

After 236 years, same mission, different means

LANCE CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

When Congress created the Navy and Marine Corps, it was to protect American interests overseas. Today, the Marine Corps celebrates 236 years of fulfilling the same mission but with different tools.

"Marine detachments aboard naval vessels are in keeping with our traditions," said Sgt. Maj. Mario P. Fields, sergeant major of Marine Wing Headquarters Squadron 2. "They were expeditionary, it was a forward-deployed element. In the past, just like in the present, their mission was to provide security and be an asset for that commander, for that commander to use them based on the capabilities they brought to the team."

Marines protected the ship's officers from mutiny, fought against enemy boarding parties and went ashore to take enemy positions or protect American lives and property in foreign countries.

The Marines immediately set to work after they were formed. The Navy was tasked with seizing supplies in the British held Bahamas in March of 1776, during the American Revolution. A shore party of Marines and Sailors seized Fort Nassau, which is celebrated in Marine history as the first amphibious operation. Marines continued their actions in support of the Navy during the Revolution. After the war, both the Navy and the Marine Corps were disbanded.

Foreign navies and pirates preyed on American merchant ships and Congress reinstated both the Navy and Marine Corps to protect trade routes. Marines provided detachments for ships until 1998.

Amphibious operations, as a Marine Corps mission, took time and new technology to develop. According to the History of U.S. Marine Corps Operations in World War II Vol. 1 by Hough, Ludwig and Shaw, the development of steam-powered ships propelled the Corps into amphibious operations. Previously, sailing vessels didn't have to refuel at ports. Steam ships, however, needed large quantities of coal and limited the range of ships. If enemies lay beyond that range, a force was required to either seize or build a new base where ships could get more coal.

During the Spanish-American War, the Marines landed and took Guantanamo Bay, Cuba, allowing the Navy to operate with a fuel base in the Caribbean and solidifying the Corps' role as amphibious warriors.

Though operations for the seizure of advanced bases had already been carried out, the theories behind the operations still needed time to develop. Over time, a doctrine was created, troops were trained, capabilities were evaluated, and in 1933, the Fleet Marine Force was created for the sole purpose of the advanced base concept. This force enabled the island hopping campaign necessary to dislodge the Japanese Empire from their hold on the Pacific in World War II.

In 1955, the Corps took a major step to increase readiness. The 1st

See HISTORY page A11

Honoring 236-year legacy



2ND LT. HECTOR R. ALEJANDRO



LANCE CPL. ANDREA DICKERSON

(Above) A Marine dressed in a traditional aviation uniform from the Banana Wars era renders a salute during the Marine Corps Air Station Cherry Point 236th Marine Corps Birthday Cake-cutting Ceremony and Historical Uniform Pageant at the parade field in front of the Christian F. Schilt building Nov. 8. Marines and Sailors participating in the ceremony were dressed in different uniforms worn throughout history ranging from Continental Marines to present day Marines.

(Left) Marine Corps Air Station Cherry Point commanding officer Col. Philip J. Zimmerman cuts the birthday cake at the air station's mess hall for the oldest and youngest Headquarters and Headquarters Squadron Marines. Marines and Sailors aboard the air station commemorating the 236th Marine Corps birthday with a birthday meal following the uniform pageant and cake-cutting ceremonies. Maj. Gen. Jon M. Davis, commanding general of 2nd Marine Aircraft Wing, is scheduled to lead a wing birthday formation run today as part of the celebration.

For more photos of the uniform pageant see page B1.

Hammerheads under new management

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

Lt. Col. Halstead Meadows III relinquished command to Lt. Col. Richard T. Anderson during the Marine Heavy Helicopter Squadron 366 change of command inside the squadron's hangar Monday.

"These Marines have completed every task I have ever asked of them," said Meadows. "The greatest achievement these Marines have done since I took over was just completing every task like true professionals."

Meadows served as the commanding officer for HMH-366 for 18 months and has sent many detachments around the world to include one in Afghanistan and two to the Horn of Africa.

"Leaving this unit is going to be hard," said Meadows. "These Marines and their families have become a part of my family. Lucky for me I'm moving just down the road and will be able to check in from time to time. I couldn't have asked for a better replacement. Tibby you have been a great friend and will do great things for this squadron."

Meadows will be heading to Marine Corps Air Station New River, N.C., where he will be replacing Anderson as the executive officer of Marine Aircraft Group 29.

Anderson will be taking charge of his first squadron and said he looks forward to leading the Marines and continuing the work Meadows has started.

"Here on the East Coast we are detachment providers for

See COC page A11

Hero's children presented with college scholarships

CPL. SAMANTHA ARRINGTON
MCAS CHERRY POINT

The children of Lt. Col. Benjamin J. Palmer were presented with college scholarships at the Christian F. Schilt building aboard Marine Corps Air Station Cherry Point, Tuesday.

The Marine Corps Law Enforcement Foundation presented Palmer's children with college scholarships and American flags to show appreciation for Palmer's ultimate sacrifice and service to his country.

"We feel humble and proud to present these scholarships," said Michael DiFrancesco, the co-chairman of the Marine Corps Law Enforcement Foundation Atlantic City committee, New Jersey. "It's a good and bad situation. Bad that we lost a hero, but good that we can help secure his children's futures."

Palmer deployed to southwestern Afghanistan with II Marine Expeditionary Force (Forward) in April 2011 and was killed May 12 while supporting combat operations. Palmer is survived by his wife and four children.

"It's bittersweet," said Leafa Palmer, Palmer's widow. "My children's future is taken care of because of my husband's sacrifice."

Palmer's oldest son A.J., 19, is currently attending college at East Carolina University. Katie, 13, Jack, 11, and Jenna, 9, said they look forward to attending college.

"As much as I look forward to my children's future I still long for the past," said Leafa. "This is amazing and I am grateful."



CPL. SAMANTHA ARRINGTON

Michael DiFrancesco, the co-chairman of the Marine Corps Law Enforcement Foundation Atlantic City committee, New Jersey, presents a college scholarship to Jack W. Palmer, Tuesday, for his father's ultimate sacrifice while serving in Afghanistan in 2011. The children of Lt. Col. Benjamin J. Palmer were presented with college scholarships at the 2nd Marine Aircraft Wing headquarters building aboard Marine Corps Air Station Cherry Point.

Driving regulations

Did you know?

...Throwing litter, including cigarettes, can result in a 90-day suspension of driving privileges aboard the air station.

...Speeding 15 mph over the limit can result in a 90-day suspension of driving privileges aboard the air station.

...Allowing a suspended driver to operate your vehicle can result in a 6-month suspension of driving privileges aboard the air station.

New Pass and ID hours

Effective Saturday, Pass and ID hours will be extended during the week and reduced during the weekend due to manning shortfalls. The new hours will be as follows.

Monday - Friday 6 a.m. - 7 p.m.

Saturday 10 a.m. - 2 p.m.

Closed Sundays.

For more information call 466-5921.

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"Blues and Brews"

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Chaplain's Corner : Veterans Day

LT. CMDR. PHILIP KING
MAG-14

Often the significance of our lives emerges from seemingly small or insignificant events; the first day of school, the lover we ask out on a first date, the first oath we swear to in the busy recruiter's office, unshaven, standing in civilian clothes.

This week we remember and observe two amazing anniversaries that rise from unassuming origins; Nov. 10, 1775, when the Continental Congress directed Capt. Samuel Nichols to raise up two battalions of Marines and Nov. 11, 1918, the gathering of the leaders of the warring nations on a train car in a forest in southern France to end World War I.

Tun Tavern, the "First Brew House," had a reputation for serving fine beers and holding public meetings; Benjamin Franklin recruited and organized the Pennsylvania Militia in the mid-1750s, and later George Washington, Thomas Jefferson and members of the Continental Congress would meet there to discuss American independence, to engage the challenges history had called them to face.

There is something sacred in considering those Colonials forging a contract with destiny, and one another, over a cold mug of beer.

This week, during the 236th birthday of the U.S. Marines Corps, we lift glasses again to those heroes of history and today, to that destiny they founded, and upon which we are privileged to stand and serve; to honor, celebrate and uphold a legacy of distinction.

The ending to World War I was also an occasion of great challenges for humanity.

The 11th hour, of the 11th day of the 11th month was the time and date the ceasefire took effect in Europe in 1918, ending the hostilities of the Great War. The cease-fire of World War I was called the Armistice.

President Woodrow Wilson proclaimed Nov. 11, 1919 as the first commemoration of Armistice Day with the following words.

"To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the things from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations ..."

My father used to tell me that when he was a boy the bells would be rung at 11 a.m. on Nov.

See **CHAPLAIN** page A11

Celebrating 100 years of Marine Corps aviation



OFFICIAL USMC PHOTO

A Marine AV-8A lands aboard USS Coronado during carrier suitability tests off the Atlantic coast in 1971. At the time, the Harrier was the only operational jet in the world with a vertical takeoff and landing capability. The aircraft was the result of a joint American-British development project. Forty years later, the Harrier's replacement made its first vertical landing aboard a ship at sea when the F-35B Lightning II came aboard the USS Wasp.

Tell us what you think

Let us know what types of alerts you would like to see posted on the official 2nd MAW/MCAS Cherry Point Facebook and Twitter pages by completing our Weather Alert Survey at <http://on.fb.me/WeatherAlertSurvey>.

This is to help ensure that the information released through our official social media channels meets the needs of our fans and followers. Please voice your opinion and help us help you.



BYRON HOLLAND/SUN JOURNAL

Staff Sgt. Brian McCartney conducts the 2nd Marine Aircraft Wing Band at a dedication ceremony of a Grumman F-11 Tiger Jet at Lawson Creek Park in New Bern on Sunday. The jet, which spent part of its service career as a Blue Angel, was restored and relocated to its current location along U.S. 70.

Ceremony recognizes importance of F-11 Navy jet

FRANCINE SAMYER
NEW BERN SUN JOURNAL

A theme ran through the dedication Sunday at Lawson Creek Park of the mighty, restored Grumman F-11 Tiger Jet. The theme was the close and enduring relationship New Bern has with the military.

With the 2nd Marine Aircraft Wing Band providing music, flags flapped in the breeze as leaders thanked the private sector including businesses and individuals and organizations who gave in-kind services and money for the restoration.

Susan Moffat-Thomas, executive director of Swiss Bear Downtown Development Corp. initiated the project five years ago. "It was a slow process. As you see today, it is highly visible thanks to so very many people," she said.

Mayor Lee Bettis described the jet, perched on her pedestal, as a "work of art."

The jet was refurbished at Fleet Readiness Center East and returned to New Bern this past June, hoist-

ed upon a concrete pedestal atop a large earthen mound. The site, which is visible from nearby U.S. 70, includes landscaping, a flag, a circular sidewalk and story boards that trace the restoration project, and the jet and history of the Blue Angels.

The aircraft was loaned to the city by the Department of Navy's National Museum of Aviation in the early 1970s.

Over the decades, the jet was displayed on city land adjacent to Dr. M.L. King Jr. Boulevard, but it suffered from deterioration and vandalism.

In 2005, with the city's approval, Swiss Bear committed to raising funds and coordinating the restoration and relocation of the aircraft. During the planning phase, the committee determined the F-11 had been a Blue Angels aircraft and received approval from the Naval Aviation Museum to restore it to its Blue Angel livery. In 2010, the city

See **F-11** page A11

The Windsock

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LANCE CPL. PHILIP M. LEMIEUX

Job Title: Military policeman
Age: 27
Unit: Provost Marshal's Office
Hometown: Whitman, Ma.
Date Joined: July 7, 2004

Lance Cpl. Philip M. Lemieux works closely with hundreds of people a day while doing his job with Cherry Point's Provost Marshal's Office as a military police officer.

As a PMO officer Lemieux works with civilians to keep the base safe by providing security for the gates, upholding the traffic laws of North Carolina and the air station and keeping order on the base.

Lemieux said as a member of the PMO family he responds to emergency calls in housing and he is qualified to enter an area or building where a hostage rescue is needed.

"I feel like the officers of PMO are here to protect and serve the base," said Lemieux.

Lemieux said serving the public and helping others is a major enjoyment of his job.

"Anytime I can help someone who comes to me with a problem makes me feel great," said Lemieux. "It makes me feel like I truly earned my paycheck for that day."

Highlight Your Superstar

Have a Marine, Sailor or civilian you would like to highlight? Let the Windsock know. Email us at cherry.point.windsock@gmail.com or call 466-3542.



Highlighting Cherry Point's Warriors



LANCE CPL. CORY D. POLOM

Shots fired

Cherry Point police conduct active shooter training

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

Screams of fear and desperation coupled with the loud recurring crack of Airsoft pistols rang out from the Cherry Point Tax Center as military police officers from Marine Corps Air Station Cherry Point's Provost Marshal's Office conducted active shooter training Nov. 1.

An active shooter situation is when there is a shooter in the area firing his or her weapon. This event causes the contact team to go from clearing room-to-room to direct movement to the shooter. Role players tested the PMO Marines' ability to respond to an active shooter situation through several realistic scenarios.

"Before this training, if a scenario comes up on the air station PMO would have to wait for a Special Weapons and Tactics unit to show up to secure an area or building," said Tom R. Biller, the director of training with Marine Corps Police Academy East. "After this training the

base's PMO unit can go in and secure the area before SWAT is called, which means more security for the residents of Cherry Point."

The Marines of PMO spent the day conducting various scenarios in four-man teams. They were tested on all elements such as movement to the scene, securing suspects and rescuing hostages.

"This training gets the adrenaline pumping and causes the officers to react to things that could happen," said Biller. "The Marines need to work as a team and learn what not to do in an active shooter situation."

The scenarios forced the Marines to react quickly to pinpoint all suspects. They must make swift decisions concerning possible victims and be able to formulate a plan to eliminate the hostile situation, said Maj. Terrence E. Fox, the Cherry Point Provost Marshal.

"Each of these scenarios work on the same basic skills," said Fox. "This training

will test their skills against instructors in a safe, secure area where they can make mistakes and learn from them."

The instructors also taught the officers an important lesson about what they call the "fatal funnel" said Biller.

"Fatal funnels are areas, such as doorways, where a suspect's fire is directed," said Biller. "We teach them to move and fight through the funnel."

Biller said he believes this training will make the air station a safer place.

"This training benefits all residents of Cherry Point," said Biller. "The families benefit from a safer air station and the Marines benefit by learning a new skill."

Pfc. Jaren Bramblett sprints into a room in search of a shooter while clearing a building during the Provost Marshal's Office's Active Shooter Training at the Tax Center Nov. 1.

LANCE CPL. CORY D. POLOM



LANCE CPL. CORY D. POLOM

Officer Johnathon Oaks enters a room in search of a shooter during the Provost Marshal's Office's active shooter training at the Tax Center Nov. 1. Fourteen Marine and civilian officers with PMO conducted the training with assistance from members of the 2nd Marine Aircraft Wing Military Police Company acting as role players.



LANCE CPL. CORY D. POLOM

Cpl. Darnell Ross gives instructions to a hostage while clearing rooms during the PMO's active shooter training at the Tax Center Nov. 1.



LANCE CPL. CORY D. POLOM

A Marine handcuffs a suspect during the PMO's active shooter training at the Tax Center Nov. 1. The Marines and civilians received instruction on the various ways to enter and clear a building of an active shooter.



LANCE CPL. CORY D. POLOM

Cpl. Nicholas Spann assists a handcuffed hostage over to a wall after clearing a room during the PMO's active shooter training at the Tax Center Nov. 1.

On third Afghan tour, Marine brings experience, leadership to Marine wing support mission

CPL. BRIAN ADAM JONES

2nd MAW (FWD)

PATROL BASE ALCATRAZ, Afghanistan

— Capt. Michael Gagnon, a logistics officer with Marine Wing Support Squadron 371, is on his third deployment to Afghanistan in two years.

The 29-year-old native of Oxford, Mass., said he has learned a lot from Afghanistan since 2009.

“This is a thinking man’s war,” Gagnon said.

Currently Gagnon commands a roughly 20-man team dubbed “Task Force Nomad.”

Operating out of Patrol Base Alcatraz, situated on the rim of the Helmand River Valley, the task force will spend the next several weeks constructing and repairing helicopter landing zones for various patrol bases in the valley.

“What we’re doing allows troops to get resupply and casualty evacuation,” Gagnon said.

Gagnon said “knowing how to employ personnel and equipment” is critical to the success of his current mission, and he’s learned a few tricks from the region over the years.

“There are only three things I need – weapons, equipment and my personnel,” Gagnon said.

“I was here in 2009 when we were putting the first battalions in country,” Gagnon said. “I’ve seen footholds spread from warzones to active and bustling peaceful economies with wheat distribution centers. The local police, the Afghan National Army get better every day. Civil Affairs has rebuilt roads and expanded economies. It’s remarkable how much things have developed in a short amount of time.”



CPL. BRIAN ADAM JONES

Capt. Michael Gagnon addresses his troops at Patrol Base Alcatraz, Afghanistan, at the conclusion of a successful mission Oct. 21. Gagnon, a native of Oxford, Mass., commands a team of roughly 20 men dubbed “Task Force Nomad.” Over the next several weeks, the task force, a subset of Marine Wing Support Squadron 371, will construct or improve helicopter landing zones along the Helmand River valley in southwestern Afghanistan.



CPL. JUSTIN BOLING

Many Marines serving with 2nd Marine Aircraft Wing (Forward) at Camp Leatherneck, Afghanistan, either grew up or are permanently stationed in Beaufort, S.C. These Marines help ensure the mission of providing close-air support to ground troops can be accomplished.

Beaufort Marines support fight in Afghanistan

CPL. JUSTIN BOLING

2ND MAW (FWD)

CAMP LEATHERNECK, Afghanistan

— More than 3,000 Marines and Sailors of 2nd Marine Aircraft Wing (Forward), go about the work of serving as the aviation combat element in southwestern Afghanistan, they do so without a Marine Corps F/A-18 Hornet squadron for thousands of miles.

But that hasn't stopped hundreds of Marines from Marine Corps Air Station Beaufort, S.C., from participating in this war.

"I volunteered to deploy to Afghani-

stan," said Cpl. Matthew Staley, a Marine attached to Marine Aviation Logistics Squadron 40 at Camp Bastion, Afghanistan.

More than 120 Marines from the air station joined MALS-40 at Camp Bastion to perform behind-the-scenes maintenance and keep aircraft flying.

Staley works on the switchboards, wires and cables that are delivered to squadrons and installed in aircraft.

"Recently we have gotten more aircraft than ever up in their air," said Staley. "It is a great feeling knowing that I helped."

A few miles away from Staley's compound, a group of Beaufort Marines work to keep aircraft communicating with air controllers on the ground.

Chief Warrant Officer 2 Martin Hood is the Tactical Air Operation Center maintenance officer for the Marine Air Control Squadron 2 detachment. He and other Marines from Beaufort work with Marines from Marine Corps Air Station Cherry Point, N.C., to repair radar dishes, radios and other equipment that allows the coalition to control airspace.

"I love the small-town feel in Beaufort,"

said Hood. "It provides me comfort knowing my family has friends and community support if they need it."

Hood works alongside Master Sgt. Michael Washington, a native of Beaufort, S.C., who serves as the detachment's staff noncommissioned officer in charge.

"I grew up in Beaufort, I went to Robert Smalls Middle School and graduated from Battery Creek High School," said Washington. "Though I am currently stationed in Cherry Point, [Beaufort] will always be my home."



PFC. SEAN DENNISON

Cpl. Frankie Collins, a Marine Aviation Logistics Squadron 40 airframes mechanic and a native of Park Falls, Idaho, signals a truck to stop to be searched at one of the entry control points in Kandahar Airfield, Afghanistan, Oct. 29.

Marines provide first line of defense for Afghanistan's Kandahar Airfield

PFC. SEAN DENNISON

2nd MAW (FWD)

KANDAHAR AIRFIELD, Afghanistan — Marines deployed to Kandahar Airfield, Afghanistan, support ground troops by ensuring Marine aircraft are safe and ready to fly.

They are also part of the first line of defense at the base.

Sgt. Jason Van Zile, a Marine Attack Squadron 513 airframe mechanic, typically spends his days working on attack jets. But like all Marines, he is trained as a rifleman first.

"It was 5:30 in the morning and we got a call from post saying four people were crossing the [fence] into base," said Van Zile, a native of Milwaukee. "When we came up to them they took off running. Then one of them turned around and began engaging us with small-arms fire."

Van Zile returned fire, quelling the insurgents attempt to infiltrate the airfield.

Each month Marines like Van Zile take a break from their normal duties and are temporarily folded into Kandahar Airfield's military police ranks to assist in vehicle and compound searches.

"We're the first line of defense against vehicle-borne

improvised explosive devices," explained Cpl. Frankie Collins, a Marine Aviation Logistics Squadron 40 airframes mechanic and a native of Post Falls, Idaho.

The Marines inspect dozens of trucks during their shifts, and reaching 100 or more is not uncommon. They scan each vehicle for drugs, weaponry and other contraband.

"It keeps you on your toes," said Collins. "And you get to interact with people from different countries."

Collins added the rapport built between the Afghan National Army and the Marines while standing duty together is key in protecting the troops and civilians who live and work at Kandahar Airfield.



CPL. BRIAN ADAM JONES

Cpl. Christopher Cane constructs a helicopter landing zone in the Helmand River valley of southwestern Afghanistan from behind the wheel of an armored bulldozer Oct. 21. Cane, a native of Olympia, Wash., is a heavy equipment operator on a roughly 20-man team dubbed "Task Force Nomad." Over the next several weeks, the task force, a subset of Marine Wing Support Squadron 371, will construct or improve helicopter landing zones along the Helmand River Valley in southwestern Afghanistan.

Marine heavy equipment operator finds critical role on task force in Afghanistan

CPL. BRIAN ADAM JONES

2ND MAW (FWD)

PATROL BASE ALCATRAZ, Afghanistan — Cpl. Christopher Cane, a heavy equipment operator with Marine Wing Support Squadron 371, has been all over the world.

The Olympia, Wash., native recently completed a tour on Marine Security Guard duty, serving in Saudi Arabia, Estonia and Barbados.

Cane now finds himself in the Helmand River Valley in southwestern Afghanistan as part of a roughly 20-man

team dubbed "Task Force Nomad."

Operating out of Patrol Base Alcatraz, an outpost on the valley's rim, for the next several weeks, Cane will be instrumental in an effort to construct helicopter landing zones in the region.

The task force completed its first mission, Oct. 21, constructing a landing zone for a special operations unit in the valley.

Cane operated the armored bulldozer that moved the gravel for the landing zone.

"It's always a challenge coming into a situation and not

knowing what you're going to find," Cane said. "Luckily we can move the earth beneath us."

The other Marines on the team credited Cane with the success of the mission.

"He ran the show," said Sgt. Eric Zauner, the senior motor vehicle operator on the task force. "We were out there with the success and speed that we enjoyed because of him."

"A lot of things hinge on heavy equipment," Cane said, "whether I'm moving equipment around or moving the earth."

BLUES AND BREWS



LANCE CPL. SCOTT L. TOMASZYCKI

Jerry Peterson rocks with his saxophone during the Blues and Brews night at Cunningham's, Nov. 2. Teresa James and the Rhythm Tramps along with the Big Ron Hunter Band filled Cunningham's with Marines and civilians enjoying some music after the work day ended.



LANCE CPL. SCOTT L. TOMASZYCKI

"Blues and Brews" filled Cunningham's restaurant and bar Nov. 2. Two bands, the Big Ron Hunter Band and Teresa James and the Rhythm Tramps, played mostly Blues while patrons sipped beer. The event was held by Marine Corps Community Services to provide entertainment and keep morale high.



LANCE CPL. SCOTT L. TOMASZYCKI

Lance Cpl. Christopher A. Weddell viciously assaults a dish of spicy hot wings during an eating competition at Cunningham's Nov. 2. Weddell, a vehicle operator for Marine Wing Support Squadron 274, ate 22 hot wings in five minutes as part of the "Blues and Brews" event hosted by Marine Corps Community Services.



LANCE CPL. SCOTT L. TOMASZYCKI

Robby Carr, a guitar player for the Big Ron Hunter Band, performs in Cunningham's during the "Blues and Brews" night Nov. 2.



LANCE CPL. SCOTT L. TOMASZYCKI

Teresa James, lead singer of Teresa James and the Rhythm Tramps, performs at the "Blues and Brews" night at Cunningham's Nov. 2.



LANCE CPL. SCOTT L. TOMASZYCKI

During the "Blues and Brews" event at Cunningham's Nov. 2, Marine Corps Community Services also hosted a spicy chicken wings eating competition for volunteers to take part in. Lance Cpl. Christopher A. Weddell, a vehicle operator for Marine Wing Support Squadron 274, won the contest devouring 22 wings in five minutes.



CPL. GARRY J. WELCH

A Marine with Force Reconnaissance Platoon, 31st Marine Expeditionary Unit, prepares to land during bilateral, low-level static line parachute training Oct. 25. The Marines were conducting the training with their Filipino counterparts during the Amphibious Landing Exercise. The 31st MEU, the only continuously forward-deployed MEU, is operating in support of the 3rd Marine Expeditionary Brigade for the exercise and remains the United States' force in readiness in the Asia-Pacific region.

Force Recon builds trust, camaraderie during PHIBLEX

CPL. GARRY J. WELCH

31st MEU

BASA AIRBASE, Republic of the Philippines — Marines with Force Reconnaissance Platoon, 31st Marine Expeditionary Unit, built trust between themselves and their Filipino Marine counterparts during the Amphibious Landing Exercise Oct. 25.

The Marines of both nations participated in a bilateral parachute exercise, consisting of low-level static line operations as well as free-fall operations.

"It was outstanding," said Gunnery Sgt. Tammy Belleville, the parachute loft chief for Combat Logistics Battalion 37, who supported the MEU's parachute jump. "It was excellent training between the Filipino Marines and ours, and there was a lot of camaraderie gained from everybody working together."

The jumps allowed the Marines of both nations to gain confidence and become more proficient with their gear

and procedures of parachute operations.

"It helps improve unit effectiveness and builds onto the trust and confidence of the Marines, as well as build onto their overall morale," said Belleville.

Conducting this type of training requires the Marines to trust each other with their lives for many reasons. The first reason is that the Marines have to trust that their fellow Marines know how to properly and safely complete the jump, because one mistake in the air could cost lives.

The second reason is that both Filipino and U.S. Marines do not pack their own parachutes, so they must trust that their brothers-in-arms did it right so it will deploy properly during the jump.

"It takes a lot of trust to use that equipment because if there is not trust it can break down everything," said Belleville. "If there is not trust in the person that is putting the chute on your back then you would be apprehensive in doing your job, and maybe that one second of apprehension

could cause someone to be injured. So trust is everything."

Overall the exercise went well and the Marines left with a very high opinion of their new friends within the Philippine Marine Corps.

"They are great guys," said Staff Sgt. Chris Baumgartner, the platoon sergeant of Force Reconnaissance Platoon, 31st MEU. "They were all very technically and tactically proficient and I hope I get to come back and do this exercise with them again."

PHIBLEX is an opportunity to conduct training which is vital to maintaining the readiness and interoperability of the U.S. and the Republic of the Philippines military forces.

The 31st MEU, the only continuously forward-deployed MEU, is operating in support of the 3rd Marine Expeditionary Brigade for the exercise and remains the United States' force in readiness in the Asia-Pacific region.

HISTORY from page A1

Provisional Marine Air Ground Task Force was formed in Hawaii as a brigade-sized force ready to respond to emergencies. This new concept of forward readiness eventually became the basis of the Fleet Marine Force we know today.

“Even though Marine detachments are no longer deployed aboard aircraft carriers, the capability of a small element being called up to do a mission within hours anywhere around this globe hasn’t changed,” said Fields. “We’re still capable of doing whatever we have to do regardless of what has changed.”

CHAPLAIN from page A2

11, followed by two minutes of silence to recall Armistice, the peace that had come to the world after such terrible conflict.

The conviction and hope of those desires for peace had their ideals crushed on rocky shores during World War II.

A little more than two decades after the signing of the Treaty of Versailles, German troops marched into Poland, and the world was again caught in the maelstrom of a war even more destructive than the Great War had been 21 years earlier.

By its end over 50 million casualties were added to the bloody history of conflict, and of the 16.5 million Americans who took part in the war, 400,000 of them died in service, more than 290,000 in battle.

To answer the question of how to pay tribute to those who had served in this latest, great war, came a proposal made by then Rep. Edwin K. Rees of Kansas to change Armistice Day to Veteran’s Day, and make it an occasion to honor those Americans who have served in war.

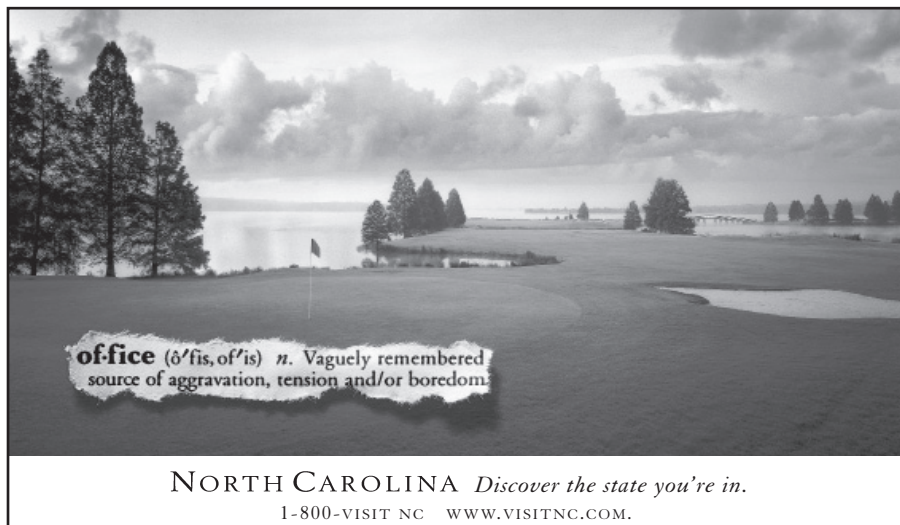
From Korea to Vietnam, and now in present day Operations Iraqi Freedom and Enduring Freedom, we continue that tradition of taking time to remember and to honor those who serve.

We are part of a unique community of ordinary men and women who, from unassuming beginnings, have answered a holy call to carry out the extraordinary.

The lives of so many brothers and sisters whose blood was spilt in simple response to the duties asked of them that day, reminds us that human greatness is not borne of rank or birth, it is placed within each heart by God, and inflamed by courage when we are all called to defend the beliefs we dare to place hope in.

I invite you at some point on Veterans Day to take a moment and recall a veteran who modeled what is best about our service and nation.

Lay a wreath before the altar of your heart, and remember and consider the cause for which they fought, and we carry on. Happy birthday Marines and a blessed Veterans Day to all!



F-11 from page A2

Aldermen appointed New Bern fire Chief Bobby Aster, then interim director of public works, to work with Swiss Bear and complete the project.

Aster got applause Sunday as Bettis recognized him as “the go-to man.” Bettis said if New Bern needs something done, “They go to New Bern fire Chief Bobby Aster.”

Aster, continued his job as fire chief, director of public works, and also spent countless hours getting the project completed.

In mid-summer, the jet was transported to the Fleet Readiness Center East at Cherry Point. Volunteers repaired and restored the jet its original Blue Angels colors.

The F11F-1 — later F-11A — Tiger is best remembered as Grumman’s first supersonic fighter and as a top performer for many years with the Blue Angels before they transitioned to F-4s.

In its modified F-11F-1 form, with higher-powered engines, it achieved distinction as the first airplane to capture the world’s altitude record using zoom-climb techniques. The first flight was in 1945 with a total of 201 built and 45 used by the Blue Angels.

In 1958, the Tigers were assigned to the advanced training command and served as advanced trainers, as well as with the Blue Angels, later being phased out of the fleet in the late 1960s.

The jet on loan to New Bern was put into service in 1958 and served with several Navy units until 1965. It was put into storage and transferred to Cherry Point the following year for overhaul and repair before being reassigned to the Blue Angels for the 1966-67 seasons. Forty-five of the F-11As served the Navy’s Blue Angels flight demonstration team between 1959 and 1961.

The city of New Bern put in \$20,000 in an effort to have the jet restored. The project, according to Moffat-Thomas, cost \$200,000, again from in-kind gifts and money.

COC from page A1

Marine expeditionary units as well as other locations around the world,” said Anderson. “(Meadows) has done a great job and has taught these Marines the value of hard work. I look to continue the traditions of the Hammerheads and work hard alongside these Marines.”



LANCE CPL. CORY D. POLOM

Lt. Col. Richard T. Anderson talks to his new unit with a CH-53E Super Stallion in the background during the Marine Heavy Helicopter Squadron 366 change of command ceremony in the squadron’s hangar Nov. 4.



CPL. BRIAN ADAM JONES

Cpl. Joshua C. Riebold, left, and Lance Cpl. Taylor Gibson fill sandbags constructing living areas for the Marine Wing Support Squadron 371 Marines at Patrol Base Alcatraz, Afghanistan, Oct. 20. Gibson and Riebold are expeditionary airfield systems technicians on a roughly 20-man team dubbed "Task Force Nomad."

Marine Corps task force builds aviation support network in Afghanistan

CPL. BRIAN ADAM JONES

2nd MAW (FWD)

PATROL BASE ALCATRAZ, Afghanistan — Southwestern Afghanistan's Helmand River Valley resembles a paradise in the midst of a seemingly endless expanse of rock and sand.

Its beauty is misleading.

The thin stretch of lush green farmland and densely-populated countryside has set the stage for some of the harshest fighting of the Afghan war.

Patrol Base Alcatraz sits atop a sandy bluff on the valley's rim. The outpost, home to 3rd Reconnaissance Battalion and 1st Battalion, 6th Marine Regiment, overlooks miles and miles of the valley.

A small contingent of men with Marine Wing Support Squadron 371 recently made Alcatraz their home — at least temporarily.

They call themselves "Task Force Nomad," a small team here to construct helicopter landing zones in the valley.

"It ain't sexy, it's good old-fashioned hard work," said Master Sgt. Rex Coste, the senior enlisted Marine on the task force, a native of San Antonio and the staff non-commissioned officer-in-charge of expeditionary airfield systems for Marine Wing Support Squadron 371.

Task Force Nomad's helicopter landing zones allow rotary-winged aircraft ranging from light attack helicopters to MV-22B Ospreys and heavy support helicopters access to the dozens of patrol bases that pepper the Helmand River valley.

The bases help rid the region of violence and terror while earning the trust of the Afghan citizens. As Afghan and coalition forces hunt down the enemy and integrate with the populace, they do so knowing the dynamic capabilities of Marine Corps aviation lay just beyond the clouds.

Marine Wing Support Squadron 371, and its small task force, is in place to provide those air assets with whatever they need on the ground.

"Our role as a Marine wing support squadron is to support flying squadrons, whether for medical evacuations or attack aircraft," said Capt. Michael Gagnon, a native of Oxford, Mass., who commands the small detachment. "What we're doing here allows troops to get resupply and casualty evacuation."

The small team of roughly 20 men is made up of Marines and a Navy Corpsman from more than 10 different occupational specialties. Together, they will construct landing zones, allowing the full might of Marine aviation to support the forces operating in the valley.

2nd Marine Aircraft Wing (Forward), headquartered at Camp Leatherneck, commands and controls aviation for the region. It provides coalition forces with the ability to move safely and quickly around the battlespace, receive vital supplies, strike the enemy with lethality and accuracy, and medically evacuate wounded coalition forces or Afghan civilians.

"Personally, what we're doing has a real honorable cause behind it," said Sgt. Eric Zauner, the task force's senior motor vehicle operator and a native of Greendale, Wis. "Anything we can do to get medical attention for the Marines faster — that's first and foremost in my mind."

In the early morning hours of Oct. 21, the task force left for its first mission.

Convoying down Route 611, an important and busy road in Helmand province



CPL. BRIAN ADAM JONES

Roughly 20 Marines and one Navy Corpsman make up a subset of Marine Wing Support Squadron 371 dubbed "Task Force Nomad," seen here from their headquarters at Patrol Base Alcatraz, Oct. 21. Over the next several weeks, the task force will construct or improve helicopter landing zones along the Helmand River Valley in southwestern Afghanistan.



CPL. BRIAN ADAM JONES

Capt. Michael Gagnon, left, and Sgt. Eric Zauner test the communications equipment on a mine-resistant ambush-protected vehicle at Patrol Base Alcatraz, Afghanistan, Oct. 20.

busy with cars, trucks and motorcycles, the convoy pressed on under the watchful eyes of the military policemen tasked with protecting the task force's operations.

"Convoying up these routes with all this traffic is difficult. It's hard to have vehicles all around your convoy and feel secure," said Gunnery Sgt. Ronald D. Williams Jr., of Saint Charles, Mo., who heads the military police platoon for Marine Wing Support Squadron 371. "We're going to stay vigilant, stay alert. My guys are well trained and know what they're doing. I have great non-commissioned officers, they run the show."

The convoy arrived at their destination to build a gravel helicopter landing zone. The unit's compound was built alongside a village.

Task Force Nomad began the work enabling a viable and safe helicopter landing zone that would support the weight of

a Marine Corps CH-53E Super Stallion helicopter or MV-22B Osprey tiltrotor aircraft.

"Enabling medevac is huge, reducing the time from when someone is injured to when they're in the hospital," Coste said. "If we can do that, it's worth any effort or sweat."

Cpl. Christopher Cane, a heavy equipment operator with Marine Wing Support Squadron 371 and a native of Olympia, Wash., manned an armored bulldozer, spreading gravel for the construction of the landing zone.

"It's always a challenge coming into a situation not knowing what you're going to find," Cane said. "Luckily we can move the earth beneath us."

"I'm proud of these guys," Coste said at the end of a successful operation. "We went somewhere we've never been and we didn't know what we would find when we

got there. There were a lot of unknowns and we made it happen."

Gagnon, who is on his third Afghan deployment in two years, said future successes come with challenges.

"This is a thinking man's war," Gagnon said. "The enemy is watching. If I do things the same way twice, the chances dramatically increase for an incident."

Gagnon said his Marines were the most important asset to the mission.

"There are only three things I need — weapons, equipment and my personnel," Gagnon said. "They bring a unique skill set central to setting up [helicopter landing zones]."

"If at any point we get into trouble or take enemy fire, I have no doubt this detachment can handle it," Zauner said. "It's what we've been training for, it's what we're here for."

‘Everything you want in a sergeant:’ Motor vehicle operator plays integral part on task force

CPL. BRIAN ADAM JONES

2nd MAW (FWD)

PATROL BASE ALCATRAZ, Afghanistan

— On a recent convoy in the Helmand River Valley to construct helicopter landing zones, Sgt. Eric Zauner, a native of Greendale, Wis., led the charge.

“Being the front truck, the lead truck, sometimes it can be a bit nerve-wracking,” Zauner admitted. “You just have to be on your game.”

Zauner, the light vehicle section head for Marine Wing Support Squadron 371, currently serves as the senior motor vehicle operator for a roughly 20-man team dubbed “Task Force Nomad.”

Like thousands of Marines in Afghanistan, Zauner must stay “on his game” despite missing family back home.

Zauner spent his fourth wedding anniversary away from his wife, Jill, living in a tent on Patrol Base Alcatraz.

“We met when I was stationed in Hawaii,” Zauner said sitting on his cot as a sandstorm raged outside. “She had just graduated from the University of Maryland, and decided to take a little vacation. “I cherish the opportunities I have to talk to my wife,” Zauner said. “Even with the technologies we have out here, I’m old fashioned, I still hand-write letters.”

Zauner, who has been in the Marine Corps for more than five years, deployed to Iraq twice before his current tour in Afghanistan.

“He’s an integral part of the team,” said Master Sgt. Rex Coste, the staff non-commissioned officer in charge of the task force. “Not only is he very knowledgeable with motor transportation, which is huge, but he also understands the bigger part of the mission.”

Zauner said the counterinsurgency tactics that ended the Iraq War are succeeding in Afghanistan. “We’re seeing a big difference in how we integrate into the population and culture.”

Task Force Nomad is operating in a part of the Helmand River valley secured by 1st Battalion, 6th Marine Regiment and 3rd Marine Reconnaissance Battalion. The tasks force’s landing zones will help them receive speedier medical evacuations and facilitate resupplies.

“I think [1st Battalion, 6th Marine Regiment and 3rd Marine Reconnaissance Battalion] have done a great job of getting this area cleared out and earning the trust of the people here,” Zauner said. “I think a lot of junior Marines get wrapped up in the mission and don’t see the big picture.”



CPL. BRIAN ADAM JONES

Sgt. Eric Zauner, a native of Greendale, Wis., starts a motor in the Helmand River valley of southwestern Afghanistan, working to build a helicopter landing zone for a special operations outpost in the Helmand River Valley of southwestern Afghanistan, Oct. 21.



CPL. BRIAN ADAM JONES

Sgt. Eric Zauner speaks at the debriefing at Patrol Base Alcatraz, Afghanistan, on the conclusion of a successful mission, Oct. 21. Zauner, a native of Greendale, Wis., serves as the senior motor vehicle operator for a team of roughly 20 men dubbed “Task Force Nomad.” Over the next several weeks, the task force, a subset of Marine Wing Support Squadron 371, will construct or improve helicopter landing zones along the Helmand River Valley in southwestern Afghanistan.

Life & Times

November 10, 2011

Celebrating 236 years of tradition

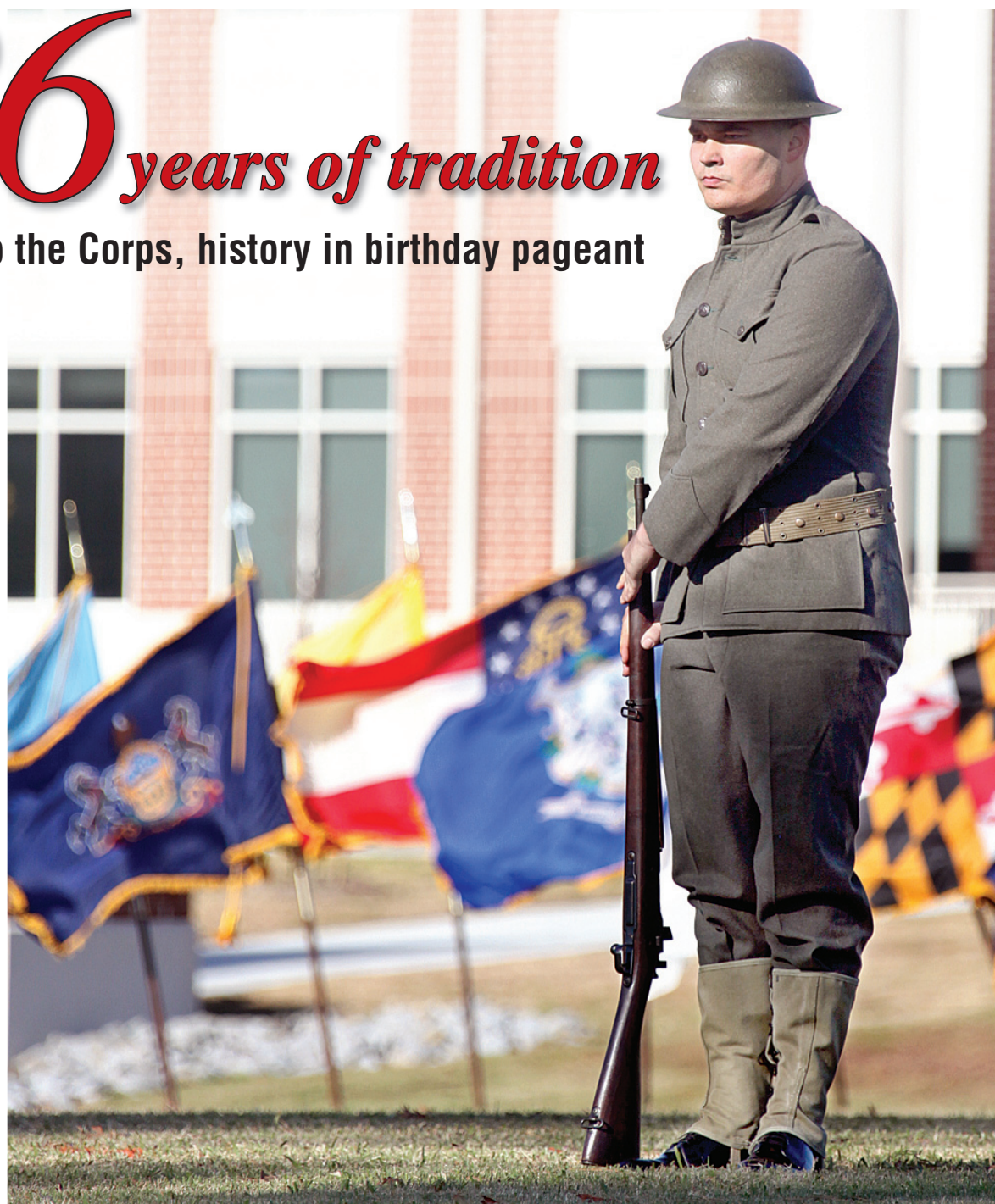
Cherry Point personnel pay tribute to the Corps, history in birthday pageant



LANCE CPL. CORY D. POLOM

Four Marines stand ready to escort a birthday cake during the Marine Corps Air Station Cherry Point 236th Marine Corps Birthday Cake-cutting Ceremony and Historical Uniform Pageant in front of the Christian F. Schilt building Tuesday. As part of the Marine Corps tradition, the cake was cut and the first piece went to the oldest Marine present and the next one was given to the youngest Marine.

A Marine donning a World War I uniform completes a drill movement during the Marine Corps Air Station Cherry Point 236th Marine Corps Birthday Cake-cutting Ceremony and Historical Uniform Pageant in front of the Christian F. Schilt building Tuesday.



LANCE CPL. CORY D. POLOM



LANCE CPL. CORY D. POLOM

(Right to left) Marines dressed in uniforms the Revolutionary War, the War of 1812, The Civil War, the Spanish-American War and Boxer Rebellion stand at parade rest during the 236th Marine Corps Birthday Cake-cutting Ceremony and Historical Uniform Pageant in front of the Christian F. Schilt building Nov. 8. Marines and Sailors participating in the ceremony were dressed in different uniforms the Marine Corps and Navy have worn throughout history ranging from Continental Marines to present day Marines.



LANCE CPL. CORY D. POLOM

Lance Cpl. Charles Guthrie, left, takes the second piece of cake from the oldest Marine present, Chief Warrant Officer 3 James R. Walls, center, during the 236th Marine Corps Birthday Cake-cutting Ceremony and Historical Uniform Pageant in front of the Christian F. Schilt building Tuesday. Guthrie was the youngest active duty Marine present at the ceremony and enlisted into the Marine Corps in 2010, while Walls enlisted in 1991.



LANCE CPL. CORY D. POLOM

The Headquarters and Headquarters Squadron color guard stand awaiting their cue to bring on the colors during the 236th Marine Corps Birthday Cake-cutting Ceremony and Historical Uniform Pageant in front of the Christian F. Schilt building Tuesday.

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

Breakfast/Lunch 8:30-11:00a.m.,

Dinner 2:30-5 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

Monday - Grilled Polish sausage, grilled bratwurst, grilled Italian sausage, grilled frankfurters, rolls, French fries, tater tots, baked beans, corn on the cob, chili, cheese sauce, coleslaw, potato chips, corn chips, pretzels

Tuesday - Popcorn shrimp, steamed shrimp, buffalo chicken fritter, grilled chicken strips, sizzlin Caesar salad

Wednesday - Beef taco meat, chicken enchiladas, bean burrito, Mexican rice, refried beans, Mexican corn, shredded lettuce, shredded cheese, diced tomatoes, chopped onions, sliced jalapenos, taco shells

Thursday - Chinese egg rolls, chilled pineapple chunks, teriyaki beef strips, steamed shrimp, grilled chicken strips, pork fried rice, steamed rice, vegetable lo mein with oyster sauce

Friday - Ziti/linguine/fettuccine, spaghetti rigatoni, pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, penne/rigate/rotini, baked Italian sausage meatballs (ground beef), meat sauce, marinara sauce, alfredo sauce

Weekly Menu

Thursday Nov. 10

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 Nov. 11

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

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

Saturday Nov. 12

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

Dinner - Baked ziti with four cheeses, arroz con pollo (chicken), club spinach, corn O'brien, toasted garlic bread, smoked ham and cabbage soup

Sunday Nov. 13

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

Monday Nov. 14

Lunch - Pepper steak, turkey monterey roasts, rosemary red potatoes, steamed rice, wax beans creole, stewed chick peas and zucchini, southwestern corn chowder

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

Tuesday Nov. 15

Lunch - Linguini with clam sauce, Bayou chicken, rissole potatoes, mashed cauliflower, sauteed green beans and mushrooms beef with vegetables and barley soup

Dinner - country fried steaks, baked turkey with noodles, mashed potatoes, creamed ground beef, peas, squash and carrot medley, bean with bacon soup

Wednesday Nov. 16

Lunch - Chicken piccata, bayou jerk pork loin, chipolte roasted sweet potatoes, islander's rice steamed spinach with garlic, Lyon- naise carrots, mango and black bean salsa, cream of mushroom Soup

Dinner - Hungarian goulash, creole shrimp, Brussels sprout parmesan, corn, chicken tortilla soup

Did you know?

Think twice before reaching for that energy drink

SAFETY DIVISION

HEADQUARTERS MARINE CORPS

Ever notice the longest part of the day seems to be after the lunch hour where the minutes pass glacially slow, or you're fighting to keep at least one eye open while staring at your computer monitor, or you've awakened after your head has hit the desk from nodding off?

Has it ever appeared that time stands still while on duty at 3 a.m. or on night crew? Ever drive late at night with your head out the window or slap yourself in the face a few times to stay awake? For many, the solution to this feeling is a no-brainer: just grab an energy drink. However, is that really the best solution?

An "energy drink" is a beverage containing some form of legal stimulant, usually caffeine in combination with other ingredients such as taurine, guarana, and B vitamins, which claims to give the consumer a short term boost of energy.

The term "energy drink" was created by the beverage industry and is not recognized by the United States Food and Drug Administration (FDA) or the United States Department of Agriculture (USDA). Energy drinks were developed in response to public demand for a dietary consumable or supplement that would provide a boost in energy level plus additional vitamins and other "faddish" ingredients in a one-stop shopping product.

The pace of the 21st century has seen increasing time demands on daily schedules resulting in a more fatigued individual with less time for eating and sleeping. As such, energy drinks have quickly exploded in a receptive market since they claim to offer an energy boost, vitamins and often times a nutritional value. The commercial market for energy drinks is similar to the same individuals that join the military: young, "type-A" individuals who could be considered thrill seekers or "extreme" in nature.

A quick review of advertisements on TV, on the internet or in magazines reveals the beverage industry market their energy drinks specifically to extreme sports enthusiasts and those who naturally operate on the extreme side of life. For this cadre of individuals, there is no such thing as moderation and it is not uncommon for them to consume multiple energy drinks on a daily basis. The typical mentality held by this group, and Americans in general, is that if less is good then more must be even better a highly prized cash cow for manufacturers.

The one thing most energy drinks have in common is they contain a large amount of their "active ingredients" plus caffeine and/or sugar. More often than not, the boost you receive from your favorite energy drink may be simply attributed to an extreme sugar rush.

Additionally, these beverages may contain a hodgepodge of dietary supplements such as vitamins and herbal extracts Guarana Seed an effective stimulant found in a climbing plant native to the Amazon basin and Brazil, its fruit (about the size of a coffee bean) contains approximately twice as much caffeine as a coffee bean.

• Ginseng - a fleshy root grown in eastern Asia, it is believed to help reduce stress and increase energy levels. Some ingredients include:

- Ginkgo Biloba - one of the oldest living tree species, the extract of ginkgo leaves is believed to enhance memory.
- Taurine - an organic amino acid and a major constituent of bile naturally produced by the human body in the lower intestine, it is believed to help regulate heart rhythm and muscle contractions.
- Inositol - a member of the vitamin B complex (although not a vitamin itself) which functions as the basis in signaling and relaying messages between cells as well as a number of other biological processes.

As you can probably tell from this list, energy drinks are a deceptive combination of sugary soft drinks and pseudonutritional dietary supplement formulated specifically for a pleasing taste to young people's palates.

The main stimulatory ingredient in energy drinks is caffeine. A standard 12 ounce soda contains approximately 18-48 mg of caffeine. Most energy drinks contain at least as much caffeine as a standard eight ounce cup of coffee (approx. 80 mg). To put things in perspective, though, many energy drinks have 3-5 times the amount of caffeine as regular sodas. While the FDA limits caffeine content to 65 mg per serving of a food or beverage, or a 0.02% caffeine limit for soft drinks and cola-type beverages (a max of 71 mg per 12 ounce serving), energy drinks are currently not regulated by the FDA and consequently these beverages can contain as much as 300 mg of caffeine per serving. Compound that with the fact many energy drinks contain more than one serving, and no one drinks only half the can. According to <http://www.MayoClinic.com>, up to 300 mg of caffeine per day is not usually harmful for most people. An increase in side effects may be observed if one consumes from 500-600 mg per day, and the FDA warns 600 mg is too much.

The adverse effects associated with the consumption of high amounts of caffeine (400 mg or more) are well documented and include nervousness, irritability, inability to sleep, anxiety, increased urination, diarrhea, abnormal heart rhythms (fast or pounding heart), dizziness, decreased bone levels and stomach upset.

The remaining ingredients found in energy drinks just complicate things. Most energy drinks contain high levels of refined sugar or high fructose corn syrup. These two ingredients can lead to weight gain and type-2 diabetes as well as a large crash effect after the sugar high. Energy drinks also include a variety of unregulated herbal stimulants and naturally organic blends such as guarana, taurine, ginseng and B vitamins. Stimulants such as guarana and ginseng are often added to enhance the effects of the caffeine and the long term effects of high levels of all of these unregulated products are not well understood. Because of this, many manufacturers don't list these ingredients on their product labels.

From the clinic: No-shows statistics

Did you know that patients failing to show up for medical appointments affects your access to medical care at the Naval Health Clinic? An appointment no-show occurs when a patient misses their scheduled appointment and does not call the facility prior to the appointment time to cancel. In the month of September, there were 8,324 scheduled medical appointments for our beneficiaries at the clinic. Of those appointments, 737 patients did not show for their scheduled appointments.

An appointment no-show affects us all, particularly:

1. The patient that missed the appointment does not get the care they need.
2. The patient that could have used the appointment time if it was available.
3. The physician or provider who was fully staffed and prepared just to see you!

It is imperative patients arrive on time and complete medical appointments they schedule. At the clinic, we realize things happen.

If you cannot make your appointment, simply call the facility and cancel the appointment in advance so another patient is afforded the opportunity to use that appointment time. Don't let your neighbor down by limiting access to needed healthcare!

Please remember Naval Health Clinic Cherry Point is an appointment based clinic. To schedule or cancel an appointment, please call 252-466-0921. We look forward to your next visit!

MCAS Cherry Point
STATION THEATER E Street
 Movie Hotline: 466-3884
 Visit us at www.mccscherrypoint.com

Adults only \$3 • Kids (2-12) only \$2
NOW SHOWING

	Runtime
Thursday, November 10 6:00pm - Dream House PG 13	1:32
Friday, November 11 5:00pm - Dolphin Tale PG 7:30pm - Dream House PG 13	1:32
Saturday, November 12 No Movies Showing	
Sunday, November 13 3:00pm - Sneak Preview - Happy Feet 2 PG	

MOVIE SYNOPSIS

Dream House - Starring: Daniel Craig, Naomi Watts, Rachel Weisz, Rachel Fox. Successful publisher Will Atenton quit a job in New York City to relocate his wife, Libby, and two girls to a quaint New England town. But as they settle into their new life, they discover their perfect home was the murder scene of a mother and her children. And the entire city believes it was at the hands of the husband who survived. When Will investigates the tragedy, his only lead comes from Ann Paterson, a neighbor who was close to the family that died. As Will and Ann piece together the disturbing puzzle, they discover that the story of the last man to leave Will's dream house will be just as horrifying to the one who came next.

Dolphin Tale - Starring: Morgan Freeman, Ashley Judd, Kris Kristofferson, Harry Connick Jr.. Swimming free, a young dolphin is caught in a crab trap, severely marring her tail. She is rescued and transported to the Clearwater Marine Hospital, where she is named Winter. But her fight for survival has just begun. Without a tail, Winter's prognosis is dire. It will take the expertise of a dedicated marine biologist, the ingenuity of a brilliant prosthetics doctor, and the unwavering devotion of a young boy to bring about a groundbreaking miracle -- a miracle that might not only save Winter but could also help scores of people around the world.

Happy Feet 2 - Starring the voices of: Elijah Wood, Pink, Robin Williams, Sofia Vergara. Mumble, The Master of Tap, has a problem because his tiny son, Erik, is choreo-phobic. Reluctant to dance, Erik runs away and encounters The Mighty Sven -- a penguin who can fly! Mumble has no hope of competing with this charismatic new role model. But things get worse when the world is shaken by powerful forces. Erik learns of his father's "guts and grit" as Mumble brings together the penguin nations and all manner of fabulous creatures -- from tiny Krill to giant Elephant Seals -- to put things right.

Movies are subject to change without notice

Send us your family's favorite Holiday dish!

for a chance to win the **Holiday Family Favorite Recipe Contest.**
 November 18 - December 31, 2011.



Winning creations will be published on the Patriot Family Connection website and added to the Commissary's online cookbook!

Top four winners in each category will receive:

- FIRST PRIZE : \$500 Exchange & \$500 Commissary Gift Card**
- SECOND PRIZE : \$250 Exchange & \$250 Commissary Gift Card**
- THIRD PRIZE : \$100 Exchange & \$100 Commissary Gift Card**
- FOURTH PRIZE : \$50 Exchange & \$50 Commissary Gift Card**

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Go to shopmyexchange.com/patriot_family for complete rules and details.



THE LOCAL BUZZ

Announcements

► *Indicates new announcement*

Birthday Run

Maj. Gen. Jon M. Davis, 2nd Marine Aircraft Wing commanding general, will lead a wing-level formation run today in celebration of the 236th birthday of the Marine Corps.

All air station personnel are advised to obey all road guards and traffic signs as this run will impact traffic from approximately 8:30 to 11 a.m.

► Friday Free Flick

There will be a free movie shown at the Emerald Isle Community Center, Emerald Isle, N.C., Friday. Please bring your own chairs and blankets. No outside beverages or snacks are allowed. The movie will be family-oriented.

The movie will be "Cars 2" at 7 p.m. in the gymnasium.

For more information call 354-6350.

► Veterans Day at the NC Aquarium

All visitors will be admitted to the North Carolina Aquarium at Pine Knoll Shores free of charge Friday in celebration of Veterans Day.

No past or present military affiliation is necessary.

For more information call 247-4003 or visit <http://www.ncaquariums.com>.

► Nicholas Sparks and Rock for Tots

Toys for Tots is sponsoring a book signing by world renowned author Nicholas Sparks at the station theater, and the annual Rock for Tots Bash at Cunningham's, Saturday.

Doors will open at the station theater for book purchasing at 8 a.m. for active-duty military and their families, and 9 a.m. for the general public.

Sparks will begin signing his book entitled "The Best of Me" at 10 a.m.

To get their books signed participants are asked to donate a toy for Toys for Tots.

Following the signing will be the Rock for Tots Bash at Cunningham's starting at noon. Among the festivities there will be a bean-bag tossing tournament, horseshoes, sand volleyball, a pool tournament and ladies dart tournament.

Brian Meyer and His Band will perform at 9 p.m.

For more information call 466-3027 or visit <http://>

Monthly and Weekly Events

Courage to Change

Cherry Point and Havelock Courage to Change is a support group for friends and families of people who suffer from alcoholism.

Meetings are held at St. Paul's Lutheran Church in Havelock, Tuesdays at 8 p.m.

For more information, call 241-6155 or 670-6236.

AA Beginners Meeting

There are two weekly Alcoholics Anonymous meetings aboard the air station. The meetings are held Wednesdays and Thursdays at 8 p.m.

The meetings take place in Room 208 of Building 229, in the same building as the tax center, next to the Cherry Tree House.

For more information, call 447-2109.

Al-Anon Family Group Meeting

There are Al-Anon family group meetings Tuesdays at 8 p.m. for family members and friends of individuals who may have alcohol problems.

The meetings are held at Havelock First Baptist Church.

For more information, call 447-8063 or 447-2109.

Together For Life

The "Together for Life" one-day premarital seminar is held for active duty personnel age 26 and under, within 90 days of marriage.

Please call the chapel at 466-4000 for more information.

Domestic Violence Victims

A support group for victims of domestic violence is provided by the

www.mccscherrypoint.com.

Divorce Prevention and Relationship Enhancement Program

PREP is a comprehensive divorce prevention and marriage enhancement program that will be held at Miller's Landing Wednesday.

PREP is a skills and principles building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other.

For more information and to make reservations, please call your chaplain's office at 466-3314.

Volunteer Request

The Cherry Point Young Marines youth organization is looking for both male and female Marines who would be dedicated to working with its youth, ages 8 to 18 on Friday nights.

The group meets Fridays from 5:30 - 8 p.m. and one Saturday a month from 8 a.m. - 12 p.m.

The Young Marines program provides an alternative for youth and seeks to instill a sense of pride in the youth - pride in themselves, in their community and in their country.

If you are interested in volunteering, contact Paula Cusson at 444-5914 or go online at <http://www.cherrypointyoungmarines.com/>.

Toys for Tots

Toys for Tots is looking for volunteers to assist at various locations in the community for toy drops.

All volunteers will need to be in blue dress "B" and will need transportation to and from the site.

The organization is also in need of a holding facility for the toys collected, access to one warehouse bay large enough to hold the toys, and a couple conex containers large enough to hold toys until Dec. 15.

Any assistance local commands could lend would be very much appreciated.

Any organization requesting toys for children less fortunate than others should go to the website <http://bit.ly/toysfortotslejeune> to make contact with the local Marine Reserve for assistance.

The toys which are collected are not ear marked for one area or another, but for anyone making a request. The forms and conditions can be found on the website.

Carteret County Domestic Violence Program.

The group meetings are held every Wednesday at 6 p.m.

For more information, call 728-3788.

Marine Corps League Meetings

The Cherry Point 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.

Disabled Veterans

Chapter 26 of the Disabled American Veterans meets on the third Tuesday of each month at the Senior Center in Havelock at 7 p.m.

For information, contact Cris Young at 259-3427.

Marine and Family Programs

Marine, Family Programs Office Numbers

The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

- Child Development Resource and Referral – 466-3595.
- Exceptional Family Member Program – 466-3305.
- Family Advocacy Program – 466-3264.
- Library – 466-3552.
- LifeLong Learning – 466-3500.
- Military Family Life Consultant – 876-8016.
- New Parent Support Program – 466-3651.
- Retired Activities – 466-5548.
- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- 24/7 Victim Advocate for Confidential Services relating to Sexual Assault or Domestic Violence – 665-4713.

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.

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, N.C.)
TWIN RIVERS (NOT THE MALL)
WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

BELFAST QUICK MART
BELL AUTO SALVAGE II
BOTTA BOOMS
CASH-N-ADVANCE
CJ'S QUICK MART
CLUB MICKEY'S
COASTAL SMOKE SHOP
DASH-IN
DISCOUNT TOBACCO
D'S DRIVE THRU
D'S QUICK MART
DOLL HOUSE
EASY MONEY CATALOG SALES
EXPRESS WAY
FANTASIES
HIP HOP AND HOOKAHS
ILLUSIONS
JACKSONVILLE SPEEDWAY AUTO PARTS
KINGS DRIVE THRU
KWIK STOP MART
LAIRDS AUTO & TRUCK CENTER
MILITARY CIRCUIT OF JACKSONVILLE
MOE'S MART
NASH MARKET
ONE STOP SHOP
PAR TECH
PLAYHOUSE
PLEASURE PALACE
PRIVATE PLEASURES (AKA CARRIAGE HOUSE)
RACEWAY AUTO PARTS
REFLECTION PHOTO
REID'S MART
SMOKERS POST
SOUTHERN COMFORT
SMITTY'S R&R
SPEED MART
TALK OF THE TOWN II
TENDER TOUCH (AKA BABY DOLLS)
TOBACCO ALLEY
TOBACCO AND MORE
TOBACCO CLUB
TOBACCO FOR LESS
TOBACCO HOUSE CIGARETTE CENTER
TOBACCO LEAF
VERONA QUICK STOP
VETERANS AFFAIRS SERVICES

OUTSIDE AREAS

CARLAND
CENTENNIAL ENTERPRISES, INC.
STUDENT ASSISTANCE COMPANY
JOSHUA EXPERIENCE/ CLUB ACCESS

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

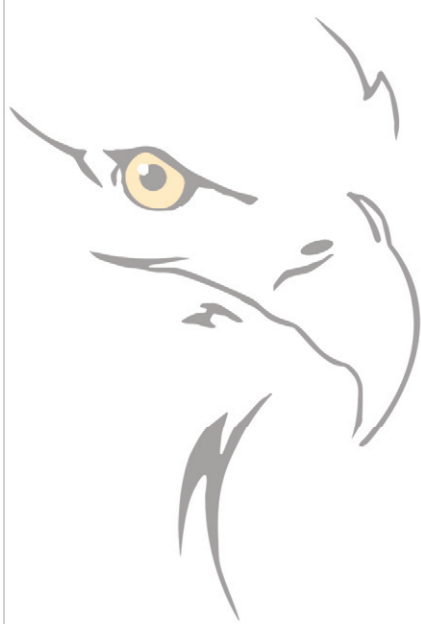
This procedure is not to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7. The person answering the call will help you decide the next steps to take. You may remain anonymous.

Severe Weather and Force Protection Information

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

Tests of security

Tests of security is an area in which terrorists would 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 would be interested in the time in which it takes to respond to an incident and/or the routes taken to a specific location. They may also try to penetrate physical security barriers or procedures in order to assess strengths and weaknesses. They often gain legitimate employment at key locations in order to monitor day-to-day activities. In any event, they may try to gain this knowledge in order to make their mission or scheme more effective.



OPERATION EAGLE EYES

**NEXT
UP...****SPRINT CUP**

Race: Kobalt Tools 500
Where: Phoenix International Raceway
When: Sunday, 3 p.m. (ET)
TV: ESPN
2010 winner: Carl Edwards (right)

**NATIONWIDE SERIES**

Race: Wypall 200
Where: Phoenix International Raceway
When: Saturday, 3:30 p.m. (ET)
TV: ESPN2
2010 winner: Carl Edwards

CAMPING WORLD TRUCKS

Race: Ford 200
Where: Homestead-Miami Speedway
When: November 18, 8 p.m. (ET)
TV: SPEED
2010 winner: Kyle Busch



NASCAR INSIDER

By RICK MINTER / The Atlanta Journal-Constitution



Benched

Michael McDowell at the wheel of Kyle Busch's No. 18 Toyota during Sunday's AAA Texas 500 at Texas Motor Speedway (NASCAR photo)

Busch sidelined for 2 races after Friday night Truck Series crash

Back in the early days of 2010, when NASCAR officials announced that they were backing off of their policing of on-track incidents, vice president Robin Pemberton summed up NASCAR's then-new position by saying, "Boys, have at it." NASCAR president Brian France also weighed in, saying NASCAR racing was a "contact sport."

While the statements made it clear that more aggression on the race track would be allowed, it was far from certain just how far that aggression could go before NASCAR did step in.

The picture became a little clearer this past weekend at Texas Motor Speedway, when Kyle Busch was parked for the Nationwide and Sprint Cup races after intentionally wrecking championship contender Ron Hornaday Jr. under caution in the early laps of Friday's Camping World Truck Series race. The crash knocked Hornaday out of title contention.

It wasn't the first time a driver had been barred from a Cup race over an incident in a lower series. In 2002, Kevin Harvick had to sit out a Cup race at Martinsville after a wreck in a truck race, and in 2007 Robby Gordon had to skip the Cup race at Pocono after an incident in a Nationwide race at Montreal.

But Busch's is the first punishment of this magnitude in the "have at it" era.

Even before the latest of several incidents involving Busch, including one at Bristol involving Elliott Sadler and another at Darlington with Harvick, many a driver and fan have questioned just where the line is that a driver must cross to be severely punished.

NASCAR president Mike Helton, in a press conference Saturday morning at Texas, said NASCAR looks at each situation and reacts accordingly.

"The responsibility over the past two or three seasons we've given back to the drivers came, I think, with a very clear understanding that there could be a line that got crossed," he



Kyle Busch watches from atop his team's pit box as Michael McDowell drove his No. 18 Toyota in Sunday's AAA Texas 500 at Texas Motor Speedway. (NASCAR photo)

said. "As annoying as the comments that I've made personally in the past about 'we'll know it when we see it' might have been, we saw it [Friday] night."

Helton pointed out that there have been other similar incidents, such as the one last year at Atlanta Motor Speedway involving Carl Edwards and Brad Keselowski that drew penalties, although not as severe as the one imposed on Busch. And he said neither Busch's on-track incidents at Bristol and Darlington nor Hornaday's position in the truck championship battle were major reasons NASCAR reacted so strongly.

"The question about the accumulation of incidents around the driver leading to this decision-making process, I won't sit here and tell you that it's not an influence, but it's not an overriding influence," Helton said. "The reaction we're taking came more specifically

from the set of circumstances that unfolded [Friday] night in the single event."

Busch initially was unapologetic, but late Saturday issued a statement that indicated he was sorry for his actions.

"I want to sincerely apologize for my actions during Friday night's Truck Series race at Texas," he said. "I apologize to my fans, all my sponsors, everyone at Joe Gibbs Racing and Kyle Busch Motorsports ... I'd also like to apologize to Ron Hornaday Jr., and everyone associated with the No. 33 team in the Truck Series."

"I understand why I was taken out of the car for the rest of the weekend. NASCAR officials had to act, and I accept their punishment and take full responsibility for my actions. "As a race-car driver, the hardest thing to do is to sit on the sidelines listening to cars on the track when you know you should be out there competing. For this, I have no one to blame but myself."

"Through a lot of support from the people around me, I feel like I've made a lot of strides this year, but this was certainly a step backward. Moving forward, I will do everything I possibly can to represent everyone involved in a positive manner. However, I know my long-term actions will have more of a bearing than anything I say right now."

It was signed "Sincerely, Kyle Busch."

Busch, who could receive more punishment this week, met with his Cup team Sunday morning at Texas, apologized to his crew and asked to sit on the pit box during the race, according to his crew chief Dave Rogers.

"I think Kyle handled [Sunday] like a professional," Rogers told reporters. "It would have been much easier for him to get on an airplane and fly home and feel sorry for himself, and he didn't."

"He was obviously disappointed, but he stood there and he backed his race team from flag to flag, and I appreciate it."

2011 CHASE CONTENDERS

Chase Standings Following the
AAA Texas 500 at Texas Motor Speedway

1. Carl Edwards 2,316; Leader (finished second)

He was able to keep smiling after losing to his closest challenger at Texas as he maintained the points lead, and he and Stewart were able to put considerable distance between themselves and the rest of the Chase field.

2. Tony Stewart -3 (finished first)

Stewart proved at Texas that his boastful comments after winning Martinsville weren't just idle talk. He went out and got maximum points at Texas, leading the most laps and winning the race to shave five points off Edwards' lead. And he got his fourth win of the Chase by outrunning the points leader. Stewart said there's no need to send any more spoken messages to Edwards. "I think our performance today spoke for itself," he said.

3. Kevin Harvick -33 (finished 13th)

His crew tried to use a two-tire pit stop late in the race to gain points, but the cards didn't fall their way. "We gambled right there trying to steal a top-five [finish] and it didn't work, so it probably cost us six or seven points," crew chief Gil Martin said.

4. Matt Kenseth -38 (finished fourth)

His No. 17 Ford was good but not great, and he was unable to make up the points he lost in wrecking at Martinsville. "I thought we did everything we could possibly do, but we just weren't fast enough," he said.

5. Brad Keselowski -49 (finished 24th)

A collision with Denny Hamlin in the pit area and handling problems late in the race left him with a disappointing finish and all but out of the title hunt. Crew chief Paul Wolfe acknowledged the points situation and said he's still proud of his team and what they've done this year. "We won't lie down," he said.

6. Jimmie Johnson -55 (finished 14th)

He recovered from a late-race spin but not without some damage to his car. And it appears his run of five straight Sprint Cup titles is coming to an end. "It may have been the rear end or something because I didn't really drive really good after that," he said. "We were loose, but fast beforehand and then after the spin ... that really hurt the car."

7. Dale Earnhardt Jr. -79 (finished seventh)

Despite a relatively good finish at Texas, he's on the verge of elimination from the championship hunt. Barring a collapse by both Stewart and Edwards, he'll be eliminated next week.

8. Jeff Gordon -81 (finished sixth)

He overcame a bad pit stop to run in the top three late in the race, but faded a bit as nightfall took over Texas Motor Speedway. "When that sun went down it changed for us, and we just could not keep up with the track conditions and lost a little bit there at the end," he said.

9. Kurt Busch -87 (finished 30th)

His car was off the pace all day at Texas and a late-race fuel gamble didn't work either. "We just missed it," he said. "We started outside the top 10 and really never had the car to compete up front."

10. Denny Hamlin -99 (finished 20th)

A bad weekend left him mathematically out of the running for the championship with two races left to run. "We just fought an ill-handling car all day," he said. "It's probably one of the worst that we've had in a long time."

11. Kyle Busch -100 (did not compete)

Parked for intentionally wrecking Ron Hornaday Jr. in Friday's Camping World Truck Series race, Michael McDowell drove his No. 18 Toyota. McDowell finished 33rd, but Busch got no points.

12. Ryan Newman -103 (finished 16th)

After losing two laps early in the race, he worked his way back to the front and led four laps before having to make a late-race stop for fuel.

NOTEBOOK

Bayne gets first Nationwide win

Ironically, just as one of NASCAR's bad boys was sitting on the sidelines at Texas, a driver known for his exemplary behavior got his first career Nationwide Series victory.

Trevor Bayne, who won this year's Daytona 500 in just his second career Sprint Cup start, passed his Roush Fenway Racing teammate Carl Edwards with six laps remaining in the O'Reilly Auto Parts Challenge, then held off Denny Hamlin to get the victory at the same track where a year ago he made his Cup debut.

"This is just as surreal as the 500," Bayne said. "That's hard to say but this has been so long. We've worked so hard to get our first Nationwide win, and I wasn't sure if it was ever going to happen. I was thinking maybe the next Cup win would come first." Bayne went on to say that Texas Motor Speedway is a special place for him.

"It's one of the toughest to drive, and that's why I've always wanted to get a win at a place like this," he said. "Daytona is great, but that's restrictor-plate racing. I hate to say it, but a lot of people could be in Victory Lane there, but to win at a mile-and-a-half, that has been one of my dreams."

Edwards said he's among those who admire Bayne and how he's dealt with winning the Daytona 500, then being sidelined for much of this season with an illness.

"I'm happy to see him have success, as happy as I can be as a competitor of his," Edwards said. "I think that Trevor has been through a lot this year ... To be as young as he is and to have so many changes in his life right now, and for him to handle everything as gracefully as he has, I think, says a lot about him."



Trevor Bayne catches the flag after winning Saturday's O'Reilly Auto Parts Challenge at Texas Motor Speedway. (NASCAR photo)

Martin to take Reutimann's ride

Mark Martin started his Sprint Cup career in a Pontiac, drove a Buick for a while, then ran an Oldsmobile and a Chevrolet before taking the wheel of a Ford.

It was in a Ford, owned by Jack Roush, that Martin got the first of his 40 Cup victories, back in 1989 at Rockingham. The last five came in a Rick Hendrick-owned Chevrolet.

Beginning next season Martin moves to a new manufacturer as he'll spend the next two years running a partial Cup schedule in the No. 00 Toyota at Michael Waltrip Racing.

Martin will run 25 races each year, with the team owner running five himself and other, as yet unnamed, drivers running the rest of the schedule. The move means that David Reutimann, the car's

current driver, will be out of a ride.

"It's a bad time to be out of a job," Reutimann told reporters at Texas. "You've just got to wonder if it's worth it in the long run. I don't know. The alternative is not doing it at all and that's not a great alternative to have."

Five-time Cup winner arrested

Jeremy Mayfield, suspended from NASCAR in 2009 after failing a drug test, has been arrested on drug charges, and police say numerous stolen items, some allegedly taken during burglaries at NASCAR race shops, were found on his North Carolina property.

Mayfield's attorney told reporters that the five-time Cup winner had no knowledge of the stolen property or the methamphetamine found when a search warrant was executed last week.

NUMERICALLY SPEAKING

30 Drivers who have started all 34 Sprint Cup races during this season

80 Drivers who have started at least one Sprint Cup race this season

13 Nationwide Series victories for Ford with Trevor Bayne's win at Texas Motor Speedway

3 Manufacturer championships for Ford Motor Company in the Nationwide Series (1995, 2002 and 2011)