

The Windsock

Vol. 71, No. 16

www.cherrypoint.marines.mil

April 18, 2013

Instructor pilots maintain aerial refueling proficiency



CPL. SCOTT L. TOMASZYCKI

An F-35B Lightning II with Marine Fighter Attack Training Squadron 501 takes on fuel from a Marine Aerial Refueler Transport Squadron 252 KC-130J Hercules during a training exercise over the Atlantic Ocean April 9.

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

Marine Fighter Attack Training Squadron 501 and Marine Aerial Refueler Transport Squadron 252 crews conducted aerial refueling training over the Atlantic Ocean April 9.

There were no student pilots among the three F-35s taking on fuel. The goal was to maintain the instructor pilots' proficiency at aerial refueling so they can continue to provide the best possible training to replacement pilots in the squadron. Aerial refueling is a critical capability, extending the reach of Marine air power on the battlefield.

"Aerial refueling is used in a variety of operational environments," said Maj. Adam Levine, the operations officer of VMFAT-501. "One is to extend the range of aerial interdiction and another is to extend [time on station] while conducting close air support or anti-air warfare operations. In the context of the Marine Air-Ground Task Force, aerial refueling will provide the MAGTF commander with greater operational range and endurance."

Mid-air refueling is also a key component of VMFAT-501's primary mission of training pilots destined to fly the F-35B in operational units as the Corps continues its transition to the fifth-generation fighter. During the summer of 2012, test pilots took their experience from the F-35 research and development program and created a training syllabus. By the fall of 2012, the test pilots had created a cadre of instructor pilots who were in turn training operational pilots destined for Marine Fighter Attack Squadron 121, the Corps' first operational F-35 squadron. VMFA-121 officially activated Nov. 20 at MCAS Yuma, Ariz.

To ensure only the best-qualified pilots are accepted into the program, all students are selected by a board from among active F/A-18 Hornet and AV-8B Harrier squadrons. Each class has about four students and lasts two months.

Craven County leaders tour Cherry Point



LANCE CPL. S. T. STEWART

Col. Philip J. Zimmerman (center), commanding officer of Cherry Point, Sgt. Maj. Angela M. Maness (right), sergeant major of Cherry Point, and 19 Craven County leaders stand in front of the headquarters building April 11 during the Craven County leadership tour.

LANCE CPL. S. T. STEWART

MCAS CHERRY POINT

Cherry Point hosted a leadership tour April 11 for 19 Craven County residents to observe multiple work areas where many of the county's residents are employed.

The tour is a recurring part of a program designed to teach community leaders more about the econom-

ic and social intricacies affecting life in the county. Many of its participants are business owners, professionals and influential community members who make decisions based on the business climate.

"The community needs to know what we do," said Col. Philip J. Zimmerman, commanding officer of

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Moondogs return from supporting Afghanistan operations

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

Marine Tactical Electronic Warfare Squadron 3 returned to Cherry Point Saturday after a seven-month deployment to the U.S. Central Command area of responsibility.

The squadron flies the EA-6B Prowler, a strategic asset utilized by CENTOM to jam communications and enemy radar capabilities, among other things. The Moondogs performed combat sorties mostly over Afghanistan.

"For the most part we found ourselves

doing Operation Enduring Freedom sorties supporting the ground combat element that was out in Afghanistan," said Capt. Craig Platt, an electronic countermeasures officer with VMAQ-3. "As things start to draw down to a close, I think that airborne electronic attack capability is needed more

than ever. Having us out there ready to support the mission made a big difference in the end."

Prowlers are sometimes used to jam insurgent communications for the direct

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LAAD Marine honored as service person of the quarter

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

Lance Cpl. Cory D. Wolf, a gunner with 2nd Low Altitude Air Defense Battalion, was named the Carteret County Chamber of Commerce Military Affairs Committee Service Person of the Quarter Friday.

Wolf has volunteered more than 20 hours of community service at the Carteret Humane Society since January.

"One of our Marines being named this is a huge honor for the whole platoon and battalion, and we carry it with pride," said 2nd Lt. Lance Donald, a platoon commander with B Battery, 2nd LAAD Bn.

Wolf said he feels honored by the nomination and recognition but never volunteered with that in mind.

"I was stoked when I heard I was nominated, especially since it was coming from the air station chain of command," said Wolf. "But to be complete-



Staff Sgt. Samuel Cerritos, platoon sergeant, and 2nd Lt. Lance Donald, platoon commander, present Lance Cpl. Cory Wolf, gunner, a flag at the Carteret County Chamber of Commerce Military Affairs Committee Service Person of the Quarter dinner April 12. All three Marines are with 2nd Low Altitude Air Defense Battalion.

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Historical aircraft now on permanent display

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

Marines moved two historical aircraft from the flight line to their permanent display location on Roosevelt Boulevard near the front gate of the air station April 12.

One is an HH-46D Sea Knight used in the past by Marine Transport Squadron 1 as a search and rescue helicopter, and the other is an EA-6B Prowler that has been in the Marine Corps since 1977.

CH and HH-46D model aircraft have been used by the U.S. military since the 1960's as medium-lift helicopters transporting troops and supplies. The display helicopter made its last flight Dec. 7, 2007.

"The Delta has been flying since Vietnam and it was the workhorse of the Navy and Marine Corps for a number of decades," said Sgt. Jesse F. Conger, the 3rd Marine Aircraft Wing ground

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With your smartphone
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News Briefs

'366 supports Emerald Warrior

A detachment of about 70 Marines and four CH-53E Super Stallions from Marine Heavy Helicopter Squadron 366 are scheduled to depart Cherry Point tomorrow and fly to Tyndall Air Force Base, Fla., in support of Exercise Emerald Warrior. Emerald Warrior is a special forces-oriented combined exercise with participation by American allies like British, Polish, and Israeli special forces.

HMH-366 is scheduled to partake in the exercise for about two weeks. The Marines will support both international and American special forces training events like fast roping, parachute jumps and boat raids.

Education & Tuition Assistance

The Marine Corps tuition assistance program was reinstated and began accepting applications April 8.

Tuition assistance will not be approved retroactively for courses enrolled prior.

Contact the education office at 466-3055 or 4348 for more information.

Command Visit Road Show

The 2013 Career Transition Road Show will visit Cherry Point April 30 from 9 a.m. to 5 p.m. at Millers Landing to inform transitioning Marines about their Marine Corps Reserve opportunities.

The brief will be held from 9 to 10 a.m.; interviews and counseling for all ranks and job fields will be offered from 11 a.m. to 5 p.m.

All Marines are highly encouraged to attend. See more on the Career Transition Road Show at <http://bit.ly/ctroadshow>.

East Coast Chef of the Quarter

Cherry Point, New River, Geiger and Camp Lejeune chefs competed in the first Sodexo-hosted Chef of the Quarter competition at the Wallace Creek Mess Hall aboard Camp Lejeune March 19.

Sodexo, the Marine Corps' mess hall management company, hosted the event to showcase Marine culinary talent and qualify competitors for Chef of the Year in early 2014.

Cpl. Marshall Griffiths and Lance Cpl. Ashley White-Langer from New River won the competition and will compete at the Chef of the Year.

Sex Signals steams up station theater



SENIOR AIRMAN MATTHEW LOKEN

Performers Kyle Terry, left, and Amber Kelly, right, portray a dating scene during the "Sex Signals" presentation at the Hurlburt Field Commando Auditorium, Fla., March 29. The Cherry Point Sexual Assault Prevention and Response Program is hosting Catharsis Productions, a two-person improvisation group to present Sex Signals, a show that blends comedy and audience participation while providing a unique look at the issues of dating, sex and sexual assault. The two day show will wrap up today with two performances in the station theater at 10 a.m. and 1 p.m.

Chaplain's Corner : Riding the Tiger

LT. JOEL CRAWFORD
MARINE WING HEADQUARTERS SQUADRON 2

The king of heavy metal, Ronny James Dio once wrote these words in his song "Holy Diver." "Jump on the tiger, you can feel his heart but you know he's mean ... Ride the tiger, you can see his stripes but you know he's clean." Obviously, Dio is using a metaphor to describe something (perhaps religious hypocrisy, spiritual warfare ... who knows?), but I recently heard about a young man who really thought it would be possible to ride a tiger. No, I'm not talking about this young man doing the reasonable thing of applying the metaphor of riding a tiger to mean "be a better person." I'm talking about actually jumping on the back of a literal tiger and going for a ride - a guy riding on the back of a tiger!

This story appeared in September 2012 on the Internet. A 25-year-old New Yorker named David Villalobos was obsessed with tigers and went for a visit to the zoo. When he entered the zoo, he took a ride on the monorail. As the monorail was passing over the tiger pit, he suddenly jumped 17 feet down into the pit. Mr. Villalobos laid there breathless for a moment looking up at the tiger whose name was Bachuta. Their gaze held intensely, fixed like time and space, enduring, and for a moment, the world stopped. Suddenly the moment was broken and Bachuta turned away uninterested. Mr. Villalobos realized that at least for the moment he was not going to be mauled to death by a tiger. Fortunately for the young man, the 400-pound Siberian tiger had just finished his

breakfast of whole lamb omelet.

Nonetheless, Bachuta was getting bored and decided to bite into Mr. Villalobos' foot and drag him around for the pit for fun until zoo employees could mount a rescue attempt. Zoo keepers finally used fire extinguishers to distract him and pull the young man to safety.

Mystified, the police asked him what was in his head. He replied that "everyone in life makes choices" and that he chose "to be one with the tiger." A law enforcement official said Villalobos suffered broken ribs, a broken right ankle, a collapsed lung and a broken pelvis. Yet he didn't seem to mind. In fact, he told the police sergeant that he actually got to pet a real tiger.

Now clearly this young man's judgment was impaired. He was stuck in some kind of alternate universe in which his desire to be "one with the tiger" put other people's lives in danger also. He clearly was not thinking about how his actions would affect others. This situation could have turned out very badly for him, for the zookeepers, for the police and rescue workers, not to mention the emotional trauma caused to the people at the zoo and those on the monorail who witnessed him jump.

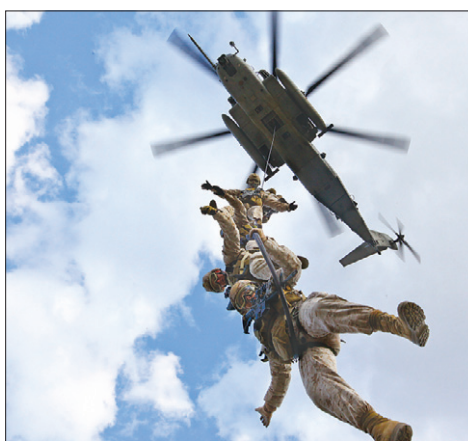
Our actions always have consequences for others. Negative and hurtful actions to yourself also bring harm to others. Positive actions to yourself bring positive consequences to yourself and others. This young man was so obsessed with tigers that he could not see how that would affect anybody else.

We often get stuck in moments that seem to swallow up everything else. But we have to remember that no matter how much that moment seems to swallow up everything else in life, there will all ways be something

See TIGER page A7



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.



LANCE CPL. RYAN JOYNER

The Windsock
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PFC. HUNTER BROWN

Job Title: Administrative Specialist
Unit: Marine Wing Communications Squadron 28
Age: 19
Hometown: Warrington, Ind.
Date Joined: July 17, 2012

In a squadron that relies on its Marines' ability to provide communications capabilities any time, anywhere, Pfc. Hunter Brown, an administrative specialist with Marine Wing Communications Squadron 28, takes pride knowing he controls the administrative side of their frequent travel.

When Marines travel on official business, they must first navigate the Defense Travel System. For some, this task is daunting, fraught with pitfalls and written in a language foreign to most Marines.

"I call myself the combat travel agent," said Brown jokingly. "But the highlight of this job is that I know I keep the Marine Corps moving, and if I can help get Marines to and from their missions, I know it's worth it."

Creating permanent or temporary orders takes Brown between five and 10 minutes per Marine, depending on the conditions of each set.

When he checked in, 174 Marines were preparing to depart for Marine Corps Air Station Yuma, Ariz.

"The worst part of it was I was still learning the job so it took me even longer," said Brown. "Those were a couple of long days."

On top of writing the orders, Brown also keeps an eye on government charge card accounts that each Marine uses when traveling.

"Any slip or lack of attention and it's a huge mess," he said. "The best way to describe this job is it's like a levy. I just have to keep plugging the holes so it doesn't come down on all of us."



LANCE CPL. GLEN E. SANITY

The Windsock

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training chief, who was the rescue swimmer on the helicopter's last flight. "That (aircraft), you could argue, was basically the staple of Marine aviation for years by taking troops into combat."

Currently, the Marine Corps is in the final phases of replacing all CH-46 squadrons with MV-22B Ospreys, which will take their place as the Corps' primary medium-lift asset. VMR-1, however, will remain unique in the Marine Corps in that they will keep the HH-46 for the foreseeable future.

Gunnery Sgt. Timothy G. Stickel Jr., an MV-22B crew chief currently stationed at Miramar, Calif., was the crew chief on the display's last flight. He said the "Pedro" search and rescue aircraft are important to the local community.

"I believe Pedro is such a landmark to civilians because they've helped find locals who were lost in the forest or were having issues out at sea, or even just picking them up at a car wreck," said Stickel. "Pedro has always been a part of that community in Havelock and New Bern. That asset is almost always available because when civilian medevacs cannot fly, Pedro would fly."

The Prowler on display has a history just as long. It was the first EA-6B accepted into the Marine Corps inventory. It is also unique because it is the only EA-6B to remain in the Marine Corps inventory for its entire career.

"When an aircraft is done being (maintained at Fleet Readiness Centers), it will either go to the Marine Corps or the Navy depending who needs aircraft to fill real-world requirements," said David J. Peel, an aircraft coordinator for Marine Aircraft Group 14. "Many times the Navy was in need of jets, but we worked it out where we've given them a different jet so we could keep this one in the Marine Corps. We wanted one to call our own."

During its 34-year career, the EA-6B flew with all four Marine tactical electronic warfare squadrons here and spent more than 15 years forward deployed in support of nearly every conflict in which Marine Prowlers have served.

"It's been in pretty much every conflict that MAG-14 has been involved in since back in Desert Storm, Operation Denied Flight, the Balkans in the 90's, up through Operations Southern Watch and Northern Watch in Iraq, to Operation Iraqi Freedom to Operation Enduring Freedom," said William Flannery, EA-6B requirements analyst for Marine Aircraft Group 14 and retired Prowler pilot.

The Prowler community is tight-knit on Cherry Point because all four squadrons are stationed here. One day Prowlers will face the same fate as the CH-46, but the community will remain. Flannery hopes the display keeps memories alive long afterward.

"It will be on display for many years to come when we're not flying the Prowler anymore," said Flannery. "People will still look at it and people will still be able ask, 'what was that aircraft and what did they do?' and having that there will keep that fresh in a lot of people's minds for a long time to come."

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benefit of International Security Assistance Force troops on the ground.

The squadron's maintenance Marines worked around the clock to keep the Prowlers operational in the combat zone. Maintenance personnel often work 12 hour shifts so someone is always on hand to maintain or repair aircraft.

"It's definitely a lot more demanding when you're overseas," said Cpl. Robert Starmer, an avionics technician with the squadron. "It's basically game time; that's when you want everything squared away and everything you've done back here to train for it comes into play. You work a lot harder and learn a lot more about the jet because that's what you're doing seven days a week, 12 hours a day."

While the hours were long and the job tough, the Marines felt their effort directly supported efforts in Afghanistan and helped improve their own lives as well.

"It was definitely worth it," said Starmer. "That's why I joined the Marine Corps – to better myself and my country. I feel like I accomplished that over there."

"It was my first deployment, so I didn't know what to expect," said Cpl. Hunter Squier, an electronic countermeasures technician. "We worked hard, worked a lot and gained a lot of knowledge. It definitely feels good to know we're making a difference and helping keep the guys on the ground from getting injured."

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Cherry Point. "They are our neighbors, and we ask a lot from them, so it is good to give them a chance to come see the air station and what we do."

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

They also toured Fleet Readiness Center East, a large complex for high-level maintenance on all types of aircraft the Navy and Marine Corps flies. FRC East is the largest single employer of county residents. Cherry Point also employs Craven civilians at various other facilities. Between employing hundreds of local civilians and the spending power of thousands of Marines and dependents, Cherry Point has a large economic impact on Eastern North Carolina.

"This tour was a great opportunity for us to see key components on Cherry Point," said Amy Murphy, a manager for Moen Incorporated in New Bern.

Murphy served as a logistics officer with Marine Aviation Logistics Squadron 14 aboard the air station as a captain before leaving the Marine Corps in 2011. She said while stationed here she never took the time to really enjoy the beauty of Cherry Point.

"It's really great to come back here and see how much the base has grown and developed just in the past two years," she said. "I have also learned a lot about what the station has to offer to the community and that is a huge point to this tour. We are one family and this tour has brought us closer to the family."

QUARTER from page A1

ly honest, I didn't do it to be recognized. I do it because it makes me a better person."

When Wolf's wife moved back to Buffalo, N.Y., to go back to school, he said he needed something to get his mind away of missing her and his two dogs Jake, a boxer mix, and Isabella, a black lab.

Spending time at the Humane Society helped fill the void.

"I tried it once and fell in love," said Wolf.

Since his first experience, Wolf has made it a habit to volunteer at the society every weekend. He has assisted the society by participating in adopt-a-thons, walking, feeding and bathing the shelter's four-legged residents.

"Every Friday safety brief, I mention it to the Marines I work with," said Wolf. "I've had six or seven volunteers come with me. I don't know if they go for the same reasons as me, I'm just glad I'm inspiring them to do something."

TIGER from page A2

different in the future. Just like beyond the gray clouds on stormy days there is still blue sky above, there is always a new reality or new perspective that can invade our lives and give us hope or a new way to live if we are willing to let it. Many times, these new realities or new perspectives can be shown to us by others. That's why it is so important that we be willing to reach out for help.

Making those important decisions in life is not something that should be done in isolation. There are no Lone Wolf McQuades when it comes to life. We are social creatures and we have a need for healthy community. When making decisions in life whether they are ethical, moral, family or career, it is important that we seek the opinions of others, especially from people we trust, people we esteem as wise, people we know will tell us what we need to hear and not just what we want to hear. We must listen with an open and humble heart, understanding that the person we trust has our good in mind and that if he or she tells us something that does not fit what we want to do, it doesn't mean they don't love us or want us to be happy. It may be that he or she knows that in the end, the path that you are choosing will actually cause more pain in the long run.

Proverbs 14:12 says, "There is a way that seems right to a man but its end is the way to death." Believe it or not, the most pleasurable option in the short term does not mean the most benefit or happiness in the long term. Many times we must endure pain for the moment in order to have joy later, and others can bring perspectives that may help us see things differently.

Pilots conduct first external lift from USNS Sacagawea



PFC. KASEY PEACOCK

Landing support specialists back away after connecting a Humvee to a MV-22B Osprey during external lift training at Subic Bay, Philippines, during Exercise Freedom Banner 2013. The training was the first time an Osprey has conducted an external lift with the Sacagawea.

PFC. KASEY PEACOCK

III MARINE EXPEDITIONARY FORCE / MARINE CORPS INSTALLATIONS PACIFIC

SUBIC BAY, Philippines – MV-22B Osprey pilots conducted the first external lift of a Humvee from the USNS Sacagawea April 11 during Exercise Freedom Banner 2013 at Subic Bay, Philippines.

Marines, Sailors and civilians aboard the Sacagawea watched as the Osprey lifted the Humvee off the ship's deck to demonstrate its capabilities.

The Osprey pilots, with Marine Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing, conducted the lift with landing support specialists with Combat Logistics Regiment 37, 3rd Marine Logistics Group.

"I thought my guys did phenomenally considering the pressure was on as this was the first lift from the Sacagawea," said Sgt. Robert D. Gallini, a landing support specialist with the regiment. "Today, we demonstrated exactly what we set out to do. The Osprey is capable of making external lifts from the ship. In the future, if something was needed on shore, this provides for a much more expedient and expeditionary delivery."

The Osprey pilots and landing support specialist worked closely together throughout the week in preparation for the lift.

Communication between the air and ground is extremely important when conducting lifts, according to Capt. Kaho Ng, an Osprey pilot with the squadron.

"Our lift capabilities are only as good as the Marines on the ground attaching the equipment," said Ng. "Today's lift went well because the communication between the air and ground was locked on."

Maritime resupply and reinforcement from ship to shore via aircraft is an expedient way to deliver supplies and equipment as well as help accomplish the



1ST LT. BRECK ARCHER

Landing support specialists back away after connecting a Humvee to a MV-22B Osprey during external training at Subic Bay, Philippines, during Exercise Freedom Banner 2013.

Marine Corps' mission in the Asia-Pacific region, said Maj. Robert G. Barber, the maritime prepositioning force officer with Marine Forces Pacific.

"As Marines we are expeditionary," said Barber. "It is important that we have capabilities like this to be able to rapidly

respond to any situation that would require military assistance."

The Sacagawea is one of two auxiliary cargo and ammunition vessels that were incorporated into the joint Marine Corps-Navy Maritime Prepositioning Force at FB '13.

The integration of these vessels provides combatant commanders with the capability to selectively offload a variety of equipment and tailored sustainment packages to support the Marine Air-Ground Task Force both afloat and ashore.



PHOTO BY LANCE CPL. CAYCE NEVERS

Petty Officer 2nd Class Sarah A. E. Lowe, a Naval Health Clinic Cherry Point corpsman, checks a Marine at the Naval Health Clinic here April 8. Lowe used the Navy-Marine Corps Relief Society in 2008 when she was eight and a half months pregnant and her engine block cracked. The relief society provided her with an interest-free loan.

NMCRS delivers relief to sailor during pregnancy

LANCE CPL. CAYCE NEVERS

MCAS CHERRY POINT

At eight and a half months pregnant, Petty Officer 2nd Class Sarah A. E. Lowe was in no condition to walk long distances after her engine block cracked in 2008 in San Diego, Calif.

"It was very hot at the time in San Diego, so it was a quality of life situation for two issues – transportation and air conditioning," said the Naval Health Clinic Cherry Point corpsman.

"It cost a lot of money that I didn't have at the time," said the Jasper, Ga., native.

Lowe's emergency funds had been depleted covering extra expenses in anticipation of the baby's arrival.

She went to the Navy-Marine Corps Relief Society to receive an estimate for a loan.

While the loan she was asking for was considerably more than the society's average, her case received careful consideration, and ultimately, approval.

She said the society provided her with more than just a loan.

"They were so nice. I felt like family, and it was a very humbling experience because I felt ashamed that I didn't have enough money set aside, and nesting for a baby kind of took all my emergency funds," she said. "They didn't make me feel like it was a hassle. It was very quick and simple."

Lowe heard about the society from her chain of command.

To this day she is thankful for the help she received from the society.

"I didn't realize the importance of the society," she said. "I always thought of it more for emergency leave or something like plane tickets or break downs that are \$500 or less, but when you are pregnant and you have a little baby on the way and you are actually depending on an automobile, you don't realize how very important it is."

Not only was she thankful for the help, she had gained a new outlook on the society.

"It changed my whole perspective," she said. "I wasn't just a number, I was a person, and they actually cared."

Last year, the Cherry Point Navy-Marine Corps Relief Society helped more than 1,200 Marines and Sailors like Lowe, providing them with more than \$625,000 in grants and interest-free loans.

Throughout the month of April, Cherry Point will be hosting its Active-Duty Fund Drive in support of the Navy-Marine Corps Relief Society. Service members can learn more or make a donation at <http://www.nmcrsfunddrive.org> or by logging into Marine Online at <https://www.mol.usmc.mil>.

MAKE A DIFFERENCE. DONATE TODAY.



NAVY-MARINE CORPS RELIEF SOCIETY
2013 ACTIVE DUTY FUND DRIVE

Help support fellow
Sailors, Marines and their families
Someday you may need them to return the favor



Your \$10 monthly allotment
will make a big difference.
nmcrsfunddrive.org



SGT. CHARLES MCKELVEY

An EA-6B Prowler sits ready to conduct training missions at Osan Air Base, Republic of Korea. Marine Tactical Electronic Warfare Squadron 4 is currently participating in the unit deployment program out of Marine Corps Air Station Iwakuni, Japan. One of the unique opportunities of the UDP is the ability to work with other military branches such as the U.S. Air Force, stationed at Osan.

VMAQ-4 Seahawks roar above Pacific sky

SGT. CHARLES MCKELVEY

MARINE CORPS AIR STATION IWAKUNI

MARINE CORPS AIR STATION IWAKUNI, Japan – EA-6B Prowlers from Marine Tactical Electronic Warfare Squadron 4 are currently participating in the Unit Deployment Program aboard Marine Corps Air Station Iwakuni, Japan.

“VMAQ-4 is a standard Prowler squadron and our mission is electronic warfare in support of the Marine air ground task force,” said Maj. Bart Macmanus, VMAQ-4 executive officer. “What we provide is radar and communication jamming for airborne and ground forces.”

With a third of their current deployment in the books, VMAQ-4, also known as the “Seahawks,” has increased not only their operational tempo, but also their operational effectiveness.

“We are trying to do a lot of training,” said Macmanus.

In the six-year gap since the aircraft’s presence here, the roar of the Prowlers fell silent over the Western Pacific’s sky,

mainly due to operations in Iraq and Afghanistan.

“There is a generation who has done nothing but (Operation Iraqi Freedom and Operation Enduring Freedom) and they never got the chance to do a UDP,” said Macmanus. “I’m lucky in that my first deployment was a UDP out here in 2004, and now I’m back out here nine years later.”

Macmanus said the unit’s mission in OEF and OIF varied from what the Marine Corps now expects of its electronic warfare experts.

“Being back out here is a totally different mindset and it’s good to get us back out here,” said Macmanus. “It is more dynamic out here and it requires a lot more work to understand your mission set.”

Macmanus also said one of the unique opportunities of this UDP is the ability to work with other military branches, such as the U.S. Air Force stationed at Osan Air Base, Republic of Korea.

“With the vacuum that’s been here since the Prowlers have been gone, there’s a lot

of resident knowledge that has been lost,” said Macmanus. “So, we’re just trying to re-educate the masses on what are our capabilities and what we bring out here, not just with the Air Force, but the Marines as well.”

Some of those Marines learning wear a Seahawk patch of their own. The squadron departed with many Marines deploying for the first time.

“One of the deployment’s advantages is the Marines’ ability to experience a higher operations tempo without the pressure of supporting combat missions,” said Gunnery Sgt. Joshua C. Rothman, VMAQ-4 quality assurance chief.

“We do the same whether our aircrew is flying actual combat missions or flying training missions,” said Rothman. “We provide (the aircrew) with a safe aircraft to do whatever their mission is. Jets break the same whether they’re in training or in combat, so our work schedule is based off of what they need to get done.”

The increased workload allows junior

Marines hands-on experience and gives them an opportunity to maintain the aircraft under the supervision of experienced Marines.

“In Iraq or Afghanistan you’re not going to let your junior guy sit there and try to figure out what the problem is,” said Rothman. “Here, although they’re training missions and it’s important to get (the aircraft) out, there is a little more time. You can let that new guy sit there and try to figure it out by himself. You’re going to supervise him and make sure he is not doing anything unsafe, but it’s a great learning experience.”

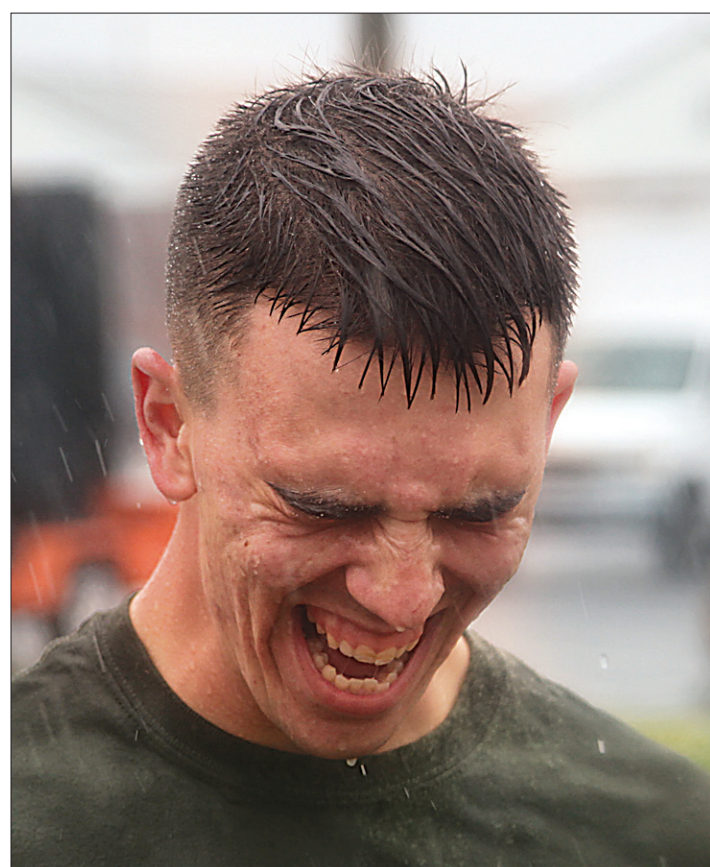
However, Q-4 Marines are always ready to execute their mission of jamming enemy radar.

“There is a huge shift in the mindset, going away from kinetic fires and dropping bombs,” Macmanus said. “Sometimes the targets are easier to attack electronically than they are kinetically.”



PHOTOS BY LANCE CPL. CORY D. POLOM

Lance Cpl. James R. Skelton III, a military police officer with the Provost Marshal's Office, gets hit with a stream of oleoresin capsicum spray during qualification training here April 12.



'Going Hot'

PMO shotgun, pistol, pepper spray training on target

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

Nine Marines with the Cherry Point Provost Marshal's Office qualified with pistols, shotguns and oleoresin capsicum spray aboard the air station April 11 and 12.

The Marines conducted advanced pistol and shotgun training regimens, maneuvering from cover to cover and taking out targets in a specific order.

"This training helps them learn not only correct use of cover, but also gives them confidence while using two primary weapons we have in our arsenal as officers," said Master Gunnery Sgt. John P. Wade, the provost sergeant with PMO.

The shooters started with the M9 Berretta, firing 18 rounds during the evaluation while maneuvering from a standing position to prone and seeking cover. They then fired more than 25 rounds each from Benelli M4 Super 90 shotguns while conducting a similar course of fire.

"Everything we have learned throughout this training will help us better protect the air station," said Lance Cpl. Vincent M. Shaw, a military policeman. "The things we did up until the OC spray were great, but the spray – the spray was intense and hurts

like crazy."

OC, or pepper spray, is commonly used in policing, crowd control and self-defense and causes intense pain and liberal watering of the eyes.

The trainers spray Marines in the eyes to give them firsthand experience of how it feels and to bolster their confidence in their ability to continue with the task at hand should they be exposed to the spray while handling any law enforcement scenario. After being sprayed the Marines had to maneuver through a course which included weapon retention, Marine Corps Martial Arts Program maneuvers and proper handcuffing techniques. Military policemen must qualify with the spray to be eligible to carry it on duty, said Croom.

"This was the most intense pain I have ever felt," said Shaw moments after completing the course. As mucus dripped from his crimson face, he said the pain was like a burning log had been placed on his face and held there.

"This training hurts but it is necessary to ensure they can function in case they themselves get sprayed," said Croom. "If an officer gets sprayed, they have the confidence to push through and know the fight ain't over."



Lance Cpl. James R. Skelton III, a military police officer with the Provost Marshal's Office, fights to open his eyes after being sprayed with oleoresin capsicum during training here April 12. Military policemen have to qualify with the spray to be eligible to carry it on duty.



Officer Victor L. Moore, a civilian police officer with the Provost Marshal's Office, fires a Benelli M4 Super 90 shotgun during a PMO shotgun shoot here April 11.



A 9mm casing ejects from an M9 Berretta during a Provost Marshal's Office pistol shoot here April 11.

CAB, Ospreys conduct casualty evacuation training



PFC. MIKE GRANAHAN

Lance Cpl. Andrew R. Becker provides security as an MV-22B Osprey touches down at the central training area in Okinawa, Japan April 11 during a casualty evacuation drill. Becker is a combat engineer with Combat Assault Battalion, 3rd Marine Division, III Marine Expeditionary Force. The Osprey is with Marine Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing.

Pilots conduct familiarization flights over Philippines for exercise



PHOTOS BY 1ST LT. BRECK ARCHER

Marine pilots conduct familiarization flights over various locations in the Philippines April 5 in preparation for operations during exercise Balikatan 2013. Throughout the exercise, Marine Medium Tiltrotor Squadron 265 and other elements of 1st Marine Aircraft Wing will conduct flight operations with the Armed Forces of the Philippines. The exercise is an annual bilateral training evolution aimed at ensuring interoperability of the Philippine and U.S. militaries during planning, contingency and humanitarian assistance operations.



NEXT UP...

SPRINT CUP

Race: STP 400
Where: Kansas Speedway
When: Sunday, 1:00 p.m. (ET)
TV: FOX Sports
2012 Winner: Denny Hamlin (right)



NATIONWIDE SERIES

Race: ToyotaCare 250
Where: Richmond International Raceway
When: April 26, 7:30 p.m. (ET)
TV: ESPNNEWS
2012 Winner: Kurt Busch

CAMPING WORLD TRUCKS

Race: SFP 250
Where: Kansas Speedway
When: Saturday, 2:00 p.m. (ET)
TV: SPEED
2012 Winner: James Buescher

NASCAR INSIDER

by RICK MINTER / Universal Uclick

With Sprint Cup and Nationwide victories, Kyle Busch returns to winning ways in 2013

After a 2012 season in which very little went right for Kyle Busch, the early races of the current NASCAR season have seen him return to his winning ways in the sanctioning body's top two touring series.

This past weekend at Texas Motor Speedway, he scored dominating victories in both the Sprint Cup and Nationwide races. On the Cup side, he led 171 of 334 laps to get the win, his second of the season after winning at Auto Club Speedway, where he led 125 of 200 laps.

In Nationwide, his Texas victory was his third in a row, giving him four overall in six races. In his one start this season in the Camping World Truck Series, he was runner-up, at Daytona.

Contrast that with last year, when he won just one race across NASCAR's top three circuits.

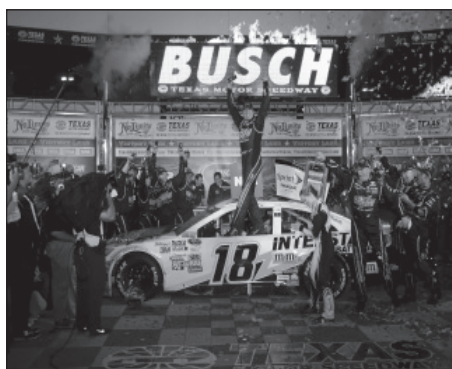
Busch's Texas victories pushed his career win count to 111 — 26 in Cup, 55 in Nationwide and 30 in Trucks. His Cup win at Texas came in his 300th start in the division, and he's likely to have many more starts and wins, as he's just 27 years old.

Busch's 2012 skid actually started at Texas in the fall of 2011, when he wrecked championship contender Ron Hornaday Jr. in the Truck race, and as punishment from NASCAR officials, was forced to sit out both the Nationwide and Cup races that weekend.

Then last year, in addition to his lack of wins, he missed the cut for the Chase for the Sprint Cup.

His car owner, Joe Gibbs, said in the winner's interview Saturday night at Texas that Busch's handling of his disappointments of last year, including mechanical issues and other misfortunes, set the tone for his 2013 revival.

"Last year, at the end of the year, Kyle really handled all of those things about as good as you could handle them," Gibbs said. "I think it showed real maturity, and I think that kind of set the course for this year."



Busch in Victory Lane after winning the Sprint Cup Series NRA 500.

Gibbs said Busch's crew chief Dave Rogers also has played a key role in the turn around.

"I think [Rogers and Busch] have some of the most frank conversations, and they'll both get fired up and get after each other," he said. "But I think that's all part of sports."

Busch also pointed out that if his pit crew hadn't gotten him out of the pits ahead of eventual runner-up Martin Truex Jr. on the final stop at Texas during the Sprint Cup race, the outcome could have been different.

"They're the best in the business and have been since I've been with them in 2008," he said. "They know when it's crunch time."

For Truex, who led 142 laps, the finish was a bitter disappointment, as his winless streak, ongoing for 208 races since he won at Dover in June of 2007, continued.

"We needed more time," Truex said. "We needed another pit stop. We needed something. Just tired of finishing second."

His frustrations could continue, as there were reports that his No. 56 Toyota was too low upon a post-race inspection. Penalties likely are forthcoming.



Kyle Busch celebrates his Sprint Cup NRA 500 win with a burnout.



Busch speaks to the media after winning both the Nationwide Series and Sprint Cup races at Texas Motor Speedway.



Nationwide Series O'Reilly Auto Parts 300 winner Kyle Busch with the checkered flag.

Kyle Larson lives up to hype

It seems like both races and racers of late have had a hard time living up to the hype, but in the case of Kyle Larson, the lofty expectations appear to be justified.

On Sunday at Rockingham Speedway, the 20-year-old NASCAR newcomer dominated the Camping World Truck Series race, leading 187 of 205 laps and holding off Sprint Cup veteran Joey Logano in a green-white-checkered-flag run to the finish of the North Carolina Education Lottery 200. And Larson prevailed even though Logano had fresher tires and far more experience.

Logano said afterward that Larson simply outran him at the finish.

"I thought when that caution came out, 'Man, OK, this is right where I want to be. I'm a couple tenths faster than Kyle there,'" Logano said. "Just got beat. My fault."

Larson is running a full Nationwide Series schedule this year, and after six races has a best finish of second, at Bristol Motor Speedway.

His Truck win came in his fifth career start in the division. Several other newcomers also had strong runs at Rockingham. Jeb Burton, the son of Sprint Cup veteran Ward Burton, started on the pole and finished seventh. Bill Elliott's son Chase started fourth and finished fifth in his second career Truck start.



Kyle Larson



Busch celebrates in Victory Lane after winning the Nationwide Series O'Reilly Auto Parts 300.

Rex White leads class of Hall Of Fame nominees

NASCAR's oldest living champion, Rex White, is among five people nominated this week to be considered for the fifth induction class of the NASCAR Hall of Fame in Charlotte, N.C.

Also being added to the 20 already on the list of nominees are track builder Bruton Smith, former Sprint Cup champion Dale Jarrett, engine builder Maurice Petty and the late short-tracker Larry Phillips.

In his relatively short 233-race career in the series now known as Sprint Cup, White won 28 races, 36 poles and the 1960 championship. He had 110 top-five and 163 top-10 finishes, almost all of them coming as a driver-owner.

"It's pretty good company to be in," White said of his nomination to the NASCAR Hall.

For White, the nomination is a major step in a journey that has seen him struck down by polio as a child, bounce back to become one of the most successful driver-owners in NASCAR history, walk away from the sport in his prime, spend 25 years away from the race tracks then become an ambassador for the sport during his retirement from a career as a truck driver.

As a child growing up on a farm in Taylorsville, N.C., White, now 83, became part of a national epidemic.

His parents took him to the one doctor in Taylorsville, who made the diagnosis and sent him to a hospital in Gastonia, N.C., where his leg was fitted with a brace and special shoe.

He didn't wear it long, a decision he now regrets, and he's walked with a limp ever since.

When he started racing, he modified the throttle in his car to accommodate his weakened foot. The only problem came when he drove someone else's car. "I did alright, but with my crippled foot, I didn't want it too high off the floor," he said. "At a place like Martinsville, it would wear me out."

His results never gave any indication of a disability. Using his knack for preparing a car and his driving ability, he became one of the sport's top drivers in the late 1950s and early 1960s. The main thing holding him back was a lack of funding.

For most of his career he drove Chevrolets, and when the manufacturer pulled out of racing after the 1963 season, White was left looking for a ride.

He ran six races in 1964 in a Mercury for Bud Moore, but he was a Chevy man in an opposing manufacturer's camp, and before long, he was the odd man out.

For 1965, he built a Sportsman car and raced it 32 times, winning 20 and finishing second 10 times.

But the racing paydays weren't so great, so he took a job as a service



Rex White at Daytona in 2006.



White speaks to the media in 2008.

manager at a Chrysler-Plymouth dealership in Atlanta.

"At that time I was making more money [at the dealership] than I was racing," he said. "I just never pursued racing. If I had, I could have probably had some more good years."

He acknowledges that his relatively brief, nine-year career could hurt him in the Hall voting.

"With the way I got out of racing, I'd say so," he said. "I was a little bitter against racing at that time. I didn't really keep up with it, and I was busy working."

Today, he's a regular attendee at NASCAR-related events.

Smith, considered by many to be the most innovative track owner in motorsports, started in racing as a promoter, and now his Speedway Motorsports, Inc. owns and operates Atlanta Motor Speedway, Bristol Motor Speedway, Charlotte Motor Speedway, Sonoma Raceway, Kentucky Speedway, Las Vegas Motor Speedway, New Hampshire Motor Speedway and Texas Motor Speedway.

Jarrett, the son of Hall of Famer Ned Jarrett, won 32 Sprint Cup races, including three Daytona 500s and two Brickyard 400s, and the 1999 championship. He's now a TV analyst.

Phillips, from Springfield, Mo., won five NASCAR Weekly Racing championships and 220 of 289 NASCAR sanctioned starts. His victory total is estimated at more than 1,000.

Petty built the engines for the majority of his brother Richard Petty's record 200 Cup victories.

The inductees for the 2014 class will be determined next month by a 54-member voting panel.

NOTEBOOK

Keselowski: Treatment 'shameful'

Reigning Sprint Cup champion Brad Keselowski and his teammate Joey Logano left Texas wondering how stiff a penalty they'll be receiving from NASCAR.

In pre-race inspection for the NRA 500 at Texas, both Fords from Penske Racing, Keselowski's No. 2 and Joey Logano's No. 22, were found to have rear-end assemblies that did not meet the rules.

Their crews were forced to change the entire assemblies at the last moment.

Keselowski told reporters after the race that NASCAR officials have been picking on his team in recent weeks, especially after TV replays seem to show that a pit penalty he was assessed at Martinsville was in error. The champ already had run afoul of NASCAR chairman Brian France for comments he made at Daytona that were deemed critical of the sport.

"The things I've seen over the last seven days have me questioning everything that I believe in, and I'm not happy about it," Keselowski told reporters at Texas. "There's so much stuff going on ...

"I could tell you there's nobody, no team in this garage with the integrity of the [No.] 2 team. And the way we've been treated over the last seven days more than I've ever seen a team targeted."

Even with the last-minute changes, both Penske cars ran strong at Texas as Logano finished fifth and Keselowski ninth.

Labonte: Illness and blown engine

Bobby Labonte's return to his home state wound up being one he'd just as soon forget.

Labonte was ailing at the start of the race and planned to run a few laps and turn his No. 47 Toyota over to Mike Bliss, who started the race in the No. 19 Toyota. But Bliss ran his own car longer than expected, forcing Labonte to park his car and seek treatment at the track's care center. Eventually Michael McDowell took over the car, but the seat didn't fit him. Finally, a blown engine ended the night, and the team still wound up 42nd, despite all the effort.

SPRINT CUP STANDINGS

1. Jimmie Johnson, 269
2. Brad Keselowski, 260
3. Kyle Busch, 251
4. Greg Biffle, 239
5. Carl Edwards, 234
6. Dale Earnhardt Jr., 234
7. Kasey Kahne, 232
8. Clint Bowyer, 208
9. Joey Logano, 207
10. Paul Menard, 206

NUMERICALLY SPEAKING

0 Laps led by Joey Logano in seven career Sprint Cup starts at Kansas Speedway

35 Sprint Cup points separating Dale Earnhardt Jr., who was the leader heading into Martinsville two weeks ago but now sits sixth, and current leader Jimmie Johnson

17 Sprint Cup points separating Denny Hamlin, who has missed the past two races with a back injury, and Ricky Stenhouse, Jr., who holds the 20th spot that Hamlin eventually will need to have any chance of making the Chase for the Sprint Cup

527 Laps led by Jimmie Johnson in the past 10 Cup races at Kansas Speedway, tops among drivers



PHOTOS BY LANCE CPL. GLEN E. SANTY

2nd Lt. Jessica Davis, a motor transportation platoon commander with Marine Wing Support Squadron 271, helps build marshmallow shapes with a student at Arthur W. Edwards Elementary School's science fair April 11. MWSS-271 Marines volunteered at the fair as a part of the unit's adopt-a-school program.

'271 Marines, students bond through science



Students show off their invisible ink art work during the Arthur W. Edwards science fair April 11.

LANCE CPL. GLEN E. SANTY
MCAS CHERRY POINT

Marines tinkered at scientific demonstration stations in a quiet school auditorium in late afternoon April 11. Before you could say paleoanthropology, students swarmed the room.

Nearly 30 Marines with Marine Wing Support Squadron 271 helped make Arthur W. Edwards Elementary School's Thorp Science Night a success as a part of the unit's adopt-a-school program.

Named in honor of the University of North Carolina at Chapel Hill's Chancellor Holden Thorp, the science nights are funded by a gift from an anonymous donor to a selected elementary school from across the state. The event was free and all of the materials were provided to the elementary school.

1st Lt. James Heg, the squadron's program coordinator, said the squadron has participated in a wide array of events with the elementary school over the years.

"Many of the children here are military dependents and have one or both parents deployed," said Heg. "MWSS-271 and the Marines who volunteer to be a part of the adopt-a-school program help fill in that missing space in the children's lives. We give our time so these children get all the help they can get."

Principal Kathy Leffler said the Marines' support was a big help to teachers and staff and provided a huge mental boost for students.

"We are building a bridge between Marines and the younger minds," said Cpl. Richard Bantigue, an aircraft maintenance administration specialist with MWSS-271. "I feel this is a good example to give to the students to help them understand more about the Marine Corps."

Students actively participated in experiments and demonstrations covering topics from aerospace engineering to bubbleology at 11 different stations.

Two Marines at each station assisted teachers who explained the experiments to students.

As they completed each experiment, children received a stamp. Some students competed to see who could collect all of the stamps first.

"The children are having a lot of fun and everyone's enjoying being here," said Joe Whitelaw, a parent of an Arthur Edwards student. "They're learning new stuff and enjoying doing it."

When the room began to clear out, the Marines finally got a break. Many were so worn out after manning the stations for three hours straight, they had to step outside to catch a breath of fresh air.

"I didn't think I was going to have that much fun," said Bantigue. "It was well worth our time."



Staff Sgt. Travis Goodwin, a production control chief with MWSS-271, helps students test physics experiments with a foam ramp.



A student explains the intricate process behind marshmallow shape building to Capt. Daniel Pursel, the motor transportation company commander with MWSS-271.



A student dips a cue tip in invisible ink at a chemistry work station.

VMM-264, HMH-461 support joint ops



PHOTOS BY SGT. GABRIELA GARCIA

(Above) MV-22B Osprey aircraft with Marine Medium Tiltrotor Squadron 264, fly over Helmand province, Afghanistan, April 11. VMM-264 provided logistical support during a joint operation.

(Right) Sgt. Caleb M. Dye, crew chief with Marine Heavy Helicopter Squadron 461, provides aerial security from inside a CH-53E Super Stallion aircraft in Helmand province, Afghanistan, April 10. HMH-461 provided logistical support during a joint operation.



Life & Times

Facebook.com/MCASCherryPoint

April 18, 2013



PHOTOS BY LANCE CPL. CAYCE NEVERS

Gunnery Sgt. Jason G. Forgunson, air traffic control training chief with Marine Air Control Squadron 2, and his son practice putting during a family golf short-game clinic at the Sound of Freedom Golf Course Saturday. Together, family members were able to learn the basics of golf and build relationships between parent and child.

Families find common ground on greens

LANCE CPL. CAYCE NEVERS
MCAS CHERRY POINT

Since 1986, the month of April has been designated as a time to honor military children and recognize the unique contributions and sacrifices they make while parents serve.

Keeping in spirit with the observance, Marine Corps Community Services hosted family golf short-game clinics at the Sound of Freedom Golf Course Saturday and Sunday to help families bond and enjoy learning a sport together.

"It is a great way for parents to spend quality time with their kids out on the golf course," said Jim Ferree, Sound of Freedom Golf Course manager and a member of the Professional Golfers' Association.

The clinics teach participants proper golf stance, swing and positioning.

"Today we worked on the short-game fundamentals, putting and chipping," said Ferree. "They are learning how to hit the finesse shot that is right around the greens. Getting the right technique is critical. Then, with a little bit of practice, they will develop good hand-eye coordination with a good technique."

While golf is a popular, ages-old sport, not everyone understands the game.

"We are trying to promote the game of golf," said Ferree. "There are a lot of people

that are interested in playing, but most people's first experience with golf is that it is a very difficult sport so it can be very humbling and frustrating. If you can practice the right technique, you can improve and enjoy it."

Gunnery Sgt. Jason G. Forgunson attended a clinic with his son and said he enjoyed spending the time with his family.

"It definitely gives me and (my son) something to do together for a change, rather than just playing video games or hanging out around the house," said the Marine Air Control Squadron 2 air traffic control training chief.

Being in a military family, moving from place to place and family separations can be tough on children of service members. Forgunson said opportunities like this help military children feel supported and reinforce family bonds.

"A lot of conversations happen when you are out doing stuff like this, away from mom," he said. "It's important to have those father and son conversations, and this is a good way to accomplish that and build a relationship."

Two family golf long-game clinics are scheduled for Saturday and Sunday from 3-4 p.m. at the Sound of Freedom Golf Course. Registration is \$5 per family. For more information, call 466-5493 or 466-3044.



(Top) Gunnery Sgt. Jason G. Forgunson's son receives advice about his stance from Jim Ferree, Sound of Freedom Golf Course manager and a member of the Professional Golfers' Association, during a family golf short-game clinic at the golf course Saturday. Throughout the class, the participants learned proper golf stance, swing and positioning.

(Below) Jim Ferree offers a participant tips during a clinic Saturday. The clinics support the Month of the Military Child by providing parents and children an opportunity to spend quality time together.



Gunnery Sgt. Jason G. Forgunson, air traffic control training chief with Marine Air Control Squadron 2, watches as his son practices his putting. The Month of the Military Child honors military children and recognizes the unique contributions and sacrifices they make while parents serve



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 18

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

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

Friday April 19

Lunch - Roast turkey, French fried shrimp, French fried fish, dirty mashed potatoes, green beans, calico cabbage, hush puppies, tartar sauce, cocktail sauce and New England clam chowder

Dinner - Tater tot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms and Manhattan clam chowder

Saturday April 20

Lunch - Baked ziti with four cheeses, arroz con pollo, club spinach, corn O'Brien, toasted garlic bread and smoked ham and cabbage soup

Dinner - Three-bean chili, apple-glazed corned beef, shrimp curry, cilantro rice, parsley buttered potatoes, vegetable stir fry and savory summer squash

Sunday April 21

Lunch - Baked fish with butter crumb topping, herbed baked chicken, potatoes au gratin, confetti rice, herbed roasted carrots, balsamic roasted vegetables and tomato soup

Dinner - Pork chops smothered with onions, chili macaroni, roasted sweet potatoes, French cut green beans, cauliflower combo and Wisconsin cheese soup

Monday April 22

Lunch - Southwestern corn chowder, pepper steak, turkey Monterey roasts, rosemary red potatoes, steamed rice, wax beans Creole and stewed chick peas and zucchini

Dinner - Spanish chorizo and potato soup, veal parmesan, Tex-Mex chicken and rice, penne rigate noodles, marinara sauce and scalloped cream-style corn broccoli and red peppers

Tuesday April 23

Lunch - Beef with vegetables and barley soup, linguini with clam sauce, bayou chicken, rissole potatoes, cauliflower and mashed sautéed green beans and mushrooms

Dinner - Bean with bacon soup, country fried steaks, baked turkey and noodles, mashed potatoes, brown gravy, squash and carrot medley and peas

Wednesday April 24

Lunch - Bean with bacon soup, country fried steaks, baked turkey and noodles, mashed potatoes, brown gravy, squash and carrot medley and peas

Dinner - Chicken tortilla soup, Hungarian goulash, Creole shrimp, brussels sprouts parmesan and corn



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NOW SHOWING

Friday, April 19

5:00pm - The Croods PG
7:15pm - Admission PG13
9:30pm - Olympus Has Fallen R

Saturday, April 13

2:00pm - The Croods PG
4:15pm - The Croods PG
6:45pm - Admission PG13
9:00pm - Olympus Has Fallen R

Sunday, April 14

2:00pm - The Croods PG
4:15pm - Olympus Has Fallen R

movie synopsis

The Croods - After their cave is destroyed, a caveman family travels across a spectacular landscape and discover an incredible new world filled with fantastic creatures -- and their outlook is changed forever.

Admission - A Princeton admissions officer who is up for a major promotion takes a professional risk after she meets a college-bound alternative school kid who just might be the son she gave up years ago in a secret adoption.

Olympus Has Fallen - When the President is kidnapped by a terrorist who seizes control of the White House, disgraced former Presidential guard Mike Banning finds himself trapped within the building. As the national security team rushes to respond, they must rely on Banning's insider knowledge to save the President and prevent an even greater catastrophe.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.



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

1-800-273-TALK (8255)

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

DCoE Outreach Center

866-966-1020

resources@dcoeoutreach.org

www.dcoe.health.mil

Announcements

► Indicates new announcement

Navy-Marine Corps Relief Society Scholarships

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

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

Jazz Pianist Performs

Jazz pianist Aaron Diehl is scheduled to make his solo debut at Tryon Palace Friday 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 Saturday 20 at 8 p.m.

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

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

Proud to be American Day Celebration

Walstonburg American Legion Post 332 will host a Proud to be American Day Celebration in Walstonburg, N.C., Saturday.

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>.

► 2013 Devil Dog Open

The Single Marine Program will host its 10th annual Devil Dog Open April 26 at 1 p.m. Teams can begin checking in at noon.

The tournament is limited to 30 four-person teams.

Today is the last day to register. Registration is \$35 for active-duty service members and annual golf members. Registration is \$45 for non-annual golf members.

To register, go to the SMP front desk, the Sound of Freedom Golf Course or <http://bit.ly/2013DDO>.

For more information, call 466-3044 or 466-3027.

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.

► Parent/Child Superball Golf Tournament

The Sound of Freedom Golf Course will host the Parent/Child Superball Golf Tournament April 28 at 4 p.m.

This is a nine-hole superball format tournament.

Trophies will be awarded to first and second place in each age group. The age groups are 6-9, 10-13, and 14-18. 18-year-olds must still be in high school.

A \$40 fee and registration at the golf course is required by April 26 in order to participate.

For more information, call 466-5493.

► Cherry Point Junior Golf Team

Cherry Point Junior Golf Team registration is open through May 13.

Participants must be between the ages of 10-18. 18-year-olds must still be in high school.

Registration is \$50 per person and covers all green fees, matches and a team golf shirt.

There will be a parent meeting at the Sound of Freedom Golf Course May 13 at 5:30 p.m.

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

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.

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.

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.

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.

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 Tuesday 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.

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 May 10.

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 Wednesday at 9 a.m.

For questions or to register, contact Sandy Langlois at 466-5743.

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 May 15 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.

For more information, call 466-4637.

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.

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:

Dry Runs

Dry runs are considered any behavior that appears to be in preparation for terrorist activities. Activity such as mapping routes, playing out scenarios with other people, timing traffic lights or traffic flow may be dry runs and can be considered terrorist activities.

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
MP SUPER DISCOUNT
NEW YORK TOBACCO CENTER
NORTHERN LIGHTS SMOKE SHOP
ONE STOP SHOP
PRICE IS RIGHT LAWN DESIGN
SMART BUY
SMITTY'S R&R
TOBACCO
TOBACCO CLUB
TOBACCO HOUSE CIGARETTE CENTER
TOBACCO LEAF
VETERANS AFFAIRS SERVICE