words were said at a race at Atlanta in 1966 after NASCAR officials basically threw out the rule book in an attempt to drum up interest in the sport.

After seeing some of the aerodynamic trickery on the "Yellow Banana" Ford that Junior Johnson got by the NASCAR inspec-

tors as well as Smokey Yunick's handiwork on his Chevrolet, Cotton Owens put some similar, questionable devices on his Dodge, driven by David Pearson, who at that time was leading the points standings.

Owens was nabbed by inspectors and withdrew his car in protest, saying: "This was the only way we could be competitive with these other two 'Funny Cars.' You have to fight fire with fire. This may cause me and David to lose the championship, but somebody has to stand up for what is right."

France later acknowledged that mistakes were made by the sanctioning body.

"I admit the rules were bent at Atlanta," he said, promising to "stick to the rule book" in the future.

Pearson and Owens sat out the Atlanta race, and seven others of the 49 on the schedule, but still won the championship.

Despite admitting mistakes, France retained a firm grip on the leadership of the sport. The manufacturers all eventually returned in force.

And many of the most outspoken critics of NASCAR at that time wound up among the first four classes of the NASCAR Hall of Fame.



Denny Hamlin leads the field during the Kobalt Tools 400 at Las Vegas Motor Speedway.

NUMERICALLY SPEAKING

17 Points positions gained by Kasey Kahne at Las Vegas Motor Speedway, to 14th in the standings, the most of any Sprint Cup driver

13 Points positions lost by J.J. Yeley, to 26th, after finishing 36th at Las Vegas, the most of any Sprint Cup driver

3 Drivers in the top 10 in Sprint Cup points without a top-five finish this year (Greg Biffle, Clint Bowyer and Aric Almirola)

1,375 Laps led by Kyle Busch in the past 16 Sprint Cup races at Bristol Motor Speedway, top among all drivers

Life & Times

Facebook.com/MCASCherryPoint

March 14, 2013



Bench press club lifts morale, strengthens motivation

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

Every day barrel-chested gym rats who work and live on Cherry Point descend on the gyms here to heave, hoist and press their way to super-human strength and proportions.

A new club here focuses on one of the most popular lifts and a staple among those who worship at the iron altar – the bench press.

Since the birth of the Devil Dog Bench Press Club in late-January, dozens of weight room junkies have joined the club to up their max and gain bragging rights.

The club offers two competition classes for both men and women based on the minimum weight members can successfully press. Men compete in 250- or 400-pound classes, and women in 115- or 185-pound classes.

The club records and displays personal bests but members looking to make the list of gym giants must use strict form. According to the USA Powerlifting Technical Rule Book, a lift can be considered a failure or incomplete for different reasons, but the rule adopted by the club is the rule on proper form. It states that any change in the elected lifting position during the lift, i.e. any raising movement of the head, shoulders or buttocks from their original points of contact with the bench, disqualifies the lift.

“We see people in here every day lifting their backs and feet up trying to get these weights up,” said Gil George, the fitness center manager for Devil Dog Gym. “There are two things wrong with poor form: one, it’s not safe, and two, it’s not proper technique. When we started this, it was decided to do this by the book.”

George and the club members say the rules not only keep their bodies healthy but also keep it competitive.

“This is a club that helps motivate the patrons to go above and beyond,” said Sgt. Sissy S. Gouin, one of the top female lifters in the club, sitting second in the 115-pound class for this quarter with a verified 145-pound lift. “You see someone lifting a weight higher than you and you get pumped and you say to yourself ‘OK, now I have to beat that weight.’”

The club holds a quarterly competition. The top lifter in each class is named the “top dog” of the quarter and receives a Devil Dog Bench Press Club T-shirt.

Club members can attempt a lift for the official scoreboard only once every two weeks. This helps prevent the same members from coming in every day to one-up friends, said George.

Gouin, an unmanned aerial vehicle maintainer with Marine Unmanned Aerial Vehicle Squadron 2, said the club is a great way to motivate and build morale among Marines aboard the air station.

“You have to come in here with a reason,” said Robert Axelle, a recreation assistant with the gym and a club member. “If you come in here without a deep, burning motivation to get better, then you won’t put forth the effort needed to succeed in the gym.”



PHOTOS BY LANCE CPL. CORY D. POLOM

Sgt. Sissy S. Gouin, an unmanned aerial vehicle maintainer with Marine Unmanned Aerial Vehicle Squadron 2, bench presses 135 pounds during a workout at the Devil Dog Gym March 6.



Cpl. Adam M. Langer, a military policeman with the Provost Marshal’s Office, benches 245 pounds during a workout at Devil Dog Gym March 11. “I think this club is awesome,” said Langer.



Sgt. Royce A. Williams, a military policeman with the Provost Marshal’s Office, mentally prepares to bench 225 pounds during his workout at the Devil Dog Gym March 11.



Gary Long, a retired gunnery sergeant and the second strongest lifter in the Devil Dog Bench Press Club with a max bench of 425 pounds, works on his form and strength with 305 pounds during a workout at the Devil Dog Gym March 11. “What drives me in here is the fact that I am not number one on the list,” said Long. “To be top dog and the best is my goal.”



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 14

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

Friday March 15

Lunch - New England clam chowder, maple-glazed salmon, turkey pot pie with baking powder biscuits, long grain and wild rice, green beans, cauliflower polonaise **Dinner** - Tater tot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms and Manhattan clam chowder

Saturday March 16

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

Sunday March 17

Lunch - Vegetable beef supreme soup, baked citrus herb-crusted fish, fried chicken, brown rice pilaf, red bliss smashed potatoes, cream gravy, green bean casserole, corn **Dinner** - Pork chops smothered with onions, chili macaroni, roasted sweet potatoes, French cut green beans, and cauliflower combo and Wisconsin cheese soup

Monday March 18

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

Tuesday March 19

Lunch - Beef with vegetables and barley soup, linguini with clam sauce, bayou chicken, rissole potatoes, mashed cauliflower, 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 with peas

Wednesday March 20

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

**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 15
5:00pm - Beautiful Creatures PG13
7:45pm - Side Effects R
10:00pm - Identity Thief R

Saturday, March 16
2:00pm - Beautiful Creatures PG13
4:45pm - Hansel & Gretel Witch Hunter R
7:15pm - Side Effects R
9:45pm - Identity Thief R

Sunday, March 17
2:00pm - Beautiful Creatures PG13
4:45pm - Hansel & Gretel Witch Hunter R

**COMING SOON!
FREE SHOWING**
**G.I. JOE 2:
Retaliation**
Saturday,
March 23.
Doors open 3pm.

Beautiful Creatures - A supernatural love story set in the South that tells the tale of two star-crossed lovers: Ethan, a young man longing to escape his small town, and Lena, a mysterious new girl. Together, they uncover dark secrets about their respective families, their history and their town.

Side Effects - A provocative thriller about Emily and Martin, a successful New York couple whose world unravels when a new drug prescribed by Emily's psychiatrist - intended to treat anxiety - has unexpected side effects.

Identity Thief - Unlimited funds have allowed Diana to live it up on the outskirts of Miami. There's only one glitch: The ID she's using to finance these sprees belongs to an accounts rep (Gateman) who lives halfway across the U.S. If his world implodes, he attempts to bribe, coax and wrangle Diana the 2,000 miles to Denver, he realizes how hard it is to get his name back.

Hansel & Gretel Witch Hunter - 5 years after siblings Hansel and Gretel hatched their escape from a child-snatching witch, they have come of age as skilled bounty hunters. But as the notorious Blood Moon approaches Hansel & Gretel encounter an evil beyond any witch they've ever hunted - an evil that could hold the secret to their frightening past.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Prevent Carbon Monoxide Poisoning

COURTESY STORY

CENTER FOR DISEASE CONTROL AND PREVENTION

Daylight savings time began Sunday. When you set your clocks forward one hour, did you remember to change the batteries in your carbon monoxide detector? If you don't have a battery-powered or battery back-up detector, now is a great time to buy one. More than 500 people die each year in the U.S. from unintentional non-fire related carbon monoxide poisoning.

Carbon monoxide is found in fumes produced by furnaces, vehicles, portable generators, stoves, lanterns, gas ranges and burning charcoal or wood. Gas from these sources can build up in enclosed or partially-enclosed spaces. When power outages occur during emergencies such as hurricanes or winter storms, using alternative sources of power for heating, cooling or cooking can cause carbon monoxide to build up in a home, garage or camper and poison the people and animals inside.

Prevent Carbon Monoxide Exposure

- Have your heating system, water heater and any other

gas, oil or coal-burning appliances serviced by a qualified technician every year.

- Install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds, leave your home immediately and call 911.
- Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed or nauseous.
- Don't use a generator, charcoal grill, camp stove or other gasoline and charcoal-burning devices inside your home, basement, garage or near a window.
- Don't idle vehicles inside a garage, even if you leave the door open.
- Don't burn anything in a stove or fireplace that isn't vented.
- Don't heat your house with a gas oven.

Carbon monoxide poisoning is preventable. You can protect yourself and your family by acting wisely in case of a power outage and learning the symptoms.

For more information, please visit www.cdc.gov/co.

**HQMC MARSOC
SCREENING TEAM VISIT**

TODAY WILL BE DIFFERENT

MCAS NEW RIVER	25 MAR
MCB CAMP LEJEUNE	26-27 MAR
MCAS CHERRY POINT	28-29 MAR

888-93-MARSOC | WWW.MARSOC.MARINES.MIL

what's in YOUR medicine cabinet?

Bring unused or expired prescription and over-the-counter medicines to a TAKE-BACK EVENT near you. Find a location at ncsafekids.org.

OPERATION MEDICINE DROP

Operation Medicine Drop is a program administered by Safe Kids North Carolina and the N.C. Department of Insurance. The program begins Wednesday from 9 a.m.-noon at the Havelock Police Station at 2 Governmental Ave. For more information, call Sgt. Lavoie at 447-3212.

www.ncsafekids.org

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.

► Operation Medicine Drop-Off

A statewide initiative to collect out-of-date and unused prescription medications will begin Wednesday at the entrance to the Havelock Police Station at 2 Governmental Ave. from 9 a.m.–noon. Prescription drugs, with the exception of liquids and syringes, may be deposited into the on-site drop box in the lobby. The drop box will be a permanent fixture and can be used anytime after Wednesday.

Craven County deputies will also accept drug turn-ins at both Havelock Food Lion locations from 8 a.m.–noon March 23.

Havelock Police Department requires that drugs be deposited in their original container with the name of the drug visible on the label.

Rookie Soccer Registration

Registration for Cherry Point Rookie Soccer is open 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 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.

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 Saturday 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_enroughy@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 22nd Annual Emerald Isle Saint Patrick's Day festival Saturday, beginning at 10 a.m.

Admission and parking are free.

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

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

► Marine Corps Battle Colors Ceremony

The Marine Corps Battle Colors Detachment will perform at Liversedge Field on Camp Lejeune March 22 at 2 p.m.

The event is free and open to the public.

This event is to support the 2013 South Tour of the Marine Corps Battle Color Detachment and esprit de corps.

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 \$55 for active duty, retired and reserve service members and \$70 for all others. Same day registration allowed.

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

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 Saturday costs \$30. Registration from Saturday to March 23 costs \$40.

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

► Easter Egg Hunt

The Station Chapel will host a Easter egg hunt from 11:30 a.m.–1 p.m. at Miller's Landing March 31.

The Easter egg hunt is open to children ages 0–10.

For more information, contact the Station Chapel at 466-4000.

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.

► Mammogram Screening Event

The Naval Hospital Camp Lejeune Radiology Department will host a mammogram screening event May 13–16 from 8–11:30 a.m. and 1–5:30 p.m.

Patients may walk in or schedule an appointment.

To schedule an appointment, call 910-450-3470, 910-450-3215 or email tammy.mctaggart@med.navy.mil.

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.

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 group meets Friday nights 5:30–8 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.

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

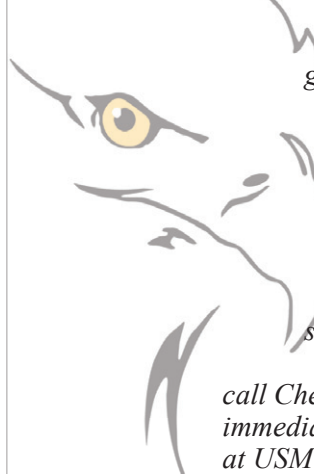
Thursdays

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

Tuesdays – Thursdays

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

Signs of Terrorist Activity: Elicitation



Elicitation is the act of attempting to gain information about military operations, capabilities or people discreetly. The purpose of elicitation is to collect information that is not readily available. Elicitation attempts may be made by mail, fax, telephone or in person and are usually done without raising suspicion.

If you observe suspicious activities, call Cherry Point Emergency Dispatch immediately at 466-3616 or report it online at USMCEagleEyes.org.

OPERATION EAGLE EYES

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