

The Windsock

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MAJ. KAREN ROGANOV

Gunnery Sgt. Matthew Smith, a maintainer with Marine Fighter Attack Squadron 501, marshals in the first Marine variant F-35B Lightning II joint strike fighter to arrive at Eglin Air Force Base, Fla., Jan. 11.

Gunnery sergeant becomes first enlisted Marine to rev Lightning II engines

LANCE CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

Gunnery Sgt. Matthew J. Smith recently became the aircraft mechanic qualified to turn the engine of an F-35B Lightning II. "Being the first enlisted guy to start the engine was awesome," said Smith, the maintenance control staff noncom-

missioned officer in charge with Marine Fighter Attack Training Squadron 501. "It was like being in a Transformer as they are transforming. I was worried at first because that is something that you don't want to mess up, but after I got the engine going, everything was good to go."

Originally, Smith trained and received

qualifications as an AV-8B Harrier fixed-wing aircraft mechanic. He was also engine run qualified on that aircraft.

Training to become qualified on the aircraft is extensive, said Smith.

After being selected to take part in the F-35B program in 2009, Smith attended a Pratt and Whitney engine course offered in

East Hartford, Conn., followed by a cadre course to help him prepare to take part in what was then a still-developing curriculum for F-35B mechanics.

In early 2012, Smith attended his new military occupational specialty school.

See **LIGHTNING II** page A3

Marines attend annual tech expo



LANCE CPL. ANDREA CLEOPATRA DICKERSON

A vendor at the annual Cherry Point Technology Exposition demonstrates to Marines how an oscilloscope displays and analyzes the voltage and frequency of electric signals April 4 at the air station theater. More than 20 exhibitors showed off products and services to military members and government employees who attended. Vendors displayed the latest audio/visual, communications and computer technology the industry has to offer.

'Death from Below' sees big picture

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

Despite the absence of an enemy that presents a viable threat from above, "Death from Below" has maintained its Marines proficiency in its primary skill set.

The Marines of B Battery, 2nd Low Altitude Air Defense Battalion, spent Tuesday training on a relatively new vehicle-mounted system that will enhance their ability to deliver lethal force to enemy aircraft and prevent future friendly fire instances. This system, known as the Joint Range Extension, gives the LAAD community the capability to see further and determine the type, speed and direction of aircraft. It also identifies aircraft in the battle space as friendly or hostile.

"Utilizing one JRE system, we can get an air picture to six fire points and give them eyes on the enemy before the enemy gets eyes on them," said Sgt. Dustin M. Poe, a section

leader with Bravo Battery.

Air pictures are sent to the vehicle by satellites, Internet Protocol network, or radio frequencies and can pull information from all types of joint sensors such as Navy air defense ships, Air Force airborne surveillance platforms and Marine Corps ground based radar systems.

"This system is worth its weight in gold," said Capt. Tim S. Heffington, the battery commanding officer. "We are coming into an age where a lot of our enemies are going to begin using unmanned aerial vehicles. Those are hard to see with the naked eye, but with the JRE system, we are able to tell the Marines 'Team three, you have a UAV inbound at this bearing, range, and altitude.' The teams have computers that will show them a near-real time air track so they can track it as it comes

See **GEAR** page A3

Combat engineers hit virtual road

LANCE CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

Thirteen combat engineers with Marine Wing Support Squadron 271 bolstered their mobility skills in the Combat Convoy Simulator at Camp Lejeune Monday as part of their annual training.

Although combat engineers are primarily known for their construction and demolitions roles, the job entails much more, said Sgt. Hugh T. Farr, a squad leader with MWSS-271's combat engineers.

"It is important for us to know how to conduct mobility operations," he said. "Anything could happen. We go on convoys frequently and we need to know vital skill sets so we can do our jobs to the best of our abilities."

During training, the engineers brushed up on their route clearing skills, alternating roles from a driver operating a Humvee and communicating with the combat operations center and other vehicles in the convoy to a gunner operating weapons systems from the turret.

Farr evaluated his Marines and gave them feedback on their performances.

"I learned a lot of valuable things today, like how to call in properly over a radio and operate an MK-19 grenade launcher," said Lance Cpl. Amadu Kanu, a combat engineer with MWSS-271. "But I also learned the importance of unit cohesion. In everyday situations, we need to be able to effectively commu-

See **ENGINEERS** page A3

Relocation to affect traffic tonight



CPL. SCOTT L. TOMASZYCKI

Cherry Point patrons can expect traffic delays, temporary closures and rerouting along Roosevelt Blvd. from 7-10 p.m. tonight. Cherry Point personnel will be transporting one HH-46 Sea Knight and one EA-6B Prowler from Air Operations to their new resting place along Roosevelt between A and C streets to serve as historical displays. Trucks hauling the two aircraft are expected to enter Roosevelt at Magpie Rd. at approximately 7 p.m. and travel south. Traffic in both directions will be affected by the move. Originally slated for April 4, the move was rescheduled due to inclement weather.

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Little League see story and photos B1



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

News Briefs

Magazine Sales Restricted

Government-issued magazines are available for purchase by active-duty personnel only. Service members must provide a letter from the Marine's chain of command and signed by their staff noncommissioned officer in charge or officer in charge authorizing the purchase.

The letter must also state the quantity and type of magazine authorized for purchase and the reason replacement magazines are necessary.

Global Reach, Local Action

Marine Administrative Message 185/13 says Earth Day is recognized every year on April 22.

The message recognizes the direct and indirect impact the Marine Corps mission has on the environment and the communities in which Marines live, train and operate throughout the globe.

It encourages Marines to uphold global responsibilities, maintain readiness and be good stewards of natural and cultural resources.

Aviation Marines Honored

Two Marines from Marine Light Attack Helicopter Squadron 469 will received Marine Corps Aviation Association awards in May for their actions battling insurgents during an attack on Camp Bastion, Afghanistan, Sept. 14.

Maj. Robert "Troll" Weingart, an AH-1W Cobra pilot, has been named the Alfred A. Cunningham Aviator of the Year and Cpl. Benjamin Hebert, a helicopter crew chief, earned the Danny L. Radish Marine Enlisted Aircrewman of the Year award.

Journalist To Attend IOC

Gen. James F. Amos, Commandant of the Marine Corps, has issued an invitation to senior Marine Corps Times writer Dan Lamothe to attend the July Infantry Officer Course with more than 100 Marines.

The invitation came in Amos' first letter to the publication after it published an article headlined "Two more female Marines flunk infantry officers training."

According to Amos, more than 30 percent who attempt IOC do not complete it but go on to serve the Corps honorably in other meaningful and rewarding ways.

Lamothe accepted the invitation.



An EA-6B Prowler sits on the flight line. Marine Tactical Electronic Warfare 1 was named the Royal N. Moore Electronic Warfare Squadron of the Year by the Marine Corps Aviation Association.



LANCE CPL. GLEN E. SANTY

The Windsock Weekly Photo Competition

April 4 - April 11, 2013

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

CPL. FABIAN CARDONA

Job Title: individual material readiness list asset manager
Unit: Marine Light Attack Helicopter Squadron 467

Age: 22
Hometown: Queens, New York
Date Joined: Dec. 17, 2010

Cpl. Fabian Cardona is an individual material readiness list asset manager with Marine Light Attack Helicopter Squadron 467.

Cardona manages assets at the organizational and intermediate levels of maintenance, using technical publications and automated data processing equipment to gather and report inventories.

"In a nutshell, my job is to keep an inventory on the equipment used to repair the aircraft," he said. "I know my job is important to this squadron because without us, the mechanics couldn't get their job done."

Cardona recently transferred from Marine Corps Air Station Futenma, Okinawa, Japan where he worked with KC-130J Hercules. Here, he works with UH-1N Hueys and AH-1W Super Cobras.

"The biggest challenge of this job is learning all of the new nomenclature, but in turn, that makes it the most rewarding too," said Cardona.



Highlighting Cherry Point's Warriors



LANCE CPL. GLEN E. SANTY

Support, celebrate Month of the Military Child

As we celebrate the Month of the Military Child during April 2013, keep in mind that our military families and children are the backbone of our fighting force. They are the ones who provide the cohesiveness and support that inspires our Marine and Sailor parents to perform their roles as defenders of our freedom.

The studies and statistics for our school age children reveal that they will change homes and school six to nine times from kindergarten through high school, and will attend at least two different high schools. Many of you have experienced this yourself as military dependents or as parents raising your own children.

Remarkably, this dislocation often occurs while one or both parents are deployed. Fortunately, military children have proven time and time again that they are resilient and capable than many of their peers who attend the same school their entire childhood.

Please encourage your military community to contact their school liaison for details and join me along with the rest of the nation in celebrating our amazing military children. Remember, our children are the strength of our future.

Thomas A. Gorry
Brig. Gen. Thomas A. Gorry
Commanding General
Marine Corps Installations East

Chaplain's Corner : Woe is me

CMDR. PHIL KING
DEPUTY 2ND MARINE AIRCRAFT WING CHAPLAIN

We all share a deep military conviction to never leave a comrade behind. While this attitude is often considered only in a combat context, it is indeed universal to our vocation. Now consider that not all comrades in trouble are there because of selfless sacrifice. There are problem shipmates and warriors who we all struggle with; "the 10 percent who take up 90 percent of our time," is one of the popular expressions.

I'm not talking about the majority of us knuckleheads who make stupid mistakes and pay heavy prices and take responsibility for our actions. Those who choose to learn from their mistakes and move forward based on experience demonstrate good character and maturity. I like to think our best military leadership develops from those who pushed the limits and withstood punishment. I'm talking about those Sailors, Marines and family members who leave themselves behind. The "Woe is me," "Can't help myself," "Always a victim," "Someone else's fault," poster children of failure. Their self destruction hurts all of us. Their usual end, if not prison, is separation where they return to society a burden rather than a blessing for having served in the military. Those of us in the chain of command who try to help such individuals are haunted

See **WOE** page A3

Marital separation : dependent support

1ST LT. JOSHUA L. OCKERT
LEGAL ASSISTANCE ATTORNEY

Marriage means a lot of obligations: faithfulness, trust, helping with the dishes and financial support to your dependents. This means Marines can be ordered to provide financial support to dependents, including to a spouse during a separation and until a divorce is finalized.

Support obligations are spelled out in Chapter 15 of Marine Corps Order P5800.16A. The order gives commanding officers the authority and responsibility to order Marines to pay money to their dependents. The policy goals are clearly spelled out in the order: "The Marine Corps

will not serve as a haven for personnel who fail to provide adequate and continuous support to their family members."

The order applies after a Marine's dependent makes a complaint of non-support, or when the complaint is made on behalf of a dependent such as for a child. When the complaint is received, the commanding officer "will inform the Marine about the nature of the complaint and shall encourage the Marine to consult with a legal assistance attorney." So long as there is no conflict of interest, Legal Assistance can advise a Marine or dependents about the support obligation and explain how MCO

P5800.16A is enforced. A conflict of interest occurs if both a Marine and the Marine's spouse attempt to consult with the same Legal Assistance office about a separation or divorce, but it can also occur under other circumstances.

After the Marine has had an opportunity to consult with counsel, the command will meet with the Marine to determine what steps are necessary to ensure compliance with the order. One option is for the commanding officer to issue a written order to the Marine to provide financial support.

See **DIVORCE** page A3

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.

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REMEMBER TO RECYCLE



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After completing the course successfully, he went to a two-week F-35 engine run course to become certified to start the newest fighter attack aircraft in the Corps' inventory.

"This aircraft is like none other in the Marine Corps arsenal, and every day is a constant learning event."

Although Smith's primary mission is creating the squadron's flight schedules, he assists 76 maintenance Marines with their day-to-day tasks from servicing hydraulic systems to engine removals.

"He can perform the aircraft checks that pilots do before their flights," said Lt. Col. J. T. Bachmann, the squadron's aviation maintenance officer. "We are more efficient thanks to him. He can perform mission-essential tasks we need done, freeing other personnel to support other critical roles."

Bachmann said additional flexibility also creates learning opportunities.

"Gunnery Sgt. Smith is a valuable asset to the squadron," said Bachman. "The more time he spends hands-on with the aircraft, the more he will continue to learn."

Smith said he doesn't take his responsibilities or his job lightly, especially since he joined the Corps' F-35B program.

"The best part of my job is being able to work on the first 5th-generation fighter in the Marine Corps," said Smith. "I feel privileged to have experienced this within my career."

VMFAT-501 is currently home to 118 Marines and Sailors. At this time, the squadron boasts 13 qualified F-35B pilots. When the squadron re-designated in April 2010, the "Warlords," assumed the lineage of predecessor VMFA-451, which saw action during World War II and Operation Desert Storm.

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nicate with each other so we can bring everyone home safely."

Farr stressed the importance of virtual training tools like the Combat Convoy Simulator to his unit and others throughout the Marine Corps.

"With the Marine Corps downsizing, we need to make the most of our resources," he said. "This simulator helps us save some of our resources like the diesel we use to fuel the Humvees."

Farr said the Marines exceeded his expectations and he looks forward to seeing their skills progress.

GEAR from page A1

into the engagement envelope of the missile and sectors of fire of that team."

2nd LAAD completed the unit's first successful field test with the system at Weapons Training Instructor course at Marine Corps Air Station Yuma, Ariz., last year.

"It's just training fires out there, but this gear made it so our Marines completed their mission to perfection," said Heffington.



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by the questions of what else could have been done.

These 10 percent are people, shipmates, human beings who find ways of foiling even that constellation of services and skills that the Marine Corps brings to the development of young men and women. For all the complexities of Marine service, the military is a remarkably simple occupation. If you can clean yourself up, get to work on time and do your job respectfully and competently, you can serve successfully in the military. Framed in such a way, how hard is it really to shower, shave, clean your clothes and be punctual? And yet for that 10 percent, even these modest duties seem insurmountable.

As a chaplain I often counsel with that 10 percent, "Woe is me" demographic. The term "Woe is me" is actually biblical. It comes from the Book of Job 10:15; as well as Psalm 120:5 and Isaiah 6:5. It is the comment of one who is utterly frustrated by the evil of life despite every attempt otherwise to overcome.

In considering how to counsel someone like this, I often find that they are their own worst enemy. They shield themselves with an impenetrable self-pity and pridefulness. If I can get beyond that self-pity, and crack that veneer of pride, I often discover a host of other demons – defeatism, cynicism, sarcasm, an ethic of blame and excuse making that may go back years. For that 10 percent, even the warrior development firepower of the Marine Corps can seem powerless over their determination to destroy themselves.

I have no magic insight here. This is a cutting-edge challenge as real as war and often as insurmountable as the missions that affect and challenge every command and unit. While in the service, we will enjoy meeting and knowing profoundly inspiring and motivating men and women, but it is our often thankless work with those who struggle that defines us. It goes beyond the service. This is a life skill. Sometimes the challenge is to help them simply not leave themselves behind.

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Preferably, the amount of support should be spelled out in a court order or a written agreement between the parties. Final divorce decrees and written agreements that specifically address support will eliminate the support obligation of MCO P5800.16A. At Legal Assistance, we can help you draft a Marital Separation Agreement that clarifies each party's rights and responsibilities. This means that the Marine and his or her spouse can determine their own needs rather than leaving it up to Chapter 15. Additionally, if the couple decides to divorce, the Marital Separation Agreement can make the process smoother. For these reasons, a Marital Separation Agreement is a good idea for most couples going through the separation process.

Where there is no support order or written agreement, the commanding officer's order will establish the appropriate amount of support in accordance with a formula provided in the MCO. Generally speaking, it involves a percentage of Basic Allowance for Housing if applicable, or a specific dollar amount if the Marine's BAH is deducted for government housing. The Marine will have to pay this amount even if it was the Marine's spouse who decided to leave. The commanding officer, after consulting with the Staff Judge Advocate, may reduce or eliminate this obligation under certain circumstances. If the Marine regularly pays for his or her dependents' expenses (e.g., rent or car insurance), your spouse has independent means of support such as a job, or there's been a complaint of domestic violence, it's important for that Marine to come see Legal Assistance for a consultation. Additionally, a Marine subject to Chapter 15 obligations should see Legal Assistance after having paid dependent support for 12 months; the commanding officer may be able to reduce or eliminate the obligation.

Lastly, there is no duty of support for stepchildren unless they are adopted. There is also no duty for support between dual-military couples without children. It's important to keep yourself informed of your legal rights and responsibilities when going through a separation or divorce. A Legal Assistance Attorney can help you determine what's best in your situation. But we can't help with the dishes.

Legal Assistance can help you with non-criminal legal matters. Walk-ins are accepted weekdays at 7:30 a.m. at the Legal Services Support Team, Bldg. 219.

HMH-464, 2nd Recon perform SPIE rigging

LANCE CPL. RYAN JOYNER

MARINE CORPS AIR STATION NEW RIVER

CAMP LEJEUNE, N.C. – Marine Heavy Helicopter Squadron 464 helped Company C, 2nd Reconnaissance Battalion, conduct special purpose insertion and extraction rigging training aboard Camp Lejeune March 13.

While the sight of helicopters flying over New River and Camp Lejeune is common, Marines hanging from a rope during the flight is not.

For the majority of the pilots and crew of the two CH-53E Super Stallions, it was their first time flying a SPIE-rigging flight.

“Fast-roping is more common. We do not do SPIE-rigging flights that often,” said Sgt. Michael K. Williams, HMH-464 crew chief.

The reconnaissance Marines wore harnesses attached to a 125-foot long, inch-thick rope suspended from the helicopter.

“Safety considerations go through the roof. We have to be real careful because they are hanging 125 feet below the aircraft,” said Capt. Samuel F. Zasadny, HMH-464 pilot. “We have to go straight up 100 feet above the trees before we even start moving forward.”

After the Marines connected their harnesses to the rope, the Super Stallion hovered and slowly increased altitude. The Marines ran forward as the rope was lifted until they were directly under the CH-53E and their feet left the ground.

“It was 60 to 70 degrees out there, and we were

flying at 80-90 miles an hour so it gets kind of cold. We went pretty slow so they did not get too uncomfortable,” said Zasadny.

The helicopter rope suspension training master from 2nd Recon Bn. and the crew chiefs aboard the helicopter look through the observation hole in the floor of the aircraft, ensuring the Marines suspended below were in no danger of colliding with trees or other obstacles.

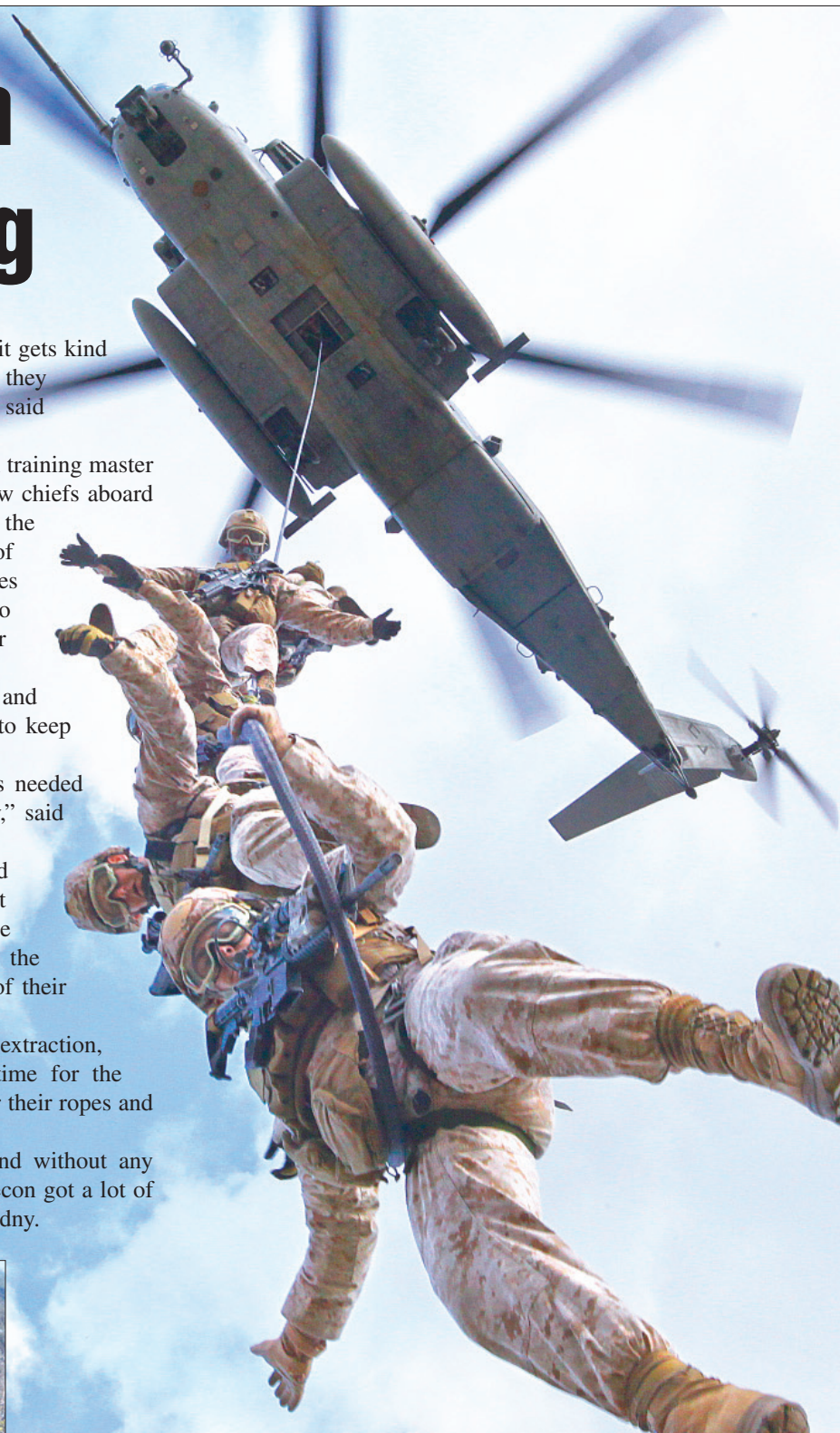
They also constantly checked and maintained the suspension gear to keep everything safe.

“A lot of crew coordination is needed to make sure it gets done safely,” said Zasadny.

The Marines were inserted and extracted several times without weapons or packs to refamiliarize themselves before performing the training with the added weight of their gear on the last rotation.

After the final insertion and extraction, the CH-53Es landed one last time for the reconnaissance Marines to gather their ropes and gear from the helicopters.

“Everything went smoothly and without any incidents. I know we and 2nd Recon got a lot of good training out of it,” said Zasadny.

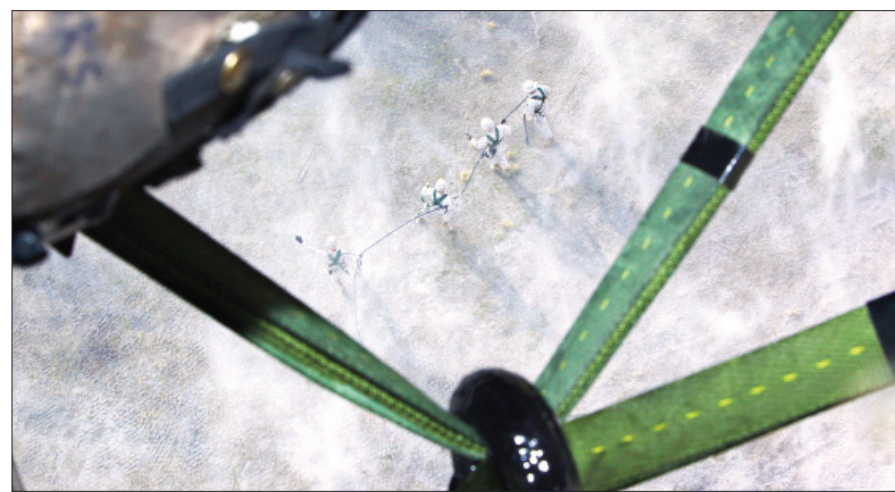


PHOTOS BY LANCE CPL. RYAN JOYNER

Marines with 2nd Reconnaissance Bn. are lowered to the ground by a CH-53E Super Stallion with Marine Heavy Helicopter Squadron 464 during special purpose insertion and extraction training at Camp Lejeune March 13.



2nd Reconnaissance Bn. Marines touch ground after being lowered by a CH-53E Super Stallion during training at Camp Lejeune.



Marines from Company C, 2nd Reconnaissance Bn. wait to lift off the ground during special purpose insertion and extraction training.



Marines attached to a CH-53E Super Stallion conduct special purpose insertion and extraction training at Camp Lejeune.

NMCRS aids corpsman's financial health

LANCE CPL. CAYCE NEVERS

MCAS CHERRY POINT

Just out of boot camp and Navy Hospital Corps School, Seaman Dylan T. Adkinszimmerman arrived at Cherry Point in October 2011 and soon found himself struggling financially.

"When I first checked in here, I didn't really have my boots on the ground, and I wasn't exactly ready for everything," said the Naval Health Clinic Cherry Point corpsman. "It didn't really affect my work at all, but it did affect my personal life."

Rather than letting the problem snowball, he sought advice from his leadership.

"(The Navy-Marine Corps Relief Society) was the first place I actually heard of," he said. "I went to my command, and they said 'Just go to them first before you use your bank, so it doesn't mess up your credit.'"

Soon after, Adkinszimmerman visited the office and met with a Navy-Marine Corps Relief Society volunteer. The Fairfield, Calif., native found answers to his questions and a viable solution to his problem.

"They helped me get my boots on the ground and get a feel for this place and how they could take care of me," he said.

Last year, the Cherry Point Navy-Marine Corps Relief Society helped more than 1,200 Marines and Sailors like Adkinszimmerman with grants and interest-free loans totaling more than \$625,000. A large amount of the money used to provide assistance to local service members comes directly from Cherry Point's annual Active-Duty Fund Drive in support of the society. However, the bulk of funds earmarked for direct financial assistance actually comes from repayment of loans like the one Adkinszimmerman received. This constant recycling means those who receive assistance actually help pass it forward with every repayment and extend the value of every dollar the society receives.

"The society is great," said Adkinszimmerman. "They helped me back then, and I am pretty sure they will help me again should I need it."

Service members can learn more about the Cherry Point Active-Duty Fund Drive in support of the Navy-Marine Corps Relief Society or make a donation at <http://www.nmcrcsfunddrive.org> or by logging into Marine Online at <https://www.mol.usmc.mil>.



PHOTO BY LANCE CPL. CAYCE NEVERS

Seaman Dylan T. Adkinszimmerman, a corpsman with Naval Health Clinic Cherry Point, practices putting on a thumb spica, which is used for sprained wrists, at the Naval Health Clinic here April 8. Shortly after arriving here, Adkinszimmerman found himself struggling financially, but a quick assistance loan from the Navy-Marine Corps Relief Society helped him as he adjusted to his first duty station.



PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

Gunnery Sgt. Eric Smith, the 2nd Marine Division strategic spectrum manager, and his 9-year-old daughter, look over her helmet before departing from a New River motorcycle dealership to ride in support of Alcohol Awareness Month Friday.

NC Marines cruise to keep streets booze-free

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

Nearly 80 Marines from Cherry Point, Camp Lejeune and New River met at a New River motorcycle dealership Friday to ride in observance of Alcohol Awareness Month. The ride was sponsored by the Coastal Coalition for Substance Abuse Prevention and the Camp Lejeune traffic safety office.

Alcohol Awareness Month, held every April, was founded by the National Council on Alcohol and Drug Dependence to increase public awareness and understanding aimed at encouraging families and individuals negatively affected by alcohol to seek help.

Gunnery Sgt. Eric Smith, who rode with his 9-year-old daughter, said the cause holds a special place in his heart.

"This is personal," said the 2nd Marine Division strategic spectrum manager. "I've lost a lot of friends to al-

cohol-related incidents."

Smith said all the friends he lost along the way have impacted his life.

"It's a tough thing to deal with," he said. "We deploy and fight for our country and make it back home. It is unacceptable to lose people to drunk driving."

Smith's daughter has been riding with him since she was 5. She said she was excited to ride with her father and spend quality time with him. The two are inseparable and sometimes travel cross country together on his bike, he said.

Smith said he looks forward to future rides with his daughter as she gets older.

"I'm glad I get to spend time with my daughter today," he said. "She is my number one passenger. It also means a lot to help raise awareness for this cause. Maybe if we raise awareness, we won't have to lose anybody else to alcohol-related incidents."



Approximately 80 Marines from Cherry Point, Camp Lejeune and New River get a safety brief at a New River motorcycle dealership before participating in a motorcycle ride for Alcohol Awareness Month sponsored by the Coastal Coalition for Substance Abuse Prevention and the Camp Lejeune traffic safety office.



A young ride participant puts on her helmet before getting on her father's motorcycle.

Logistic Marines see with Raven eyes



PHOTOS BY LANCE CPL. SHAWN VALOSIN

Cpl. Pedro J. Aldebol (left) and Sgt. Dustin T. Gill, bulk fuel specialists with Combat Logistics Battalion 6, 2nd Marine Logistics Group, prepare a RQ-11B Raven unmanned aerial vehicle during a pre-launch function check aboard Camp Lejeune March 26. The Marines volunteered to train with the system for an upcoming deployment.

LANCE CPL. SHAWN VALOSIN

2ND MARINE LOGISTICS GROUP

CAMP LEJEUNE, N.C. – RQ-11B Raven unmanned aerial vehicles took to the skies during a training exercise here March 26.

A dozen Marines from Combat Logistics Battalion 6, 2nd Marine Logistics Group, split into two-man teams to train with the Raven.

The new system is the most updated model of light-weight UAV used for reconnaissance missions.

A vehicle operator manually guides the aircraft through the sky, while a mission operator monitors the route and makes necessary changes to the flight.

The Marines volunteered to train with the Raven system for an upcoming deployment to Afghanistan, said Mr. Lee E. Hess, a course chief at the small-UAV school here.

The training included classroom lessons as well as practical application in the field over a two-week period.

Ravens use infrared and daylight front-end cameras, making them useful for day and nighttime operations. They can operate more than six miles away from the Ground Control System.

The technology gives Marines a bird's eye view of the battle space without being directly in harm's way.

With removable wings and a total weight of 4 pounds, Ravens are exceptionally portable.

A variety of piloting capabilities adds to its versatility.

"We can manually control the system by remote or autonomously via the GCS," said Sgt. Dustin T. Gill, a bulk fuel specialist with CLB-6 who trained with the new system. "We can even use one Raven to direct another."

The systems also have an auto land feature, which allows the Raven to arrive at preplanned coordinates.



Marines with Combat Logistics Battalion 6, 2nd Marine Logistics Group, make adjustments to a RQ-11B Raven unmanned aerial vehicle aboard Camp Lejeune March 26. With a weight of 4 pounds and length of 3 feet, the UAV can be deployed in a variety of locations.



PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

Cpl. Wilking Innocent, a traffic management specialist at the Distribution Management Office, assists Cpl. Catarino Estrada, a UH-1/AH-1 mechanic with Marine Light Attack Helicopter Squadron 467, and his family set up a household goods shipment. With peak moving season rapidly approaching, DMO and the Relocation Assistance Program are working hard to ensure Marines and Sailors here experience seamless transitions to and from their duty stations.

DMO readies for peak moving season

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

The deputy commandant for Installations and Logistics recently released a message reminding service members, civilians and family members about the challenges associated with the rapidly approaching peak moving season.

According to the message, planning, preparation and communication are the keys to executing a successful move. The Cherry Point Distribution Management Office and Relocation Assistance Program personnel are already working to ensure Marines and Sailors here experience seamless transitions to and from the air station during this change in operational tempo.

"I always encourage Marines to come in as soon as they get their web orders and first endorsement from the Installation Personnel Administration Center," said Sgt. Marneze Davis, the lead personal property entitlement counselor. "Relocation requires proper planning. The moving companies can only move a certain number of people each day; if Marines wait until the last minute, they could run into blackout dates."

Those who wish to do a government-contracted move should start the planning process four to six weeks in advance, Davis said. During the peak season, move dates may be filled more than a month in advance due to the high volume of requests. Nearly 65 percent of all Department of Defense household goods moves occur between May 15 and Sept. 30, with the two most popular dates being just prior to Memorial Day and two weeks after Independence Day.

"Moving orders and regulations change all the time," said Davis. "That's why you want to give yourself enough time to plan your move. Anything could happen and you may have to make alternate arrangements. For a lot of Marines, this is their first time moving, they might be unsure of their options."

To help ease local service members' uncertainty about moving, the RAP sponsors a Plan Your Move workshop.

The next workshop is scheduled for Wednesday at the Jerry Marvel Training and Education Building from 9 to 11 a.m. Service members are required to take the class before getting their first endorsement from the Installation Personnel Administration Center.

During the two-hour course, Marines and Sailors learn to navigate the moving process from start to finish and receive resource and referral information for job assistance and school programs for transitioning spouses and children.

"The class is beneficial to everyone no matter your rank because the information is always changing," said Sandy K. Langlois, the relocation assistance program coordinator.

Langlois said she hopes senior ranking Marines take

the knowledge they gain back to their shops and share it with their Marines.

In addition to the course, RAP offers other classes and seminars and maintains a lending locker filled with basic household necessities incoming and outgoing military members can borrow during transition periods before or after a move.

"We are here to assist and make PCS moves easier and stress-free whether you're coming here to Cherry Point or outbound to another location," she said.

Service members are encouraged to consult <http://www.move.mil/home.htm> for planning tools and information regarding the Department of Defense moving process.



Sgt. Marneze Davis, the lead personal property entitlement counselor at the Distribution Management Office, helps Cpl. Ashley G. Reyes, an avionics technician with Marine Light Attack Helicopter Squadron 467, submit a moving request at Cherry Point.

Aerial Ops at WTI



CPL. WILLIAM WATERSTREET

(Above) Maj. Clint Webber, the tactical aviation department head for Marine Aviation Weapons and Tactics Squadron 1, trains in an F-18 Hornet during the spring Weapons and Tactics Instructors' Course hosted by MAWTS-1 at Marine Corps Air Station Yuma, Ariz., March 30. WTI is a training evolution designed to promote the best possible skills in today's Marine Corps aviators.



(Left) Maj. James Vallario, an AV-8B Harrier pilot with Marine Attack Squadron 223, trains in his aircraft during Weapons and Tactics Instructors' Course hosted by MAWTS-1 at MCAS Yuma.



An AV-8B Harrier pilot with VMA-223 and an AV-8B Harrier pilot with MAWTS-1 train during WTI at MCAS Yuma. WTI is a bi-annual training event.

(Right) Journalist Joe McGovern pauses for a moment while photographing AV-8B Harriers participating in WTI at MCAS Yuma.



Marines refresh, test skills during aerial gunnery training

LANCE CPL. ANNE K. HENRY

MARINE CORPS INSTALLATIONS PACIFIC

MARINE CORPS AIR STATION FUTENMA, Okinawa, Japan – Marines with Marine Medium Tiltrotor Squadron 265 engaged in an aerial gunnery training exercise March 27 about 25 miles off the coast of Okinawa.

The training allowed the Marines to test their skills by firing 2,400 7.62 mm rounds from M240D medium machine guns mounted on MV-22B Ospreys.

“Our goal here today was to refresh our aerial gunnery skills,” said Gunnery Sgt. Jaymz L. Bott, a crew chief with VMM-265, Marine Aircraft Group 36, 1st Marine Aircraft Wing. “We did this by conducting classes, briefs and hands-on training.”

To prepare for the training, Marines spent several hours discussing and refreshing their knowledge of the fundamentals of aerial gunnery in a classroom setting, according to Staff Sgt. Jared S. Watson, an MV-22B Osprey crew chief with the squadron. The fundamentals included safety, weapons functions and malfunctions and the standard operating procedures for target engagement.

“The classroom (session) was very informative and a good refresher,” said Cpl. Zachary G. Lyon, a crew chief with the unit. “When it came time to fire the weapon, I knew exactly what to do.”

Following the classroom instruction, the crews and pilots began the hands-on portion of the training exercise, which consisted of two Ospreys flying in separate patterns while engaging the same target, allowing Marines to fire at the targets from multiple angles and become familiar with firing from the ramp of the aircraft, according to Watson.

Firing from the Osprey requires careful concentration.

“One of the main techniques we used to maintain a stable line of fire was to pull back on the weapon and tuck our elbows in tight,” said Watson.

Throughout the training, Marines were forced to practice the fundamentals they learned in the classroom, ultimately putting their skills to the test during a simulated



LANCE CPL. ANNE K. HENRY

Cpl. Zachary G. Lyon engages a target from the back of an MV-22B Osprey with an M240D medium machine gun during an aerial gunnery training exercise about 25 miles off the coast of Okinawa March 27. Lyon is a crew chief with Marine Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing.

combat scenario.

“Today we flew at the target using many different (flight) profiles,” said Watson. “This forced the Marines firing to be aware of their surroundings, as they were not the only crew in the air.”

Not only did the training have a positive impact on the Marines, it also gave them experience and knowledge that will be useful in the future.

“The kind of training we did today benefits the Marines tremendously,” said Bott. “If the Marines are not getting the opportunity to practice these skills, they will be forgotten.”

“This training has huge long and short-term benefits for the Marines, ultimately enhancing our mission readiness,” added Bott.

Life & Times



PHOTOS BY LANCE CPL. CORY D. POLOM

Desmones Eye Care's center fielder takes a hard cut at a pitch during the Havelock Little League's season opener at the Havelock Recreation Center Monday. Desmones Eye Care defeated Dairy Queen 10-2 to start the season. He is one of four military children on the team.

Baseball assists in children bonding

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

The arrival of spring is heralded by the return of insects, budding plants and migratory birds. But for some, the most anticipated signs of spring are a freshly-groomed infield and the feel of a well-worn leather glove.

This time of year, children are fielding grounders and swinging away in little league practices and games across the nation. The Havelock Little League is no exception, but unlike most others, about one in three sluggers is a military child. Every year in April, the nation observes the Month of the Military Child to honor the sons and daughters of American service members and their unique contributions and sacrifices.

Abel Sandoval, the president of the Havelock Little League, says he knows the league provides an important branch of a growing support system for the children of service members.

"Most of the league's board members have served in the military at one time or another," said Sandoval. "We understand the difficulties these children are going through, and we do everything we can within Little League International's rules to help these kids out."

Sandoval, a retired Marine Corps staff sergeant, said a majority of the league managers and coaches go out of their way to help the military children get to practices and games when a parent is deployed or work demands preclude their attendance. He added that the league's volunteers include many active duty Marines filling coaching positions, adding another person the children can rely on.

"When these military kids come here and play they make friends and great bonds grow," said Sandoval. "If their parents get orders somewhere and they move away, but return to Havelock five or six years later, those bonds are still there. It makes the military life a lot easier."

Both military and local parents enjoy watching their children play ball and feel it's a great way to get the children's minds off real world troubles such as deployments.

"This league and its coaches are great assets," said Maria E. Ketchum, whose husband is deployed with 2nd Combat Engineer Battalion out of Camp Lejeune. "It helps the kids (integrate) with the community and gain new friends outside of the military."

Ketchum, whose son plays second base for Desmones Eye Care, said she feels the league gives her child a positive outlet to help cope with his father's deployment.

"This gives him a way to keep active and deal with his dad being gone," said Ketchum. "It also gives him something to talk about with his dad while on Skype. His dad is very proud of him."

The season opener between Desmones Eye Care and Dairy Queen took place Monday at the Havelock Recreation Center. Desmones Eye Care won 10-2.



Desmones Eye Care's second baseman loads and prepares to swing during the Havelock Little League's season opener Monday. He is a military child whose dad is currently deployed.



Players compete in the first game of the season at the Havelock Recreation Center Monday.



Players of Desmones Eye Care await the next batter during Havelock Little League's season opener Monday. About one in three players in the league are children of service members.



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 April 11

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 April 12

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

Saturday April 13

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 mushrooms, lyonnaise potatoes, buttered egg noodles, stewed tomatoes, peas

Sunday April 14

Lunch - Vegetable beef supreme soup, baked citrus herb-crusted fish, fried chicken, brown rice pilaf, potatoes, cream gravy, green bean casserole, corn **Dinner** - Turkey noodle soup, creamy Cajun shrimp penne, meatloaf, roasted garlic mashed potatoes, brown gravy, Louisiana-style smothered squash, okra m'elange

Monday April 15

Lunch - Minestrone soup, beef short ribs, chicken and Italian vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots **Dinner** - Bayou jerked pork loin, turkey meatloaf, buttered egg noodles, islander's rice, lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

Tuesday April 16

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

Wednesday April 17

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

Tricare offers smoking cessation meds

CONTRIBUTED ARTICLE

TRICARE HEALTHY LIVING

TRICARE covers smoking cessation medications, including prescription and over-the-counter medications, to help you quit smoking. Medications are available at no cost through the TRICARE Pharmacy Home Delivery and military pharmacies but are not covered at retail pharmacies.

Smoking cessation medications are available for all beneficiaries over the age of 18.

You must have a prescription from a TRICARE-authorized provider for any smoking cessation medication, including over-the-counter medications. You do not need to be diagnosed with a smoking-related illness to use smoking cessation medications.

TRICARE covers the following smoking cessation medications with no co-pay:

- Varenicline tablets (brand name Chantix)
- Bupropion SR tablets (brand name Zyban)
- Nicotine nasal spray (brand name Nicotrol NS)

- Nicotine inhalation (brand name Nicotrol)
- Nicotine transdermal (brand names Nicoderm CQ and Habitrol)
- Nicotine gum (brand names Nicorette and Nicorelief)
- Nicotine lozenge (brand names Nicorette and Commit)

If you plan to fill your smoking cessation medication prescription at a military pharmacy, call ahead to verify its availability and to ask whether your medical facility requires participation in a cessation program or class.

There is a limit of two quit attempts each year. A third quit attempt may be covered with physician justification and preauthorization. For smoking cessation medications, a quit attempt is 120 days of medication. If you also receive smoking cessation counseling that overlaps your covered medication use by at least 60 days, it is considered a single quit attempt.

For information about Naval Health Clinic Cherry Point's smoking cessation program, contact Paula Pendrick, Health Promotions Coordinator, Tobacco Cessation Facilitator at 252-466-0277.



Health Net celebrates Month of the Military Child

CONTRIBUTED ARTICLE

HEALTH NET FEDERAL SERVICES

April is the Month of the Military Child and Health Net Federal Services LLC, the TRICARE contractor for the TRICARE North Region, celebrates the 1.8 million children of U.S. military families around the world.

Did you know these children move an average of six to nine times between kindergarten and 12th grade, according to the non-profit Military Child Education Coalition?

More than 900,000 have had a parent deploy multiple times, and nearly 45,000 are living with a parent's wound, injury, illness or death, according to MCEC.

Health Net is proud to highlight resources and organizations dedicated to the well-being of military children and the unique challenges they face.

Online Resources

- Health Net Kids Journal series have been created to help kids navigate the unique challenges military families face – deployments, frequent moves or loss of a loved one who served. They are available at <http://bit.ly/kidsjournals> to review and print at no cost.
- Health Net's Military Children Deployment and Behavioral Health Care Page is a helpful resource for military parents who see a behavioral change in their children. <http://bit.ly/behavioralhealth>.
- Military Child Education Coalition offers a support center for military children and families affected by mobility, family separation and transition. <http://www.militarychild.org>.
- Military Kids Connect is a safe online community providing access to age-appropriate resources to support military children ages 6–17 from pre-deployment to reunion. <https://www.militarykidsconnect.org>.
- Tragedy Assistance Program for Survivors offers regional and national Good Grief camps to military children and teens. Camps provide a safe and supportive atmosphere to learn coping skills, establish and identify support systems and connect with others who have lost a

loved one. <http://www.taps.org>.

Books for Military Children

- “The Kissing Hand” by Audrey Penn – Chester Raccoon doesn't want to be separated from his mom, but his mom's special ritual of kissing the palm of his hand keeps her close to him while they're separated. For ages 3-8.
- “Love, Lizzie: Letters to a Military Mom” by Lisa Tucker McElroy – Lizzie's mom is deployed overseas. The story is told through a series of letters Lizzie writes her mom from the time she deploys until she returns home, navigating all the difficult questions military children with a deployed parent want to ask. For ages 5-9.
- “My Story: Blogs by Four Military Teens” by Michelle Sherman – With raw emotion, fictitious teens describe the stress of coping with a parent away at war and the everyday challenges of school dances, sports and report cards.

This book suggests coping skills such as exercising, recognizing signs of post-traumatic stress disorder and reconnecting after a parent returns. Additional Internet resources are included. For ages 13–17.

Books for Military Parents

- “Deployment: Strategies for Working with Kids in Military Families” by Karen Petty, PhD – This comprehensive handbook is for civilians and military personnel who work with or care for children who experience separation through deployment, death or divorce.
- Theory-based, practice-driven strategies for handling separation and helping toddlers through elementary-age children move forward and live full lives.
- “Heroes at Home: Help & Hope for America's Military Families” by Ellie Kay – Written by the wife of an Air Force pilot in encouraging language and from a spiritual perspective, this book offers helpful ideas for saving money, surviving frequent moves, keeping in touch during deployment and other aspects of military life.



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

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

NOW SHOWING

Friday, April 12

5:00pm - Oz the Great and Powerful PG

8:00pm - The Call R

Saturday, April 13

2:00pm - Oz the Great and Powerful PG

5:00pm - The Incredible Burt Wonderstone PG13

7:30pm - 21 and Over R

9:30pm - The Call R

Sunday, April 14

2:00pm - Oz the Great and Powerful PG

5:00pm - The Incredible Burt Wonderstone PG13

movie synopsis

Oz the Great and Powerful - A small-time magician is swept away to an enchanted land and is forced into a power struggle between three witches.

The Call - When a veteran 911 operator takes a life-altering call from a teenage girl who has just been abducted, she realizes that she must confront a killer from her past in order to save the girl's life.

The Incredible Burt Wonderstone - When a street magician's stunts begins to make their show look stale, superstar magicians Burt Wonderstone and Anton Marvelton look to salvage on their act - and their friendship - by staging their own daring stunt.

21 and Over - As the Barret family's peaceful suburban life is rocked by an escalating series of disturbing events, they come to learn that a terrifying and deadly force is after them.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Announcements

► Indicates new announcement

Tax Center Open

The tax center, located in building 298, is open for service members who still need to file federal income taxes.

Free services are available to active duty, reserve, and retired military and their family members.

Bring all W-2 Wage and Tax statements, 1099 forms and other records of income, supporting documents for any credit deductions, a valid identification card, social security information and a legal voided blank check if direct deposit is requested.

The tax center is open Monday–Friday from 8:30 a.m.–4:30 p.m. and remains open through lunch. No appointments are needed, however, appointments can be scheduled for Monday and Wednesday from 4:30–6:30 p.m.

For more information call the tax center at 466-2001 or the Camp Lejeune tax center at 910-451-3030.

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 <http://bit.ly/nmcrs>.

Cherry Point Rookie Soccer Registration

Registration for Cherry Point Rookie Soccer is open through Tuesday.

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 Wednesday–May 22.

Cherry Point Rookie Soccer registration is \$20, participants will receive a Rookie Soccer T-shirt and a soccer ball.

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

2013 Festival of Fun

The City of New Bern will host the 2013 Festival of Fun followed by the Rubber Ducky Derby at Union Point Park Saturday from 10 a.m.–3 p.m.

There will be games, mini-train rides, inflatable rides, carnival food, petting zoo, arts and crafts, educational information and more. Admission is free.

For more information, call Nancy Donahue at 639-2901.

Proud to be American Day Celebration

Walstonburg American Legion Post 332 will host a

Proud to be American Day Celebration in Walstonburg, N.C. April 20.

All branches of service are invited. There will be arts and crafts, food, face painting, family entertainment, military vehicles and more. Come dressed as an Andy Griffith character to win prizes.

Speakers will include Congressman Walter Jones and Sgt. Maj. Holly Prafke, Headquarters and Headquarters Squadron sergeant major.

All veterans and service members must register before 11 a.m. on the day of the event. Registration is free.

For more information, contact Ray Holloman at 714-3954 or visit <http://bit.ly/PtobeAD>.

Jazz Pianist Performs

Jazz pianist Aaron Diehl is scheduled to make his solo debut at Tryon Palace April 19 at 8 p.m.

General admission is \$30. Admission for Tryon Palace Foundation members and active duty military is \$20 and \$10 for students with ID.

The American Music Festival in Morehead City will feature the Aaron Diehl Trio at the First Presbyterian Church April 20 at 8 p.m.

Tickets for adults are \$25, \$15 for students and military.

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

5-Mile Mud Run

The Camp Lejeune Semper Fit program will host the MARSOC Mud, Sweat and Tears 5-mile mud run at the Stone Bay Rifle Range, Camp Lejeune April 27 at 8 a.m.

The run is open to the public.

Registration before noon Monday is \$30. Registration is \$35 from noon Monday to noon April 24. No registration will be accepted between April 24 and race day. Registration on race day will be \$35 from 6–7:30 a.m.

To register, visit <http://bit.ly/5mimud>.

For more information, call 910-450-1342 or visit <http://bit.ly/marsocmud>.

Lookout Rotary Spring Road Race

The Sports Center in Morehead City will host the 24th annual Lookout Rotary Spring Road Race April 27.

Registration through April 19 is \$25 for single entries and \$50 for family entries. Registration after April 19 will be \$30 for single entries and \$60 for family entries.

Race day registration opens at 7 a.m. The 1-mile run starts at 8 a.m. At 8:05 a.m. the 1-mile fitness walk and 1-mile tot push or pull will begin. The 10k run, 5k run and the 5k fitness walk will begin at 8:30 a.m.

For more information, call 247-3938 or 726-6625.

Monthly and Weekly Events

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.

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 Friday.

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

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 April 24 at 9 a.m.

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

Stress Management for Spouses

Marine Corps Family Team Building hosts a Stress Management for Spouses workshop at Building 87 every month.

The next workshop is April 23 5:30–9 p.m.

The workshop is geared specifically toward spouses of deployed service members and covers stressors faced during deployments, typical stress reactions of spouses and mechanisms for coping effectively. Childcare is reimbursable.

For more information, call 466-4637.

L.I.N.K.S. for Marines

Marine Corps Family Team Building hosts a L.I.N.K.S. for Marines class at the Center for Naval Aviation Technical Training every month.

The next class is Wednesday 7 a.m.–12 p.m.

Marines will be given the chance to test their knowledge of Marine Corps history, culture, and traditions while discovering the resources, services, and benefits available on base. They will also gain insight on separation and deployments and learn valuable financial and moving tips.

For more information, call 466-4637.

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.

► Military Appreciation Day

Morehead City will host a Military Appreciation Day June 1.

Military Appreciation Day offers active duty, guard and reservists a free day of fishing, food and other activities.

Fishing is for service members only and spots are limited. There will be activities ashore for families of service members.

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

To register, visit <http://bit.ly/MADenroll> or go to the Single Marine Program to sign up. All active duty service members can sign up at the Single Marine Program. If bringing your family to the event, registration must be submitted online.

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. Marine Corps Family Team Building is 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 Res-

taurant at Miller's Landing

Tuesdays – Thursdays

11:45 a.m. – Roman Catholic

Mass, St. Michael's Chapel

Signs of Terrorist Activity:

Aquiring supplies

Persons attempting to acquire explosives, weapons, ammunition, dangerous chemicals, uniforms, badges, flight manuals, access cards or identification for a key facility could be considered suspicious activity.

This can include unusual purchase or storage of fertilizer or harmful chemicals.

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

ATHEAS ATTIC
BELL AUTO SALVAGE II
DASH-IN
DISCOUNT TOBACCO
D'S DRIVE THRU
D'S QUICK MART
EXPRESSIONS
EXPRESS WAY
KING'S DRIVE THRU
LAIRD'S AUTO & TRUCK REPAIR
MOE'S MART
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