The Windsock

See Story A2

Vol. 70, No. 42 | www.cherrypoint.marines.mil | October 18, 2012

Passing the sword:

Robinson takes over as 2nd MAW sergeant major

LANCE CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

Sgt. Maj. Susan M. Bellis relinquished the post of 2nd Marine Aircraft Wing sergeant major to Sgt. Maj. Christopher G. Robinson during a ceremony on the Cherry Point flight line here today.

Bellis plans to retire March 1, after more than 30 years of active service.

Robinson comes from Marine Aircraft Group 24 in Hawaii and sees his return to Cherry Point as a return home; the air station was his first duty station 24 years ago.

"It makes me honored that I've been able to stick around long enough to be given an opportunity to be the MAW sergeant major, especially where I grew up in the Marine Corps as a brand new Marine back in 1988," said Robinson. Robinson's first command was Marine Wing Headquarters Squadron 2.

Robinson said his primary goal is to nurture leadership and sound judgment between the ranks of corporal and gunnery sergeant, where he said most of the Marine Corps' work gets done. Leadership makes all the difference between a productive workplace and one with problems, he said. He gave an example of a gunnery

See **P&R** page A11

CPL. MARK A. BOUGHTON

Members of the 2nd Marine Aircraft Wing band lead the 68th annual New York City Columbus Day parade Oct. 8. This was the band's third year in a row making the trip to the region for Columbus Day weekend.

2nd MAW Band ignites Columbus Day festivities in New York City

CPL. TYLER J. BOLKEN
MCAS CHERRY POINT

The 2nd Marine Aircraft Wing band recently returned to the air station from New York City after performances in two Columbus Day Parades and game three of Major League Baseball's American League Division Series at Yankee Stadium.

It was the band's third year in a row making the trip to the region for Columbus Day weekend. They opened up this year's visit parading through East Hanover, N.J., Oct. 7, before making their way to the big stage in front of an estimated 1 million people, leading the 68th annual New York City Columbus Day Parade down 5th Avenue Oct. 8.

"To perform for that many people, it's an overwhelming experience," said Staff Sgt. Terri Kopetzki, a clarinetist with the band. "It was as energizing for us as we hope it was for those lining the streets."

Kopetzki added, every performance is important, whether it is somebody's first impression or just the most memorable among many performances they have seen. "We are ambassadors for the Marine Corps," she said.

In its last performance of the trip, the band performed the national anthem at Yankee Stadium for the Baltimore Orioles versus the New York Yankees ALDS matchup.

These events signify the beginning of a busy season for the band with scheduled performances at multiple Marine Corps birthday balls, a Veterans Day parade and the annual air station Christmas concert.

Hammerheads talk military with middle school students

LANCE CPL. SAMANTHA H. ARRINGTON

Cpl. Matthew Bolton, an aviation maintenance administration specialist with Marine Heavy Helicopter Squadron 366 answers questions about his military career from H. J. MacDonald Middle School students during a career roundtable presentation Oct. 12.

LANCE CPL. SAMANTHA ARRINGTON
MCAS CHERRY POINT

October is career month at H. J. MacDonald Middle School, and as in years past, personnel based at Marine Corps Air Station Cherry Point were invited to give a presentation to the students Oct. 12.

Marine Heavy Helicopter Squadron 366 adopted H. J. MacDonald through the air station's Adopt-a-School program, and Marines regularly visit to interact with the students or conduct volunteer work. On this occasion, six Marines ranging in rank from lance corporal to captain shared their experiences in the Marine Corps and answered questions ranging from the Marines' basic training to their hobbies and free time.

"I've been taught about a lot of what the Marines talked about. But there was new stuff I didn't know like their basic training," said Ashley S. Hubley, a 6th-grader. "My favorite part was just

See **SCHOOL** page A11

Country is seeking many good service members to vote

CPL. BRIAN ADAM JONES
MCAS CHERRY POINT

In less than three weeks, Americans will head to the polls to decide between the Democratic incumbent, President Barack Obama, and his challenger, former Republican Massachusetts governor Mitt Romney. As is the case every election, however, millions of patriotic Americans will be unable to punch their ballot in the voting booth. Many members of the U.S. military, due to overseas deployments, or simply being stationed far away from home, must vote via absentee ballot in order to be heard.

But this year, in a tight race for the White House that promises to have enormous implications for the Department of Defense, absentee ballot requests among members of the armed forces are down.

According the Military Voting Project, a nonpartisan advocate for military participation in the electoral process, in many states, service member requests for absentee ballots are down at least 50 percent from where they were in the 2008 presidential election.

This year, neither of the candidates for president have any military experience, nor do either of their running mates.

The main divergence in the two platforms comes in how the candidates say they will handle the defense department.

Both candidates pledge major reforms in the military over the next four years, a thought that should motivate many in uniform to vote. In 2010, however, fewer than 30 percent of active-duty service members participated in the mid-term elections, according to a recent report from the Pentagon's inspector general.

According to that data, roughly half of all the troops who voted did so via absentee

See **VOTE** page A11

Navy celebrates 237th birthday

LANCE CPL. PAUL E. WYATT

Navy Capt. John F. Ferguson, right, commanding officer of Naval Health Clinic Cherry Point, cuts the Navy birthday cake with Seaman Travis Wade, a corpsman at the clinic, at the Cherry Point mess hall Friday. They cut the cake together as the senior and junior Sailors in the unit to celebrate the Navy's 237th birthday. Traditionally, the senior Sailor in the unit serves cake to the most junior, symbolizing the passing on of knowledge from one generation to the next.

What's Inside

News Briefs	A2	Field Meet	A5
Breast Cancer	A2	Mess Hall Menu	B2
O-Course	A3	The Local Buzz	B3

Upcoming Event:

Chili Festival Heats up Havelock

See B1 for photos and story

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

News Briefs

Amtrak service reaches Havelock

Amtrak currently runs two bus service routes to Eastern North Carolina, one serving the communities of Greenville, New Bern, Havelock and Morehead City, and a second serving Goldsboro, Kinston, Jacksonville and Wilmington. Both routes will connect with the Amtrak Palmetto train service at the Amtrak Station in Wilson.

The Palmetto operates twice daily serving 20 stations between New York and Savannah, Ga. while providing access to the Amtrak national network serving more than 500 stations in 46 states, the District of Columbia and three Canadian provinces.

For more information, schedules or fares, call 800-USA-RAIL, or follow on http://www.facebook.com/Amtrak or http://www.twitter.com/Amtrak.

MALS-14 adopts high school

HAVELOCK, N.C. – Marine Aviation Logistics Squadron 14 at Cherry Point officially adopted Havelock High School in a move that strengthens the bonds between both.

Through the Adopt-a-School program, military personnel from MALS-14 will help the school in various capacities. Marines can volunteer to work concession stands during athletic events or handle crowds or parking at other events. They can be included in campus beautification efforts. And perhaps one of the biggest influences, the Marines can provide help with the NJROTC program or simply provide a presence to represent the values of honor, courage and commitment of the Marine Corps.

One of the first opportunities for MALS-14 to have an impact will be at the Crystal Coast Band Classic on Nov. 3. Band Director Jorge Benitez usually needs dozens of volunteers to help with everything from traffic to concessions.

Havelock High becomes the 10th Craven County School to be adopted through the program.

Wireless kiosk opens at MCX

A new wireless device kiosk opened in the Cherry Point Marine Corps Exchange Wednesday.

The kiosk is a third-party provider of wireless products and services, offering a convenient location for air station patrons to purchase wireless devices from major wireless companies.

For more information, call the exchange at 447-7041.

F-35 fleet continues to grow

The 20th Lockheed Martin F-35 Lightning II was delivered Thursday to Eglin Air Force Base, Fla., to support F-35 pilot and maintainer training taking place on the Emerald Coast.

BF-15, piloted by Maj. Mike Rountree, left Naval Air Station Fort Worth Joint Reserve Base Wednesday for the 90-minute flight to Eglin.

The F-35B short-takeoff, vertical-landing jet is the 14th F-35 to ferry there this year. BF-15 is now assigned to the 2nd Marine Aircraft Wing's Marine Fighter Attack Training Squadron 501 hosted by the 33rd Fighter Wing.

Chaplain's Corner

Vision:

Looking for the Stars

Cmdr. James Goodbow
2nd MAW Deputy Chaplain

A story is told of two prisoners who shared a small cell that was blocked from any kind of light except a tiny window three feet above their heads.

The prisoners, with nothing to occupy their time, sat and stared at the window above their heads. One of the prisoners saw nothing but bars across the window, reminding him moment by moment of the reality of his imprisonment.

With each day, he became increasingly discouraged, bitter and angry, with a growing sense of hopelessness. However, the other prisoner looked through the window to the stars beyond.

Instead of bitterness and despair, he felt hope by envisioning the possibility of starting a new life in freedom. The prisoners were looking at the same window, but one saw only the bars while the other saw stars. If you stop and consider, the difference in their vision had a huge impact in their lives.

Vision is a vital concept that fuels our lives. We know life has a way of presenting us with problems, challenges, disappointments and experiences that are difficult to deal with. What happens if you allow your life to become consumed by all those challenges?

You might feel like your tires are spinning but you are not getting anywhere – looking at the

See **CHAPLAIN** page A11

Breast Cancer Awareness Month:

Early detection is key to prevention

Sherry Kaminski
Naval Health Clinic Cherry Point

Have you noticed a lot more pink around lately?

October is Breast Cancer Awareness month! Breast cancer affects more than 500,000 Americans every year and it is not just an issue for women.

For every 100 women diagnosed with breast cancer, one man will also be diagnosed. When someone is diagnosed with cancer it can affect the whole family as well as friends, loved ones and co-workers.

You have probably worn pink to support breast cancer awareness and it's likely you may know someone who has been affected by this disease.

In fact, one in every eight women develops breast cancer. These startling statistics make it important to learn and talk about early detection and prevention.

There is some good news related to breast cancer.

Seven out of eight American women will never develop breast cancer. Secondly, eight out of 10 breast lumps are not cancerous.

Breast cancer, when found early, has a very high survival rate. It is important not to fear your breasts, but be proactive and familiar with your body, and seek medical care when something appears that is not normal.

Naval Health Clinic Cherry Point is dedicated to providing the best possible care for all breast care concerns.

Our specialists will attend to your breast health needs using superior, modern methods of cancer detection.

The Naval Health Clinic breast care team consists of a general surgeon, registered nurse, two American Board of Radiology certified radiologists, two registered mammographers and a registered diagnostic sonographer. Clinic capabilities include clinical breast examinations, education/recommendation for all breast concerns, self breast examination instruction, digital mammography, CAD (computer-aided diagnostics which improves diagnostic accuracy), in-house interpretation of mammographic and ultrasonographic examinations, as well as performance of image-guided biopsies.

Care can be accessed through self-referral, so you are welcome to call us directly at any time.

The American Cancer Society and other national organizations involved in the care and treatment of healthy women with breast cancer continue to recommend annual screening mammograms for all women beginning at age 40.

During October, as you see the pink ribbons all around, take a few minutes to schedule your mammogram and ensure you are taking appropriate action to stay healthy and decrease your risk for breast cancer.

Please feel free to speak with your primary care manager or breast care provider to learn how to obtain a mammogram.

Naval Health Clinic Cherry Point is excited about the 7th Annual Breast Care Awareness 5k Walk/Run to be held Saturday, beginning at 9 a.m.

The command invites everyone to come out and support us at this free event.

Please call the breast care coordinator, Sherry Kaminski, RN, MSN, at 466-0213 or Petty Officer 2nd Class Shannon Noceda at 466-0915 for more information.

American Cancer Society recommends:

• Conduct breast self-exams starting in your 20s.

• Get a clinical breast exam about every three years in your 20s and 30s, and every year if you are over 40.

• Get a yearly mammograms starting at age 40 and continue for as long as you are is good health.

Breast cancer prevention measures:

• Maintain a healthy weight. Obesity, especially weight gain after menopause, has been associated with increased risk of breast cancer.

• Stay physically active. Women who exercise regularly decrease their risk of developing breast cancer. Set a goal of 45-60 minutes of intentional exercise five or more days a week.

• Limit the amount of alcohol you drink. Alcohol use has been linked to increased risk of breast cancer, and the greater the intake, the greater the increase in risk. The American Cancer Society recommends limiting alcohol to one drink or less per day.

• Avoid hormone replacement therapy when possible. If you and your doctor decide to use hormone therapy for symptoms of menopause, it is usually best to use it at the lowest dose that works to control the symptoms and for as short a time as possible.

Cpl. Siobhan Garro

Job Title: Maintenance Administration Specialist
Unit: Marine Aerial Refueler Transport Squadron 252
Hometown: Tampa, Fla.
Age: 24
Date Joined: May 24, 2010

When Marines with Marine Aerial Refueler Transport Squadron 252 employ or repair aircraft, those operations and repairs are recorded on a network of servers. Cpl. Siobhan Garro, an aircraft maintenance administration specialist with VMGR-252, turns information given to her by pilots, crew chiefs, mechanics and other personnel into useful logs and archives.

Garro uses global management and optimal administrative maintenance activity servers that provide a measurable increase in aircraft material readiness through reduced maintenance turnaround times and improved supply response times, according to the Joint Interoperability Test Command website.

Garro said the job is mentally challenging and has pushed her to grow in her abilities to use and adapt to new technologies and systems. She said the job has also taught her about the importance of organization at all levels.

Garro was recently meritoriously promoted to corporal and is currently pursuing her passion of becoming a physical trainer by studying at Craven County Community College.

Highlight Your Marine or Sailor Superstar

Call or email The Windsock
cherry.point.windsock@gmail.com
466-3542

Fly by

Highlighting Cherry Point's Warriors

Lance Cpl. Glen E. Santy.

The Windsock

The editorial content is edited, prepared and approved by the Public Affairs Office at Cherry Point. Correspondence should be addressed to: Commanding Officer, Public Affairs Office, (Attn: Individual concerned), PSC Box 8013, MCAS Cherry Point, N.C. 28533-0013. To provide comments or suggeSstions call 252-466-4241 or email: cherry.point.windsock@gmail.com. Windsock is a registered trademark. To address any distribution problems please contact the distribution manager at Ellis Publishing at 252-444-1999. This Department of Defense newspaper is an authorized publication for members of the DoD. Contents of the Windsock are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense, United States Marine Corps, Marine Corps Air Station Cherry Point, or the Public Affairs Office, Cherry Point, N.C. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Marine Corps, or Ellis Publishing Co., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The Windsock is published by Ellis Publishing Co., a private firm in no way connected with the Department of Defense or the U.S. Marine Corps under exclusive written contract with Marine Corps Air Station, Cherry Point, N.C. The editorial content of this publication is the responsibility of the PAO.

Commanding Officer
MCAS Cherry Point
Col. Philip J. Zimmerman

Public Affairs Director
Maj. Will Klumpp

Public Affairs Chief
Master Sgt. Mark E. Bradley

Press Officer
1st Lt. Alejandro Aguilera

Press Chief
Gunnery Sgt. Michael A. Freeman

Editors
Cpl. Santiago G. Colón Jr.
Lance Cpl. Glen E. Santy
Stacey R. Swann

Staff Writers
Cpl. Tyler J. Bolken
Cpl. Brian Adam Jones
Cpl. Scott L.Tomaszycki
Lance Cpl. Samantha H. Arrington
Lance Cpl. Andrea Cleopatra Dickerson
Lance Cpl. Paul E. Wyatt

Remember to recycle

New obstacle course nears completion

Course is first of several planned PT improvements

Lance Cpl. Glen E. Santy
MCAS Cherry Point

Cherry Point Marines will soon have more options available when it comes to keeping their bodies physically fit and combat ready. Marine Corps Community Services and Facilities Development have put ideas into action for new physical training facilities, starting with the completion of a newly-reconstructed obstacle course.

Construction is complete, and the new obstacle course, located behind the Marine Dome, will be available for training within six months. It is currently undergoing safety inspections.

The old obstacle course was located across from the station mess hall but was removed in March to make room for new living quarters.

Gunnery Sgt. Joseph Goodnight, the operations director with Headquarters and Headquarters Squadron range management, stressed the course will not be approved for use by dependents or civilian employees and the proper steps must be taken before it can be used by Marines and Sailors aboard the air station.

"The course is able and stable, but before we see little green bodies hopping across the top of it, we have to get some things tightened up," said Goodnight.

Along with the new location, the course is now longer and taller than before and more accurately falls within Marine Corps standards and regulations.

"In addition to the completion of the obstacle course, Marine Corps Community Services and Facilities Development has begun drawing plans for constructing a rubber-matted running track aboard the air station," said Will Gainey, a civil engineer with facilities maintenance.

Gainey added the new complex will include an eight-lane track, three volleyball courts and restroom facilities. The track and volleyball courts are scheduled to be complete next month. The track is currently under construction in the field across from the resale lot.

Contributed

An artist rendition shows the new bachelor enlisted quarters slated to be built on the site where the air station obstacle course was previously located.

Photos by Lance Cpl. Glen E. Santy

The rope climb, the final obstacle in the newly-reconstructed obstacle course, stands behind the Marine Dome. The course is undergoing safety inspections but is expected to be available for training by April.

The newly-reconstructed obstacle course sits behind the Marine Dome aboard the air station. The course was previously located by the Cherry Point Mess Hall but was moved to construct new bachelor enlisted quarters.

26th MEU conducts vertical assault raid

Lance Cpl. Isis Ramirez

Marines with Battalion Landing Team 3rd Battalion, 2nd Marine Regiment, 26th Marine Expeditionary Unit, run to an MV-22B Osprey during a simulated raid at Marine Corps Base Camp Lejeune Oct. 2.

Staff Sgt. Edward R. Guevara Jr.
26th Marine Expeditionary Unit

MARINE CORPS BASE CAMP LEJEUNE, N.C. – Marines and Sailors with India Company, Battalion Landing Team 3rd Battalion, 2nd Marine Regiment, 26th Marine Expeditionary Unit, conducted vertical assault raid training at multiple urban training sites around Marine Corps Base Camp Lejeune and Marine Corps Air Station New River Sept. 24 to Oct. 5.

Each portion of the two-week package had a different focus. Initially, Special Operations Training Group focused on helping the company develop standard operating procedures for military operations on urban terrain.

"The first week we focused on lane training and instruction on some of the techniques and procedures associated with conducting a raid," said Capt. Jason W. Kemp, Company I commander. "It is important anytime you have a complex task, like a raid, that you focus on the small unit leader and his ability to execute the supporting tasks that make the larger operation possible. We took advantage of the first week to rehearse and refine the orders process and practice the techniques and procedures that we would employ when we got on the tiltrotors."

The second week of the operation consisted of three situational training exercises simulating raids – one during the day and two at night. The evolutions consisted of inserting on a landing zone and coordinating a support, security and assault element to work together to close on an objective, clear any resistance and take action on the objective. After the objective was complete, they had to safely egress to a designated area and coordinate with the aviation combat element for extraction.

Marine Medium Tiltrotor Squadron 266 (Reinforced) supported the training by providing MV-22B Ospreys and CH-53E Super Stallions for the company's insertion and extraction on the objectives, as well as providing casualty evacuations.

"Working with crew chiefs, we got a feel for what it will be like executing the air movement plan while still trying to keep situational awareness via the (aviation combat element's) communication architecture," said the company commander. "Actual air insertions, opposed to mock insertions, allowed us to expose the Marines to some of the chaos that could ensue when you get off an aircraft, especially when you are trying to link up with someone that you may have never seen, planned or briefed with, like the reconnaissance and surveillance teams we met during the night STX."

It also gave the leaders of the company a good idea of how the planning process works in a real world situation.

"The aviation element planners at VMM-266 are professionals and they know their doctrine," said Kemp. "We had to work together to come up with a plan the ground combat element could execute and the ACE could support based on the time, energy and focus required for completing the evolution."

The training also allowed the company to train with of various military attachments including combat engineers and counter-intelligence Marines.

"Our abilities give the company a variety of skill sets that prove to be very beneficial," said Sgt. Tyler J. Byfield, a combat engineer squad leader with BLT 3/2. "Our explosives and breaching techniques allow us to gain entry into buildings quicker, reducing the time Marines are exposed in the open. Our assets can also detect IEDs and booby traps quicker than the normal infantry Marines. It is much safer using our techniques. The violence of action – surprise – while breaching allows us to confuse the enemy."

As with every training exercise in the military, learning is always an important factor.

"I think the Marines of India Company put forth a lot of effort," said Kemp. "Marines want to be tactically proficient and technically sound, so we had a good opportunity to work on that during this raid package."

This course was one of three raid packages taught by SOTG in order to help fulfill requirements from the 26th MEU's mission essential task list. The 26th MEU is slated to deploy in 2013.

PHOTOS BY LANCE CPL. CORY D. POLOM.

A Headquarters and Headquarters Squadron Marine blocks a spike from a Marine Wing Headquarters Squadron 2 Marine during the H&HS vs. MWHS-2 field meet at the air station sports complex Oct. 5. MWHS-2 won the volleyball competition, but H&HS won overall honors with a final score of 18-12.

H&HS VS. MWHS-2

Sgt. Jason Walters, the lead man of the 7-ton truck pull team for Marine Wing Headquarters Squadron 2, leans into it during the Headquarters & Headquarters Squadron vs. MWHS-2 field meet at the air station sports complex Oct. 5. H&HS won the event with a time of 38.8 seconds and MWHS-2 finished with a final time of 48.6 seconds.

Rams roll Snake Eyes in field meet

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

The Headquarters and Headquarters Squadron Rams defeated the Marine Wing Headquarters Squadron 2 Snake Eyes in a field meet at the air station sports complex, Oct. 5, with a final score of 18-12.

It was the first time the two squadrons have faced off for field meet glory since 2004. Each fielded teams to compete in 11 events including volleyball, soccer, tug-of-war, a 7-ton truck pull and a variety of relay races.

"This event is important because it brings the two units together," said Lt. Col. Charles J. Basham, commanding officer of H&HS. "Even though we are separate units, we're building camaraderie within the (air station). It's a great opportunity to get out and get a little exercise."

Basham captained the winning team on the final event, a three-man relay whose members were the commanding officers, executive officers, and sergeants major of the rival units. H&HS earned the "Commanding from the Front" Command Desk Classic Award and five points overall, which secured victory for the Rams.

"This event helps Marines continue to work together," said Lance Cpl. Chris R. Skelton, a member of the H&HS tug-of-war team. "This has given me a chance to get to know some people who I wouldn't get to meet otherwise. It helps build unit cohesion and gives us a chance to get out of the office to keep the trophy within our unit."

After the competition was over, the commanding officers invited everyone to join them for food and addressed the competitors.

"It has been a long time since these two units have competed in this event," said Lt. Col. Alan Solter, commanding officer of MWHS-2. "This event was a huge success and a lot of fun.

"We will make sure we read the letter of intent a little closer to ensure a different outcome next year," he joked, demonstrating the camaraderie that defined the day.

Headquarters and Headquarters Squadron earned the commander's trophy by winning the H&HS vs. Marine Wing Headquarters Squadron 2 field meet with a final score of 18-12 at the air station sports complex Oct. 5.

Lance Cpl. Chris R. Skelton, a member of the Headquarters & Headquarters Squadron tug-of-war team, fights hard to win the first of the best-of-three match-up during the H&HS vs. Marine Wing Headquarters Squadron 2 field meet at the air station sports complex Oct. 5. MWHS-2 won the tug-of-war competition but lost overall as H&HS won the commander's trophy with a final score of 18-12.

Facebook.com/MCASCherryPoint

PHOTOS BY LANCE CPL. CHRISTOPHER JOHNS

Marines fast rope to the ground from a hovering UH-1Y Venom during the Marine Air-Ground Task Force demonstration, aboard Marine Corps Air Station Miramar Oct. 12. This demonstration was part of the MCAS Miramar Air Show, which features many facets of Marine Corps combat capabilities like the MAGTF.

Spectators extend their hands and cheer as infantry Marines perform a final pass and review after the Marine Air-Ground Task Force demonstration during the MCAS Miramar Air Show Oct. 12. The Marines made their appearance as the ground combat element, suppressing the enemy on land while aircraft provide cover fire from above.

MAGTF demo shakes Miramar, rocks San Diego

An explosion erupts after an aircraft passes overhead during the Marine Corps Air Station Miramar Air Show Oct. 12. Explosive Ordnance Disposal Marines spent months working on controlled explosions for the public to view during the Marine Air-Ground Task Force demonstration at the 2012 MCAS Miramar Air Show.

LANCE CPL. CHRISTOPHER JOHNS
MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

MARINE CORPS AIR STATION MIRAMAR, Calif. — Whirring blades and the sound of explosions drowned out the cheers of thousands who came to witness the power of the Marine Air Ground Task Force during the 2012 Marine Corps Air Station Miramar Air Show Oct. 12 through 14.

"The demo was great," said Jeff Pitt, a second time air show visitor. "It was a great way to see some of the fire power the Marine Corps offers as well as a great way to see what most people take for granted."

The crowd watched as CH-53E Super Stallions, MV-22B Ospreys, F/A-18 Hornets, KC-130J Hercules and other aircraft soared overhead, performing tasks they would during a real strike against enemies.

The demonstration displayed coordinated use of close-air support, ground, artillery and infantry forces as Capt. John Reeves, the air show narrator with the Reserve Support Unit, painted the big picture of events as they unfolded.

"The MAGTF demonstration featured 26 aircraft, 10 to 15 ground vehicles and the first Howitzer the air show has ever featured," said Maj. Phil Kendro, the MAGTF demonstration coordinator with 3rd Marine Aircraft Wing. "Working the demonstration alone, there were 250 Marines who flew the aircraft, drove the vehicles, stormed the crowds and helped to maintain the aircraft during the show. At least 100 more Marines from 3rd Marine Aircraft Wing manned static displays."

The simulated invasion showed viewers the level of precision Marines must maintain when performing their duties, in air or on the ground, as they apply to combat and defeating our nation's foes.

After a photo pass to gain information on the enemy, Marines called in Harriers to clear out the ground space before the reconnaissance Marines fast roped out of two UH-1Y Venom helicopters. Once on the ground, they called in simulated naval gun fire.

Once they finished their simulated assault on the objective, the Marines pulled out of the "danger zone" by two methods – ground vehicles and SPIE rigging, hanging from a rope by clips to be carried away from the extract site.

After the recon Marines were safely away, the second assault wave began, as Ospreys and CH-46 Sea Knights brought in 40 Marines to rush the show center.

At the end of it all, Marines who drove tanks, amphibious reconnaissance vehicles, Humvees and a Medium Tactical Vehicle Replacement 7-ton vehicle pulling in the Howitzer made their appearance to suppress the enemy for the final time.

"I liked the explosions," said Jordan Pitt, Jeff's 8-year-old son. "I like that the Marines fight for our country."

As a large explosion rocked Miramar's flight line, crowds erupted into cheers when infantry Marines performed a pass and review.

With hands held out and wild cheers MCAS Miramar's guests shook hands, patted and hugged the Marines walking past them in full battle gear.

"If it wasn't for [the Marine Corps] we probably wouldn't have a lot of the freedoms we enjoy today," said Jeff Pitt. "So I really just want to say thank you and we appreciate all you do for us."

Reconnaissance Marines conduct a special patrol extraction from a UH-1Y Venom while exiting the objective area during the Marine Corps Air Station Miramar Air Show Oct. 12. Aircraft like the Venom provide necessary mobility and aerial support to the MAGTF by way of fire power, speed and maneuverability.

Photos By Lance Cpl. Joseph Scanlan

A Navy hovercraft lands on Ocean Beach as part of a demonstration during San Francisco Fleet Week Oct. 3. Fleet Week is dedicated to highlighting the military's humanitarian assistance and disaster relief capability on the home front.

Marines, Navy land on San Francisco's beach, showcase medical aid abilities

Sgt. Michael Cifuentes
1st Marine Division

SAN FRANCISCO — U.S. Marine and Navy forces displayed their capabilities to conduct a beach landing and setup an expeditionary medical aid station on San Francisco's Ocean Beach Oct. 3.

Sailors serving with Assault Craft Unit 5, a Navy unit from Marine Corps Base Camp Pendleton, Calif., stormed the beach on a Navy hovercraft carrying logistical equipment and tactical vehicles. The hovercraft departed from the USS Makin Island, a Wasp-class amphibious assault ship carrying Marines and Sailors of the 13th Marine Expeditionary Unit.

Aside from capturing the attention of the Bay Area community who came out for the demonstration, the landing showed the ship-to-shore response capabilities the 13th MEU has when the Navy and Marine Corps employ an amphibious expeditionary task force.

Petty Officer 2nd Class Pendleton Johnson, an information technician with Beach Master Unit 1, a Navy unit stationed at Naval Amphibious Base Coronado, Calif., said the landing allowed San Francisco residents to see how emergency supplies can be brought in during a natural disaster.

"[The hovercraft] can carry up to two [battle] tanks each," said Johnson. "So they can carry a lot of supplies whether it's in a combat scenario or a civilian support scenario."

During an actual crisis response scenario, Navy medical personnel would set up a shock and trauma tent and a forward resuscitative surgical system tent on shore to collect and treat casualties within an hour of landing.

The central mission of Sailors working inside the expeditionary medical center is to save lives and limbs, said Petty Officer 2nd Class Anthony Chow, a corpsman with 1st Medical Battalion.

Lt. Cmdr. Brian Beale, the officer in charge of the advisory training group of 1st Medical Battalion, said the important thing to know about the expeditionary medical aid center is that when employed, they are highly mobile, rapidly deployable and can be set up almost anywhere at a moment's notice.

"If something were to happen, and the Navy and Marine Corps medicine team were called upon, we want the people of San Francisco to know what it is that we have to bring to the table to help out in the event that there's some type of requirement for disaster relief," said Beale. "It doesn't only have to be Afghanistan where we practice this type of medicine and this type of help. We can bring it to the forefront of the shores here at home."

Visitors were also given the opportunity to look inside the tents and ask Sailors questions.

Chow, who was born in the Philippines, said everyone was impressed and fascinated with their rapid response capabilities and ability to save lives in austere environments.

Petty Officer 2nd Class Anthony Chow and Petty Officer 2nd Class Tara Mallari, corpsmen serving with 1st Medical Battalion, instruct how to properly treat natural disaster casualties during San Francisco Fleet Week Oct. 3. Fleet Week is dedicated to highlighting the military's humanitarian assistance and disaster relief capability on the home front.

Sgt. Ron Reynolds of the San Francisco Police Department said he remembers working with first responders during the earthquake of 1989 in San Francisco and did not have the full capabilities for the first two days to help those in need.

The 30-year veteran police officer said it's important that the Bay Area community knows what the Navy and Marine team can do for a city that needs help when disaster strikes.

"It's really reassuring to go home at night and know the Navy and Marines can be here providing help and aid right off the bat," Reynolds said. "I'm extremely impressed with the professionalism I've seen in this whole operation."

CHAPLAIN from page A2

bars and missing the stars!

How do we see the stars? How do we become a visionary? Let me give you a couple of ways. First, if we want to see the stars, we need to look to our God-given abilities to spot possible solutions to the problems of our lives. Our relationship with God is our greatest resource as we cultivate the heart of a visionary. Together with God, we begin to see beyond the problems to the solutions.

Visionary people focus on the solution and not solely on the problem. They first reach out to God, ask for God's help and believe that God will provide the ability to find the solutions. The Psalmist promises, "God is our refuge and strength, an ever-present help in trouble," (Psalm 46:1). Visionary men and women draw upon God's strength and stretch out our wings of faith to see not the bars but into the stars. We hear that again in Psalm 121, "I lift up my eyes to the hills – where does my help come from? My help comes from the Lord, the Maker of heaven and earth."

Another important aspect of vision is utilizing your God-given ability to see what God wants to do in your life. None of us are here by accident. God has given us life and as Jesus says, "Life, abundantly." God has a plan and purpose for your life. The visionary works with God to discover and live out that divine purpose. In fact, a visionary begins to see the possibilities of life and become the woman or man of God whom our Creator planned for before we were even born!

Think of the power of the person who listens to God's voice and aligns his or her life with God's vision! You might be the one to whom God is whispering, "It's time to make a change; you are heading down the wrong road. Follow my direction; you can be so much more. Let me help you focus on the stars and get beyond the bars." I invite you to stop and listen for God's voice. Then step out in faith, put your trust in the Lord to open or close doors as you follow the vision our Creator has given you. Jesus said, "With God all things are possible."

P&R from page A1

sergeant who, during Robinson's first tour here, inspired him to earn a meritorious promotion to the rank of sergeant, become a drill instructor, and become the Marine he is today.

Bellis said it's the Marines and Sailors of a unit who make everything possible. In the case of 2nd MAW, they make it a formidable fighting force. Their focus is on getting aircraft in the air so they can support troops on the ground.

"I just want them to know that before I got here, I came from (Marine Corps Air Ground Combat Center) Twentynine Palms where I worked for two infantry generals," said Bellis. "The last one I worked for said the hardest working Marines he had ever seen belonged to the wing, and he was right."

VOTE from page A1

ballot, which make the low numbers of absentee ballot requests all the more troubling. The deadline for absentee ballot requests in most states is the end of October, so there is still time for the nearly 80 percent of service members who are registered voters to act, though they need to act quickly in order to be heard.

Service members and their families seeking more information on the voting process or looking to request an absentee ballot can do so online through the Federal Voting Assistance Program at http://fvap.gov.

SCHOOL from page A1

listening to how their jobs interest them and what they do for fun on their off time. "

More than 25 students were drawn from a school raffle to attend the discussion. The students were 6th, 7th and 8th-graders.

"I like this because it gives me a chance to give back to the community and shed light on the positive things that the Marine Corps is doing stateside," said Cpl. Matthew Bolton, an aviation maintenance administration specialist.

Valarie Nasser, a teacher at the middle school, explained that having the Marines visit the school gave the students a broader view of the options for careers in the future.

"I think for the diverse amounts of students we have, it opens their eyes to other possibilities other than becoming common things like doctors or lawyers," said Nasser. "I believe it is very helpful to open up other doors. These Marines become the students' role models a lot of times."

Other careers that will be highlighted throughout the month include human services, technology, trade and industry, arts and entertainment, and education.

"This experience is very fun and it's great interacting with the kids and listening to all of the different questions they had," said Lance Cpl. Daniel S. Dyson, a CH-53E helicopter airframe mechanic. "They definitely impressed me with their hunger for military knowledge."

PHOTOS BY SGT. DEANNE HAGSTROM

Construction workers signal cranes lifting a 335,000-pound box truss during the construction of Hangar 7 aboard Marine Corps Air Station Miramar Oct. 3. Construction on a new MV-22B Osprey hangar, an addition to an existing CH-53E Super Stallion hangar and work on taxi ways and aircraft parking areas are all underway.

Building foundations: *Miramar creates home for future squadrons*

SGT. DEANNE HAGSTROM
MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

MARINE CORPS AIR STATION MIRAMAR, Calif. — Aircraft noise on the flight line aboard Marine Corps Air Station Miramar is not the only thing heard across the air station. Construction on a new MV-22B Osprey hangar, an addition to an existing CH-53E Super Stallion hangar and work on taxi ways and aircraft parking areas are all underway.

With an influx of Ospreys in 3rd Marine Aircraft Wing's future, a new Osprey hangar is currently undergoing construction to extend the air station's flight line in preparation for the inbound aircraft.

The Marine Corps brings new capabilities with the [MV-22], it really is a game changer, but with it, the air station needs the infrastructure as well, explained Col. John Farnam, the commanding officer of MCAS Miramar. The hangar is changing the face of the flight line and giving Marines the capabilities they need to operate at Miramar.

"Look at the big picture for our combat readiness: the MV-22 aircraft being housed here expanded the operational reach of the Marine Corps by 60 percent when compared to our other rotary wing assets," said Brig. Gen. Vincent Coglianese, the commanding general of Marine Corps Installations West. "They have a heavier payload and carry our Marines from over the horizon deep into the fight."

Working to build these facilities are Marines, Naval engineers and civilian contractors. The projects support a projected 800 jobs for construction and skilled labor workers throughout the building process. With the cooperation of service members and civilian contractors, the hangars, taxi ways and aprons are scheduled to be in use by October 2013.

"It's big, visible progress," said Coglianese. "This is one more example of our installations keeping Marines ready to deploy, while improving energy efficiency and sustainability."

The project is planned to be a Leadership in Energy and Environmental Design - Gold Certified, explained Nick Trammer, the Hensel Phelps project manager for these projects. Some of the most sustainable features include: 1.3 million square feet of recycled concrete and asphalt, which generated 73,000 tons of aggregate used in the base support of the new high temperature concrete apron. Also, solar photovoltaic panels will be assembled on the rooftops and over parking areas to provide a 580 kilowatt renewable energy source.

A construction worker guides one of two cranes preparing to lift a 335,000-pound box truss during the construction of Hangar 7 aboard Marine Corps Air Station Miramar Oct. 3. The MV-22B aircraft being housed here expanded the operational reach of the Marine Corps by 60 percent when compared to other rotary wing assets in the Marine Corps.

The Osprey hangar is on schedule for completion by the end of next year. The Super Stallion hangar, apron and taxi way projects are approximately one year ahead of schedule, which will also allow for their completion before the end of 2013.

Chili Festival

The 31st annual cook-off to spice up Havelock this weekend

Special to The Windsock

MCAS Cherry Point

For 31 years the city of Havelock has celebrated its rich Eastern Carolina heritage with its biggest event of the year, the annual Havelock Chili Festival.

This year the event will carry on that legacy with music, festivities and delicious food, including chili cook-off contests, at Walter B. Jones Park from 5 to 9 p.m. Friday and 10 a.m. to 5 p.m. Saturday.

The two-day event draws more than 20,000 people each year and features several craft and business vendors, bounce houses and other activities for children.

"This event brings in more people than any other," said Stephanie Duncan, executive director for the Havelock Chamber of Commerce and the Chili Festival coordinator. "The great thing about the festival is all the monies made go back into the community for non-profit organizations."

Attractions at the event will include Marine Transport Squadron 1's HH-46E Sea Knight search and rescue helicopter "Pedro." Cherry Point Aircraft Rescue and Fire Fighting will also be on hand to showcase their gear, including the P-19 fire truck.

"We have built a strong relationship with the air station over the years," said Duncan. "With the Marines coming out, this a great way to show the community what role they play. The residents get to talk with the Marines and get to know them."

Duncan added the difference between this festival and others is the intimacy of the event.

"Unlike the bigger festivals, you really get to talk to everyone involved, knowing that they live in the same town," said Duncan. "It really builds a sense of belonging."

Opening ceremonies start at 5 p.m. Friday followed shortly by a performance by the band Cold Biscuit. Also starting at 5 p.m. is the chicken wing and chili verde competitions. The day's activities conclude at 9 p.m.

Saturday will commence at 10 a.m. with the serving of red chili and salsa. From 12:30 to 3:30 p.m., The Tone Peddlers will perform. The festival will end at 4 p.m. with the announcement of the competition winners.

Parking and admission is free.

For more information call the Havelock Chamber of Commerce at 447-1101.

Havelock International Chili Society Chili Festival

Contributed

Contributed

Contributed

Contributed

CHERRY POINT MESS HALL

HOURS OF OPERATION

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-12:45 p.m., Dinner 4-6 p.m.

Saturday-Sunday/ Holiday Hours

Breakfast/Lunch 8:30-11 a.m., Dinner 3-5 p.m.

FAST FOOD LINE

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-1 p.m., Dinner 4-6 p.m.

Breakfast Menu

Assorted fresh fruit, assorted hot and cold cereals, fried eggs and omelets to order, scrambled eggs and hard cooked eggs, grill special, pancakes, French toast or waffles, breakfast potatoes, breakfast meats, creamed beef or sausage gravy, assorted muffins, breads and breakfast pastries.

Specialty Bar Menu & Blendz

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

Monday - Pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, meatballs, baked Italian sausage, boiled rigatoni, boiled spaghetti, simmered ziti, simmered linguine, simmered fettucini, simmered penne rigate, simmered rotini, Italian meat sauce, alfredo sauce, caesar salad, toasted garlic bread and breadsticks.

Wednesday - Chicken enchiladas, taco beef filling, burritos, Mexican rice, refried beans with cheese, Mexican corn, shredded lettuce, diced tomatoes, chopped onions, sliced jalapeno peppers, taco shells, flour tortillas, taco sauce, salsa, sour cream.

Friday - Wings of fire, honeyed barbecue wings, teriyaki wings, French fried chicken wings, French fried garlic fries, corn on the cob, baked beans, carrot sticks, celery sticks, blue cheese dressing, ranch dressing.

Weekly Menu

Thursday October 18

Lunch - Green chili and corn stew, Indian spiced roast chicken, long grain and wild rice, steamed broccoli, Harvard beets and chicken with rice soup ***Dinner*** - Lemon chicken, Salisbury steak, oven browned potatoes, Spanish rice, sautéed mushrooms and onions, southern style greens, brown gravy and bean with bacon soup

Friday October 19

Lunch - Baked fish with spinach topping, chicken and cheese enchiladas, golden jewel multigrain blend, Yucatan style rice, steamed vegetable medley, herbed green beans and New England fish chowder ***Dinner*** - Stuffed green peppers, grilled bratwurst, steamed rice, lyonnaise potatoes, sautéed zucchini, German sauerkraut and Louisiana seafood gumbo

Saturday October 20

Lunch - Mesquite roasted pork loin, chicken Provencal, red beans with rice, Italian roasted potatoes, mixed vegetables, broccoli polonaise and lentil vegetable soup ***Dinner*** - Grilled steak, Asian barbecue turkey, baked macaroni with cheese, baked potatoes, steamed baby carrots, asparagus and Mulligatawny soup

Sunday October 21

Lunch - Honey barbecue chicken, vegetable lasagna, franconia potatoes, Italian vegetable blend, simmered pinto beans and Minnesota wild rice soup ***Dinner*** - Beef and corn pie, French fried shrimp, French fried fish, tater tots, turnips and bacon, vegetable stir fry, cabbage and white bean soup

Monday October 22

Lunch - Open faced steak sandwich, Cajun lightning chicken, rice pilaf, green beans nicoise, sautéed summer squash with tomato ***Dinner*** - Vegetarian split pea soup, spaghetti with meat sauce, barbecued spareribs, scalloped potatoes and steamed broccoli

Tuesday October 23

Lunch - Louisiana chicken and sausage, gumbo, southern fried catfish fillets, turkey with vegetable primavera, roasted zucchini, potatoes au gratin, calico cabbage and hush puppies ***Dinner*** - Tomato noodle soup, Yankee pot roast, Casablanca vegetable stew, oven browned potatoes, steamed rice, brown gravy, corn on the cob and sweet sour greens

Wednesday October 24

Lunch - Hearty winter vegetable soup, maple mustard pork loin, chicken parmesan, whipped sweet potatoes, penne rigate noodles, marinara sauce, ratatouille, broccoli, cheese and rice and breadsticks ***Dinner*** - Chicken tortilla soup, Texas barbecue beef brisket, baked tuna and noodles, baked macaroni and cheese, vegetable stir fry and beans fiesta

MCAS Cherry Point STATION THEATER

E Street

Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

Adults only $4 • Kids (4-12) only $3

NOW SHOWING

Thursday, October 18
6:00pm - Hit and Run R

Friday, October 19
5:00pm - ParaNorman PG
7:30pm - Premium Rush PG 13

Saturday, October 20
No Movies Showing

Sunday, October 21
3:00pm - FREE SNEAK PREVIEW - Red Dawn R

Tuesday, October 23
6:00pm - Lion King G

MOVIE SYNOPSIS

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

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

ParaNorman - (Animation) - *Starring the voices of: Casey Affleck, Kodi Smit-McPhee, Tempestt Bledsoe.* When a small town comes under siege by zombies, who can it call? Only misunderstood local boy Norman, who is able to speak with the dead. In addition to the zombies, he'll have to take on ghosts, witches and worst of all, grown-ups, to save his town from a centuries-old curse. But this young ghoul whisperer may find his paranormal activities pushed to their other worldly limits.

Red Dawn - *Starring: Chris Hemsworth, Josh Peck, Adrianne Palicki.* A city in Washington state awakens to the surreal sight of foreign paratroopers dropping from the sky - shockingly, the U.S. has been invaded and their hometown is the initial target. Quickly and without warning, the citizens find themselves prisoners and their town under enemy occupation.

Lion King - *Starring the voices of: Jonathan Taylor Thomas, Matthew Broderick, James Earl Jones.* A heroic coming-of-age story which follows the epic adventures of a young lion cub named Simba as he struggles to accept the responsibilities of adulthood and his destined role as king of the jungle.

Movies are subject to change without notice

Domestic Violence:

Home should be safe haven for children

GUNNERY SGT. MELINDA MUÑOZ
MARINE AND FAMILY PROGRAMS

Put yourself in a child's shoes. You are in bed, about to drift off into sleep with your favorite stuffed animal. You hear angry voices. You hear something hit the ground ... it sounded like breaking glass. Your muscles tense; your heart begins to pound; you become fully alert.

You have heard these sounds before, and it always ends very badly. You quietly creep out of bed, praying that the bedsprings do not creak too loudly. You press your ear to the door, but suddenly things have gotten very loud.

You hear your father calling your mother nasty names, names that you don't really understand, but it means she is bad. She is crying and trying to explain something to him, but it seems to make things worse.

The voices are getting louder. You hear doors slamming, things breaking, it sounds like the fighting is coming closer to you.

You run from the door and crouch with your teddy bear in the corner, holding your breath because suddenly it is quiet. The sudden silence is as frightening as the noise was.

"What is going on? Is mom ok? Why is this happening? Is it because of something I did? Everything was great yesterday. Everyone was happy."

Scenes like this are confusing and frightening for a child. Children who are exposed to family violence may experience serious physical and mental health problems that can last a lifetime. Although they may not be directly abused, there is very real damage being done. However, in many cases where spouse abuse is occurring, so is some type of child abuse.

It is also clear that children can be unintentionally harmed when there is spousal abuse in the home. Children in violent homes often "get caught in the crossfire" where they can get hurt.

It is very important to provide children a safe, violence-free home and positive role models for what a healthy relationship is like. What we learn as children in our homes is often what has the most impact on our adult lives.

Children are like sponges, absorbing whatever surrounds them. They look to their parents as role models, and it is within their family unit that they gain their understanding of how a family interacts and operates.

Through their parents, children learn what it means to be a woman, and what it means to be a man. Everything we say and every action we take make life-long impressions on our children.

Violent behavior in relationships is passed on from generation to generation. This is called the cycle of violence.

Children from violent homes may believe that violence, threats and intimidation are the primary ways conflicts are resolved. They grow up and may use the same learned behaviors on their families.

There are those who swear they will never be abusive to their spouse or child, because of the fact that they grew up in violent homes and do not want to put their children through what they went through.

That can sometimes be enough to prevent incidents. But that desire may not be enough if you never learned how to compromise, to let go of anger and have a relationship based on equality, respect and fairness.

If you are a victim or perpetrator of violence, come from a background of violence or have a problem with anger, the Prevention and Intervention Program can help.

For more information, call Marine and Family Programs Behavioral Health at 466-3264.

CONTRIBUTED

Electrical Safety:

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

National Fire Protection Association

- Replace or repair loose or frayed cords on all electrical devices.
- Avoid running extension cords across doorways or under carpets.
- In homes with small children, unused wall sockets and extension cord receptacles should have plastic safety covers.
- Avoid overloading outlets. Plug only one high-wattage appliance at a time into each receptacle outlet.
- If outlets or switches feel warm, circuits trip frequently, or lights flicker or dim, call a qualified electrician.
- Place lamps on level surfaces, away from combustibles, and use bulbs that match the lamp's recommended wattage.

Facts & Figures

- From 2003-2007, 41 percent of home electrical failure fires involved electrical distribution or lighting equipment.
- In 2003-2007, 53 percent of electrical failure home fires involved other types of equipment. The leading types of equipment involved were ranges, washers, dryers, and fans.
- U.S. fire departments responded to an estimated average of 25,200 reported U.S. non-confined home structure fires involving electrical distribution or lighting equipment in 2007. These fires resulted in 270 civilian deaths, 1,050 civilian injuries, and $663 million in direct property damage.
- Some type of electrical failure or malfunction was cited as a factor contributing to ignition in 72 percent of electrical distribution or lighting equipment home structure fires.

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

! Replace any electrical tool if it overheats, shorts out, or gives off smoke or sparks.

! Keep clothes, curtains, and other potentially combustible items at least three feet from heaters.

! If an appliance has a three-prong plug, use it only in a three-slot outlet. Never force it to fit into a two-slot outlet or extension cord.

AND DON'T FORGET...

Keep cords for crockpots, coffee makers, and deep fryers out of the reach of small children.

The Local Buzz

Announcements

► *Indicates new announcement*

►Ghost Ship

The USS North Carolina will be turned into a haunted battleship, where patrons are allowed to walk through the ship across the river from downtown Wilmington Friday, Saturday and Oct. 26 - 27. Tours start at 9:30 p.m. No advance tickets will be sold. Tickets are $10 and are limited.

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

Flu Shots

The Naval Health Clinic is offering Saturday seasonal flu vaccine rodeos for all eligible beneficiaries from 8 a.m. - noon p.m. at the immunizations department on the following dates: Saturday and Oct. 27.

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

Naval Health Clinic Breast Cancer 5K

The 7th Annual Breast Cancer Awareness 5K run will take place at Sunset Park across from the flight line aboard Cherry Point Saturday.

For more information contact Petty Officer 2nd Class Noceda at 466-0915.

► The Hobbit to Visit Station Theater

Eastern Carolina University School of Theater and Dance will perform "The Hobbit" live at the station theater Saturday, beginning at 3 p.m.

Event is open to all patrons, tickets are free. There are two ways to get tickets for this event; go to Event Brite online at http://www.eventbrite.com/event/4198463718 or pick up at Crystal Coast Travel & Leisure.

►29th Beirut Observance Ceremony

The 29th Beirut observance ceremony will be held at the Beirut Memorial aboard Marine Corps Base Camp Lejeune Tuesday, 10:30 a.m.

Brig. Gen. Thomas A. Gorry, commanding general, Marine Corps Installations East and Marine Corps Base Camp Lejeune is scheduled to deliver the Beirut memorial address. The special ceremony will honor fallen service members and survivors who served in Lebanon from 1958 to 1984 and in Grenada. Uniform for Marine attendees is Service A with barracks cover and appropriate attire for civilians. The general public is welcome to attend. Parking for this event will be at the Veterans Cemetery. In the event of inclement weather, the ceremony will take place in the Trinity United Methodist Church.

The Marine Corps League will hold a public Beirut Memorial wreath laying ceremony at the special Beirut Marker at Camp Geiger at 2 p.m. There will also be a private candlelight service for Beirut veterans and family members at 6 a.m. at the Beirut Memorial site.

Visit http.//www.lejeune.usmc.mil for more information or call 910-451-7414.

►Pine Knoll Shores Halloween Activities

Masquerade among the marine life with Trick or Treat Under the Sea at the North Carolina Aquarium at Pine Knoll Shores Oct. 24-25.

Admission price is $8 per person, per night, $6 for members at the door from 4:30-7:30 p.m. Advance tickets are available online. Ages 2 and under are admitted free.

Or visit "A-scare-ium," a Halloween costume party for grown-ups, Oct. 27, 7-11 p.m.

Win great prizes for great disguises, including a Dahon Mu P8 eight-speed folding bicycle and gift certificates to the area's top restaurants. Costumes are compulsory, so indulge your creativity or your alter ego for this masquerade among marine life. Wine and beer made in North Carolina will be sold. Also enjoy complimentary food, soft drinks, music, dancing, giveaways and a cauldron full of other activities in an appropriately eerie ambiance of haunted waters.

Advance tickets are available now online for $18 per person, $35 per couple. Tickets at the door are $20 per person. Daily admission passes and tickets do not apply. The bewitching evening is limited to guests ages 21 and up. Proceeds go to the Aquarium's sea turtle conservation and research program.

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

MARSOC Screening Team Visit

The Headquarters Marine Corps Special Operations Command Screening Team will visit Cherry Point Monday, New River Tuesday, and Camp Lejeune Oct. 24-26.

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

Maritime Museum Fright Night

Spooky storytelling and a haunted exhibit hall will highlight the many activities of "Fright Night" at the North Carolina Maritime Museum in Beaufort Oct. 26, 5:30-8 p.m.

There will be fun and frights for all ages. Performers from the East Carteret High School Drama Club and the museum's staff and volunteers will help visitors get in the Halloween spirit. Tickets are $6 for adults and $3 for ages 18 and under. The museum is open Monday-Friday, 9 a.m.-5 p.m., Saturday, 10 a.m.-5 p.m., and Sunday, 1-5 p.m.

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

►Cherry Point Trick or Treat Hours

Regular door-to-door trick-or-treat times in the housing areas aboard the air station will be 7-9 p.m. Oct. 31.

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

Monthly and Weekly Events

Al-Anon Family Group Meeting

Al-Anon family group meetings are held Tuesdays at 8 p.m. for family members and friends of individuals with possible alcohol problems. Meetings are held at Havelock First Baptist Church.

For more information, call 447-8063.

Table Talk Bible Study

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

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

Courage to Change

Cherry Point and Havelock Courage to Change support group is for friends and families of people who suffer from alcoholism. Meetings are held at St. Paul's Lutheran Church in Havelock, Tuesdays at 7 p.m.

For information, call 241-6155.

Marine Corps League Meetings

Cherry Point's detachment of the Marine Corps League meets the third Tuesday of each month at Miller's Landing at 7 p.m.

For more information, call 515-1175.

Dart Tournament

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

Disabled Veterans

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

Domestic Violence Support

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

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

Basic Budgeting

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

Zumba

Zumba exercise classes are held every Monday, Wednesday and Thursday at the Fitness Connection aboard the air station at 5 p.m. For more information, call 466-1147.

Education Fairs

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

Marine and Family Programs

Marine, Family Programs Office Numbers

Now in Building 298
- Library – 466-3552.
- Retired Activities – 466-5548.

Now in Building 286
- Exceptional Family Member Program – 466-3305.
- Child Development Resource and Referral – 466-5490.

Now in Building 87
- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.
- Military Family Life Consultant – 876-8016.
- Families Overcoming Under Stress Representative – 466-7137.

Now in Building 4335
- Lifelong Learning – 466-3305.
- The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

Budget for Baby

The Navy-Marine Corps Relief Society offers Budget for Baby classes.

To register, call 466-2031.

Breastfeeding Class

The Navy-Marine Corps Relief Society offers free breastfeeding classes to expectant mothers.

The purpose of the class is to help prepare the mother to be ready and confident to breastfeed once the baby arrives.

To register, call 466-2031.

Veterans' Assistance

A representative from the Veterans Affairs Office visits Cherry Point each Thursday in building 4335. Call 466-4201 for assistance.

Marine Corps Family Team Building

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

Hotlines

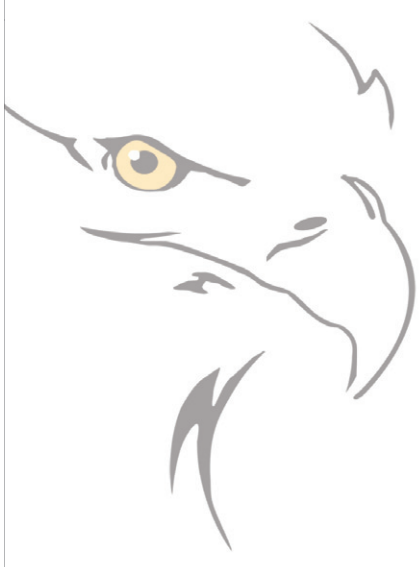
2nd MAW Command Inspector General
466-5038

Station Inspector
466-3449

Fraud, Waste and Abuse
If you know of or suspect any fraud, waste or abuse aboard MCAS Cherry Point, call 466-2016.
This line's automated answering service is available 24/7.

Sexual Assault
This procedure is not meant to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7.
The person answering the call will help you decide the next steps to take. You may remain anonymous.

Severe Weather and Force Protection
Cherry Point personnel call 466-3093.
FRC East personnel call 464-8333.
DLA personnel call 466-4083.



Signs of Terrorist Activity:

Tests of Security

Tests of security are another area in which terrorists attempt to gather data.

This is usually conducted by driving by the target, moving into sensitive areas and observing security or law enforcement response.

Terrorists are interested in the time in which it takes to respond to an incident and/or the routes taken to a specific location.

They often gain legitimate employment at key locations in order to monitor day-to-day activities. They may try to gain this knowledge in order to make their mission more effective.

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

OPERATION EAGLE EYES

Off Limits

MCAS Cherry Point Area

98 Cent Only Store
(Big Daddy) Wesley's Grocery
Coastal Smoke Shop
Expressions
Friday's Night Club (aka Club Insomnia, Club Classics, Infinity Lounge)
H&D Express AKA Citgo
Nadine's Food Mart
Super Expressway
Tobacco Outlet (Havelock and New Bern)
Tobacco Shop & Gifts (Beaufort and New Bern)
Tobacco Town
Tobacco Shop (Newport and New Bern)
Twin Rivers (Not the mall)
White Sands Convenience Store

MCB Camp Lejeune Area

Bell Auto Salvage II
Dash-In
Discount Tobacco
D's Drive Thru
D's Quick Mart
Express Way
Kings Drive Thru
Lairds Auto & Truck Center
Moe's Mart
New York Tobacco Center
One Stop Shop
Smart Buy
Smittyy's R&R
Tobacco For Less
Tobacco House Cigarette Center
Tobacco Leaf
Veterans Affairs Services

NEXT UP...

SPRINT CUP
Race: Hollywood Casino 400
Where: Kansas Speedway
When: Sunday, 1:00 p.m. (ET)
TV: ESPN
2011 Winner: Jimmie Johnson (right)

NATIONWIDE SERIES
Race: Kansas Lottery 300
Where: Kansas Speedway
When: Saturday, 3:00 p.m. (ET)
TV: ESPN
2011 Winner: Brad Keselowski

CAMPING WORLD TRUCKS
Race: Kroger 200
Where: Martinsville Speedway
When: Oct. 27, 1:30 p.m. (ET)
TV: SPEED
2011 Winner: Denny Hamlin

NASCAR INSIDER

By RICK MINTER / Universal Uclick

Dale Earnhardt Jr. (right) with team owner **Rick Hendrick** speaks to the media at Charlotte Motor Speedway on Thursday. Earnhardt will miss two races after suffering a concussion from a wreck in Talladega. (NASCAR photo)

To fight another day

Earnhardt talks about concussion, 'playing hurt'

Concussions in the sports world have pretty much been a football story, until last week when NASCAR's biggest star, Dale Earnhardt Jr., had to get out of his car.

Earnhardt's problems began with a violent wreck during a tire test at Kansas Speedway in August. But he kept it quiet until a seemingly minor impact on the last lap at Talladega Superspeedway triggered more symptoms and led to his seeking medical help for concussions suffered in both incidents.

Missing Saturday's Bank of America 500 at Charlotte Motor Speedway pretty much ended any hope Earnhardt had of winning the Sprint Cup championship, but the driver and those around him all said the most important thing at this point is the driver's health.

And most around him were praising him for having the courage to come forward and admit he was suffering. Earnhardt, throughout his career, has been known for telling the truth no matter the consequences.

"I think that's one thing everybody admires about Dale is how honest and up front he is," Earnhardt's car owner Rick Hendrick said in a press conference at Charlotte. "He cares a lot about the team, his fans, and the sport in general.

"But when he knew that there was something not right, he went to see Dr. [Jerry] Petty, and I admire him. I think a lot of guys would try to play hurt, but when the doctor tells you if you get hit again like right away, it could be catastrophic."

Petty, who has worked for years with NASCAR and its drivers, said the very nature of concussions requires honest answers on the driver's part to get a correct diagnosis.

"Ninety percent of a concussion probably depends on individual information," Petty said. "People around you might notice that you're different. By and large, the history that the patient gives is the thing that tells you that they've had a concussion.

"A concussion can be seeing stars. A concussion can be just being addled for a minute. Any time the brain is not doing what it's supposed to be doing after an acceleration or deceleration, that's a concussion."

But despite the possible consequences of concussions after concussions, drivers tend to try to keep their symptoms from keeping them out of their race cars, especially when there are big trophies to be had.

Earnhardt's teammate Jeff Gordon said he probably wouldn't take the steps Earnhardt took if there was a championship on the line.

"Honestly, I hate to say this, but no, I wouldn't," he said. "That's why I say we all play a part in this. If I have a thought at the championship, there's two races to go, my head is hurting, and I just came through a wreck, and I am feeling signs of it, but I'm still leading the points, or second in the points, I'm not going to say anything.

"That's the competitor in me, and probably many other guys. And, that's to a fault. That's not the way it should be. It is something that most of us, I think, would do. I think that is what gets a lot of us in trouble."

But Earnhardt's comments reveal that there's a lot at stake, career-wise and otherwise, when a driver has literally rattled his brain in a crash. And sometimes the best decision is the one that seems so hard to make at the time.

"I want to live a healthy life, so I'm going to make sure that I'm doing the right thing, and that's all I felt like I was doing here," Earnhardt said. "I think if I give myself time to get healed up, I can race for as long as I want to race, and that's my objective."

2012 CHASE CONTENDER

Chase Chart Following the Bank of America at Charlotte Motor Speedway

1. Brad Keselowski 2,214 (finished 11th)
Fuel-mileage racing, which had been one strong suits throughout his career, worked ag him at Charlotte as he had to stop for gas whi closest Chase competitors stretched theirs t finish. "It's like playing blackjack," he sa mileage racing. "Sometimes you're going to good deal, but you're not going to win 'em all

2. Jimmie Johnson -7 (finished third)
With four finishes of fourth or better in th Chase races to date, he's making a strong b a sixth Cup title. "We're still not the best ca there at it, but we're making it work week-i week-out," he said.

3. Denny Hamlin -15 (finished second)
The five-time winner this year played it co vatively in the closing laps at Charlotte, str ing a tank of fuel to the finish, and now he's l ed to four of his best race tracks. "It's finally to have a fuel mileage race somewhat go our he said. "You've got to be prepared for because they seem happy more often than n

4. Clint Bowyer -28 (finished first)
He made gas-mileage racing work for him and remains in the hunt for the championsh his first year at Michael Waltrip Racing. A was a milestone victory. "It is my first mile-a half race track win, and it's Charlotte, my race track," he said.

5. Kasey Kahne -35 (finished eighth)
Many figured he'd be battling for the w Charlotte, where he has three points-paying victories, but he wasn't. Still, he's not comp out of the running for the title.

6. Greg Biffle -43 (finished fourth)
After setting a track record in qualifying o pole, he led the race early, but wasn't fast en to win at the end. "It was too loose all nigh said. "I just didn't want to take big enough sw at it. And then fuel mileage; we are just not in game to go as far as those cars were going."

7. Martin Truex Jr. -49 (finished 10th)
He salvaged a top-10 finish after strug mid-race. "We started out really strong, bu some track position, and it was so hard to back when we were in traffic."

8. Tony Stewart -50 (finished 13th)
He battled back from as low as 36th aft early race incident damaged the nose of his was following the 2 car [Brad Keselowski] t and he had to check up, big time, for whateve going on in front of him," Stewart said.

9. Jeff Gordon -50 (finished 18th)
His chances for a fifth Cup title dwindled he lost a lap due to a penalty for speeding o road.

10. Kevin Harvick -56 (finished 16th)
Handling problems throughout the 500 l his worst Chase finish so far, and he doesn't any top-10s to offset it.

11. Matt Kenseth -67 (finished 14th)
The Talladega winner spun early at Cha and never really recovered. "It took us so lo get that lap back, and we never had any cau to really get caught up," he said.

12. Dale Earnhardt Jr. -86 (did not comp
His decision to seek medical help for co sions led to his not being able to compete, an chances for even a top-10 Chase finish at this are slim to none.

NOTEBOOK

Smith drives Earnhardt's No. 88

Dale Earnhardt's concussion opened the door for Regan Smith, displaced from the No. 78 Furniture Row Chevrolet, to get in Earnhardt's No. 88 Chevrolet, and Smith made the most of it while the car was running.

He qualified a disappointing 26th, but was second fastest in the Happy Hour practice session. Then in the race he was steadily marching toward the front when a blown engine sent him to the garage at Lap 61.

"I think the important part is that we had a really fast race car," he said. "We had a good first adjustment there, went just a little too far with it and got a little too free. Needed one more stop and I think we would have had it dialed in.

"I'm looking forward to next week. We get three days to test when we get there to Kansas and we will see if we can get the AMP Energy/National Guard Chevrolet up front there.

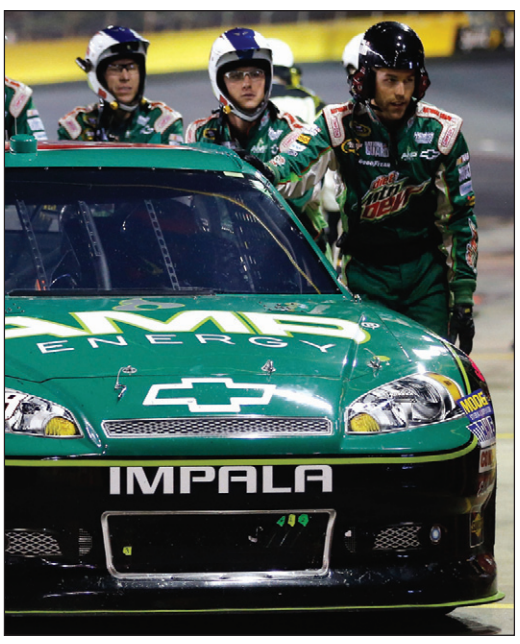
"I feel confident we will have the same speed we had here."

Smith had planned to drive James Finch's No. 51 Chevrolet at Charlotte, but his move to the No. 88 opened the door for A.J. Allmendinger to make his return to NASCAR after being suspended back in July for failing a drug test. He responded with a 24th-place run despite a late-race penalty on pit road. He's expected to drive the car again this week at Kansas.

Kurt Busch, who had been driving the No. 51, made his first start in the No. 78 Chevrolet that had been driven by Smith. He finished 21st.

"As a competitive racer you always want to go out there and be a contender, but on the other hand when you're starting something new you need to focus on the big picture, and that big picture is to get primed and ready for the start of the 2013 season," Busch said. "Finishing 21st might not appear that we made progress, but the fact of the matter is that we did in our first three days together at the track.

"But we're also realistic, knowing that there will be more kinks along the way to work out in the final five races of the season."



The No. 88 Chevrolet driven by Regan Smith is pushed into the garage area during Saturday's Sprint Cup Series Bank of America 500 at Charlotte Motor Speedway. Smith stepped in to drive the No. 88 following driver Dale Earnhardt Jr.'s concussion. (NASCAR photo)

Tests set for repaved speedway

Sprint Cup drivers and teams will arrive at Kansas Speedway a day early this week. NASCAR is allowing an extra day of testing because the track has been repaved and slightly reconfigured since the last time the circuit raced there.

Kasey Kahne said he's looking forward to the extra laps to fine tune his No. 5 Chevrolet.

"We don't get a lot of testing these days. So it's nice to go to a race track that you race on, and have the tire that you are using," he said, adding that some of the knowledge gained could apply to other tracks the circuit races on this season.

"You can learn some things for Texas and Homestead, and maybe even a little bit of stuff for Phoenix. So, I think it's a nice test for all the teams to just be a little bit better prepared throughout the rest of the season."

His Hendrick Motorsports teammate Jimmie Johnson agreed that the test will be helpful for this week and for the future.

"I would imagine the Chase guys will really just be focused on this year's stuff and what we need to do there," he said. "It's nice to have data files, as we all know, for our simulations programs and 7-Post machines and all the stuff that we use back at the shop. So, that's good. I really feel more than anything, it's just a safe move and it makes total sense to do it for our sport."

He said that if there is a problem with the tires or the track, it'll come out in time to make a fix before Sunday's race.

"We all get acclimated with the new surface and re-design," he said. "I guess there are some small little changes and things; and validate the tire and validate the track and get everything right so that when we show up Friday, we can put on the show that we need to."

NUMERICAL SPEAKIN

483 Laps led by Jin Johnson in the nine Sprint Cup races at Kan Speedway, most among drive

17 Laps led by Sprint C points leader Brad Keselowski in his five Cup st at Kansas Speedway

275 Laps led by Ky Busch in the p seven Nationwide Series rac Kansas, top among all driver

29 Points separating place Austin Dillon Nationwide Series points lea Elliott Sadler (defending cha on Ricky Stenhouse Jr. is se 13 back, while fourth-place Hornish Jr. is 93 points out lead)