



LANCE CPL. SCOTT L. TOMASZYCKI

Maj. Gen. Glenn M. Walters, right, commanding general of 2nd Marine Aircraft Wing (Forward), and Sgt. Maj. Henry A. Prutch case the colors of 2nd MAW (Fwd) during a ceremony aboard Marine Corps Air Station Cherry Point, N.C., March 16.

2nd MAW (Fwd) deactivates after year in Afghanistan

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

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Casing the unit's colors, 2nd Marine Aircraft Wing (Forward) officially deactivated during a ceremony aboard Cherry Point, March 16, bringing an end to its role as the aviation combat element in southwestern Afghanistan.

Activated Nov. 23, 2010, the wing spent more than a year conducting combat missions in Afghanistan for Regional Command Southwest, which was responsible for Helmand and Nimruz provinces under NATO's International Security Assistance

Force.

The wing aggressively conducted counter-insurgency operations, supporting coalition and Afghan forces on the ground, integrating with allied nations, and experimenting with new technologies – all under the command of Maj. Gen. Glenn M. Walters, the commanding general of 2nd MAW (Fwd).

Walters said during his tenure in Afghanistan he witnessed a shift in a region that was once rife with violence and insurgent activity, specifically mentioning the city of Marjah, a community in Helmand province where fierce fighting dominated news head-

lines in 2010.

"Night and day difference in Marjah. A year ago there were bloody battles and gunfire," Walters said. "When we left, you could go visit the schools, see the girls going to school, walk through the bazaar. Commerce is growing and booming."

The wing was able to accomplish its objectives in large part because of the implementation of new technological initiatives. Among the most memorable was the use of iPads during helicopter flights, Walters said.

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Ordnance disposal
Marine awarded for
heroic actions in
Afghanistan

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

FOLLOW @zyckjUSMC

Staff Sgt. Bernard J. Coyne doesn't like being thought of as a hero, but that didn't stop his chain of command from awarding him a Bronze Star with a combat distinguishing device at Marine Corps Base Camp Lejeune, N.C., March 16.

Coyne is currently an explosive ordnance disposal technician for Headquarters and Headquarters Squadron, Marine Corps Air Station Cherry Point, but his assignment from April 9 to Sept. 15, 2011 was clearing improvised

See AWARD page A7



SGT. JUSTIN SHEMANSKI

Maj. Greg Wrublanski, the company commander for Explosive Ordnance Disposal Company, 2nd Marine Logistics Group, awards Staff Sgt. Bernard Coyne, of Woonsocket, R.I., the Bronze Star Medal with Combat Distinguishing Device during a ceremony aboard Camp Lejeune, N.C., March 16.



CPL. SANTIAGO G. COLON JR.

Cpl. Joshua Andrade, an administrative specialist with Marine Corps Air Station Cherry Point Installation Personnel Administration Center, reviews what is left of the Cherry Point service record books. Cherry Point IPAC transferred over 9,000 record books to electronic data that is now accessible on Marine Online, www.mol.usmc.mil.

Cherry Point service records transition online

CPL. SANTIAGO G. COLON JR.

MCAS CHERRY POINT FOLLOW @USMC_SANTCOLON

Marine Corps Air Station Cherry Point administration has updated its old system for service record books, making them more accessible and convenient for Marines by moving the information to Marine Online at <http://www.mol.usmc.mil>.

Marines can now access their service information by logging in to Marine Online and clicking the OMPF tab near the top of the page.

The move, authorized in November 2011 by Marine Administrative Message 680/11, is part of the Commandant of the Marine Corps' plan to better support commanders, senior enlisted advisors,

and the individual Marine.

"I heard about this initiative over 10 years ago," said Chief Warrant Officer 4 Scott M. Newell, officer-in-charge for Cherry Point Installation Personnel Administration Center customer service. "One of the driving factors was the Commandant's initiative. He thought it was a great idea, so he put some resources behind it and said make it happen."

The new system provides commanders with instantaneous access to a Marine's record once joined to a command, eliminating the need to checkout paper records.

"The benefit to the commanders is the ease of access," said Newell. "Before (the commanders) would have to send a request through

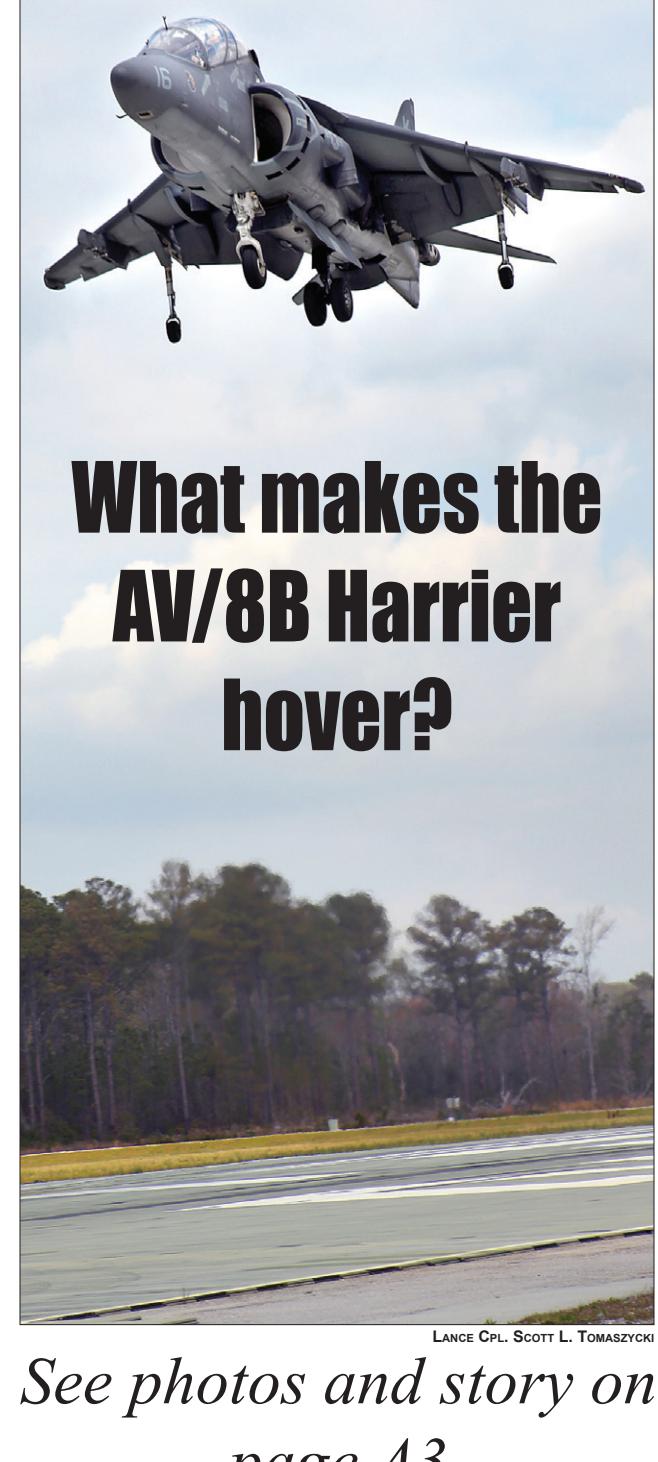
IPAC. IPAC would then have to pull the book, make copies or scan it. Now with a few clicks of his mouse through MOL he can see everything that is in his Marines records."

Cherry Point administration Marines began the tedious process of transferring over 9,000 service records books to electronic data Oct. 24, 2011, said Newell.

"We are 99 percent done," he said. "There is a handful of record books that are missing documents so we are working to get those completed and into the system."

IPAC Marines, including Cpl. Joshua S. Andrade, an administrative specialist, reviewed,

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What makes the
AV/8B Harrier
hover?

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and story



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Chaplain's Corner : New Bern Sesquicentennial

Lt. CDR. WESLEY MYHAND

MWSG-27

This past March 14 was the 150th anniversary of the Battle of New Bern. Called the Sesquicentennial, there was a re-enactment at Battlefield Park off U.S. Highway 70, and Sunday morning a short ceremony honoring the soldiers who gave their lives from both sides.

Will Gorges wrote for the New Bern Historical Society that, "On March 11, 1862, Union General Ambrose Burnside departed Roanoke Island, N.C., with an estimated 12,000 troops, many battle-hardened from earlier combat, and met 13 heavily armed gunboats at Hatteras commanded by Commodore Stephen C. Rowan of the Union Navy. On March 12, the fleet anchored up the Neuse River off of the mouth of Slocum's Creek. The morning of March 13 opened with the thunder, fire and roar of scores of heavy cannons bombarding the shores of North Carolina. Three full brigades of Union infantry, commanded by Generals John G. Foster, Jesse L. Reno and John G. Parke, deployed to shore with a battery of six boat howitzers and two rifled Wizard cannon and began the march toward New Bern.

Awaiting the Union force was Confederate General Lawrence O'Bryan Branch, a politician with virtually no military expertise and an estimated 4,500 untrained and ill-equipped Confederate troops. The majority of the Confederates had not yet been issued military uniforms and most were armed with second rate muskets, antiquated flintlocks, and assorted sporting rifles and shotguns. The Union troops were armed for the most part with the "modern" Springfield rifled muskets and the English Enfield rifles, both of which used the deadly "minie" ball bullet. Amidst the roar of naval cannon bombarding the shore and woods in the direction of the Confederate line, blowing the tops of trees apart and showering the troops below with fiery fragments of iron and wood, the early hours of March 14, 1862, proved to be a fatal test of combat for the Rebel forces.

Outgunned by a force almost three times their size and under-equipped, the Confederates fought for almost 4 hours before being forced to retreat from the field. By the early afternoon, as the smoke gradually diminished across the swampy pine terrain, the once colonial capital of North

Carolina was occupied by an invader that stayed for the duration of the war. Branch lost 68 killed, 116 wounded, and 400 captured or missing compared to Burnside's 90 killed, 385 wounded, and a single man captured. Branch lost scores of desperately needed cannon and virtually all of the camp equipment and ammunition stores at New Bern. He also lost a valuable port and rail head which ultimately became the Headquarters of the District of North Carolina, which proved to be a pain in the side of the Confederacy throughout the War."

This year will mark the sesquicentennial observances of several historic Civil War Battles; Shiloh, Seven Pines and Antietam to name only a few.

The work of war has an ancient, and in these cases, very personal history with us as service members.

We pause to reflect and honor the sacrifices of those who have come before us, and labor honorably to be worthy of the patriotic shoulders upon which we are privileged to stand.

Celebrating 100 years of Marine Corps aviation



CPL. SHEILA M. BROOKS

An MV-22B Osprey with Marine Medium Tiltrotor Squadron 263, flies over Al Asad Air Base, Iraq, on Nov. 10, 2007. VMM-263 was the first squadron to deploy combat equipped with the Osprey since the mid-1980s. Since that time 2nd Marine Aircraft Wing has replaced its entire fleet of CH-46 Sea Knights with the Osprey.

The Windsock

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Lance Cpl Jeffery V. Kruger

Job Title: Dual qualification plane captain

Unit: HMLA-467

Hometown: Plainview, Minn.

Age: 26

Date Joined: June 14, 2010

Lance Cpl. Jeffery V. Kruger is a dual qualification plane captain who performs maintenance on both AH-1W Super Cobras and UH-1N Hueys with Marine Light Attack Helicopter Squadron 467.

"I am the last maintainer to look at the bird before it takes off," says Kruger. "If I sign off on a bird, I am saying it is ready to fly."

Kruger takes his job seriously and was named HMLA-467's maintenance Marine of the month for February.

"I am very proud to be in the job I am," said Kruger. "It takes a lot to become a flight line maintainer, and I take great pride in doing it."

Kruger said his favorite part of his job is in fact what makes it so challenging.

"This job is fast-paced," he said. "This job changes every day. I come in one day and I might be putting in a few new belts, and the next day I could be doing an in-depth engine repair. I have a lot on my plate day in and day out, and it makes it difficult, but I wouldn't change it for the world."

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Highlighting Cherry Point's Warriors



REMEMBER TO RECYCLE



LANCE CPL. CORY D. POLOM



PHOTOS BY LANCE CPL. SCOTT L. TOMASZYCKI

An AV-8B Harrier training aircraft with Marine Attack Training Squadron 203 takes off in a near-vertical ascent at Marine Corps Auxiliary Landing Field Bogue, March 19. The Harrier was designed specifically for a ground-attack role. The vertical and short take-off/landing ability enables the Harrier to work from forward operating bases close to the fight and cuts down the time it takes to arrive and strike a target.

Air support enhanced by

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LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

FOLLOW @zyckiUSMC

As an attack jet geared toward supporting the infantryman on the ground, the AV-8B Harrier has one technological feature that stands out – its ability to take off and land much like a helicopter. But how does this non rotor-powered fixed-wing aircraft do it?

The Harrier uses an ability known as VSTOL – vertical and/or short takeoff and landing – to hover above the ground. According to Gunnery Sgt. Clinton R. Rasmussen, the powerline division chief for Marine Attack Squadron 542, “VSTOL technology isn’t very complex, but has a lot of moving parts.”

Rasmussen said the Harrier’s massive Rolls Royce Pegasus engine produces about 22,000 pounds of thrust, which can be directed down with four nozzles. When this happens, panels on the sides of the engine intakes open up to draw in extra air and a reaction control system maintains stability.

When it’s hovering, it needs more air because it’s not flying straight with air being forced into the engine intakes, Rasmussen said. There are auxiliary doors on

the side of the aircraft that open up when it’s not moving forward.

Rasmussen explained that the Harrier depends on one unique and extraordinarily powerful engine, and it takes a dedicated team of hardworking professionals to keep the aircraft in the fight.

“Maintainer wise, we’ve got smart guys,” Rasmussen said. “Marines love working on this aircraft because of what a challenge it is.”

The pilots at the helm say it’s an invaluable platform that has been saving lives on the ground in Afghanistan.

“The ability of the aircraft allows us to use expeditionary airfields and shorter runways,” said Capt. David W. Fickle, a pilot for Marine Attack Squadron 231.

Fickle said the ability to take off and land from shorter, expeditionary airfields allows the Harriers in Afghanistan to project their power, bringing it closer to the coalition and Afghan forces on the ground that need it.

“The Harrier is a machine that was built for the primary purpose of close-air support, and we pride ourselves in being the best at close-air support,” said Fickle.



take offs



Gunnery Sgt. Clinton R. Rasmussen, the power line division chief for Marine Attack Squadron 542, inspects the inside of an AV-8B Harrier. Rasmussen said maintaining the Rolls Royce Pegasus engine is critical for the safety of the pilot.

NEW MARINE CORPS NON-LETHAL WEAPON

HEATS THINGS UP



LANCE CPL. DANIEL WETZEL

Field radio operator, Sgt. Frank Torres, and fellow Marines retreat after being hit by a wave of hot air from the Active Denial System during a demonstration at Marine Corps Base Quantico, Va., March 9. The ADS is a non-lethal weapon that projects a long range beam of millimeter waves that produce a reversible heating sensation to the skin, much like opening a hot oven. It is one of many non-lethal weapons the Marine Corps is looking to deploy into combat zones to minimize casualties and collateral damage. It can be used for perimeter defense, crowd control and area denial against any human threat. Torres and the other Marines simulated scenarios where the ADS could be used.



LANCE CPL. DANIEL WETZEL

Maj. Vannie L. Coles with the Bureau of Political-Military Affairs reacts to a wave of hot air from the Active Denial System during a demonstration at Marine Corps Base Quantico, Va., March 9.

STAFF SGT. WILL SKELTON

HEADQUARTERS MARINE CORPS

MARINE CORPS BASE QUANTICO, Va. — Commandant of the Marine Corps Gen. James F. Amos invited senior members of the Marine Corps and members of the media to Marine Corps Base Quantico, Va., for a demonstration and first-hand opportunity to feel the effects of the U.S. Department of Defense Joint Non-Lethal Weapons Directorate's Active Denial System March 9.

The Active Denial System is an advanced, non-lethal technology that projects a long range beam of millimeter waves at a range of up to 1000 meters to

counter personnel.

"The system is state-of-the-art technology, it's not widely known ... a lot of perceptions and misconceptions about what the system is and what it isn't. It is a millimeter wave system, it is not a microwave," said Col. Tracy Tafolla, director of the U.S. DoD Joint Non-Lethal Weapons Directorate.

The Active Denial System produces a reversible heating sensation to the skin using a 95-gigahertz millimeter wave beam that penetrates only 1/64 of an inch into the skin.

"It's a system that has been researched for 15 years; we're comfortable that it's a

safe system," Tafolla said.

Most currently available non-lethal weapons use kinetic energy, where the size and range of the target can limit or change the effectiveness of the weapon. The range of the Active Denial System is 10 times greater than other non-lethal weapons and can have the same compelling non-lethal effect on all human targets, regardless of size, age and gender.

"It could be used across the military spectrum of operations, perimeter security, crowd control, entry control points. You name it. I think our forces will figure out the many different applications that it would have," Tafolla said.

The technology has undergone a full legal and treaty review and has been found to be compliant with the international legal obligations of the United States.

"Part of our job is educating and making sure that everyone understands, not only our military forces, but our general population understands that it is a safe system and we know a lot about it," Tafolla said.

The Active Denial System remains at the ready state and is available for operational requests worldwide by commanders, but there are no plans in place for its deployment.

LINKS teaches spouses about Marine Corps ways



LANCE CPL. CORY D. POLOM

Much like a Marine Corps birthday ball tradition, Tara McDonald, left, the most senior Marine Corps spouse at the class, gives the first slice of cake to Anastasia A. Hastie, the youngest spouse, during the closing ceremony of the LINKS for Spouses class March 8. The Marine Corps Ball tradition of the cake being exchanged is a symbolic gesture of the passing on of knowledge and wisdom from the most senior to junior Marine, and the youngest passes the second as a sign of respect.

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT, N.C.

FOLLOW @CORYPOLOM

Military life can be difficult to adjust to even for service members themselves. Fortunately, the Marine Corps provides a service to inform Marines and their families about some of the key knowledge areas for a successful career.

Lifestyles, Insight, Networking, Knowledge and Skills, otherwise known as LINKS, is a series of classes that provide education on various subjects including how to change duty stations, resources on schools and other important information for spouses, dependents and Marines alike.

"LINKS acts as an introduction to the Marine Corps," said Elizabeth Wade, a LINKS representative for Marine Corps Air Station Cherry Point. "We give the spouses and dependents

some basic understanding of the Marine Corps that their Marines get during boot camp."

Along with spouses, there are also LINKS courses aboard the air station available for teens, children and even Marines.

"I really wish they had this type of training 12 years ago when I started this journey with my husband," said Tara McDonald, a spouse who attended a LINKS for Spouses class March 6 through 8. "This three-day course has given me knowledge and resources that will help as a road map for this Marine Corps journey."

McDonald acknowledged that a military lifestyle is on her horizon for years to come, and the knowledge she now has will add extra support for her marriage.

For more information on LINKS and its programs call 466-5588 or visit <http://www.mccscherrypoint.com/links.htm>

Marines master craft, fuel attack squadron

PFC. CODEY UNDERWOOD

MARINE CORPS COLLEGE OF CONTINUING EDUCATION

IE SHIMA, OKINAWA, Japan — As AV-8B Harrier jets hovered over the airfield, Marines prepared to quickly and efficiently carry out the task in front of them. Pumping more than 130 gallons per minute, the Marines with Marine Wing Support Squadron 172 filled the Harrier with fuel needed to complete a mission.

The squadron, part of Marine Wing Support Group 17, 1st Marine Aircraft Wing, III Marine Expeditionary Force, conducted a forward arming and refueling point operation at Ie Shima Training Range Feb. 28.

The Harriers, part of Marine Attack Squadron 311, from Marine Corps Air Station Miramar, Calif., are currently assigned to 1st MAW through the Marine Corps' unit deployment program.

It takes roughly 10 to 15 minutes to fill a Harrier with fuel if it is completely empty, said Sgt. Calvin L. Norwood, the FARP line safety noncommissioned officer for MWSS-172.

"With a partial tactical airfield fuel dispenser system and two 20,000 gallon bags of fuel, we were able to provide support to VMA-311 by fueling two aircraft at one time," said Norwood. "We are here to provide a service for the pilots, and we give them 100 percent every time."

Quick and efficient refueling is a group effort, requiring Marines of all backgrounds to play their part.

"The FARP team consists of Marines from many different areas in the Marine Corps who come together and make our team," said Sgt. Ed -



PHOTOS BY PFC. CODEY UNDERWOOD

Marines with Marine Wing Support Squadron 172 refuel an AV-8B Harrier jet during a forward arming and refueling point operation at Ie Shima Training Range Feb. 28. The Harriers, part of Marine Attack Squadron 311, from Marine Corps Air Station Miramar, Calif., are currently assigned to 1st Marine Aircraft Wing, III Marine Expeditionary Force, through the Marine Corps' unit deployment program. MWSS-172 is part of Marine Wing Support Group 17, 1st MAW, III MEF.

ward S. Ramlal, the fuel team leader for MWSS-172. "We have bulk fuel specialists, motor transport operators, motor transport mechanics and field radio operators."

Fueling is necessary to ensure pilots are able to get off the ground and move the battle downrange, according to Lance Cpl. Joshua W. Koehler, a logistics vehicle systems operator with MWSS-172.

"The fueling section of the (aircraft wing) is a very big part of making sure things run smoothly," said Koehler.

All the Marines are necessary to ensure the forward arming and refueling point operation runs smoothly, said Ramlal.

"Naturally, a FARP is a mobile refueling point which, when used in (combat), advances the battlefield further downrange by making the distance the (aircraft) have to travel for fuel and armaments shorter," said Ramlal.

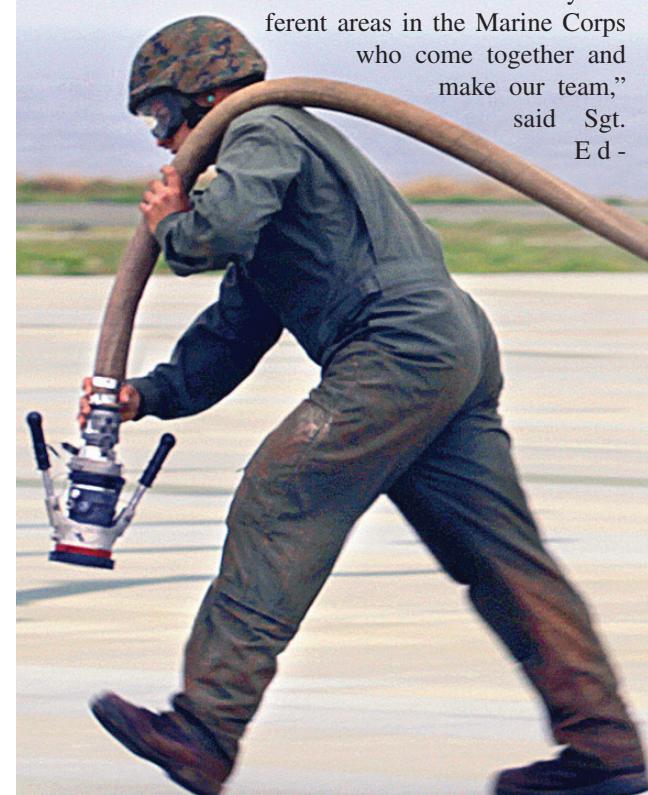
"Here on Ie Shima, the FARP was intended to support Marine Attack Squadron 311 with the fuel necessary to carry out their operation and to give the Marines with MWSS-172 more hands-on experience."

VMA-311 is currently working to become certified to fly with the 31st Marine Expeditionary Unit, said Ramlal.

"The airfield here on Ie Shima simulates the landing area on a carrier," said Ramlal. "It was selected for this operation because the pilots of the Harriers are required to obtain so many hours of training, including takeoffs and landings, before they become qualified to land on a carrier."

Providing the logistical support required for the pilots to accomplish this training is a large responsibility but one the bulk fuel Marines take a lot of pride in, said Ramlal.

Lance Cpl. Steven Gutierrez hauls a fuel hose onto the flightline during a forward arming and refueling point operation at Ie Shima Training Range Feb. 28. Gutierrez is a bulk fuel specialist with MWSS-172.



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explosive devices for Company K, 3rd Battalion, 4th Marine Regiment, in Afghanistan. When on the job, he faced the dangers of both the explosives he sought to disarm and enemy combatants who sometimes launched ambushes when the technician was in the middle of disarming a bomb.

"Staff Sgt. Coyne operated within one of the most kinetic battle spaces inside of Regional Command Southwest," read an email from Chief Warrant Officer Christopher M. West, a platoon commander in Afghanistan. "At the height of the fighting season, insurgent forces daily attempted to maintain some semblance of control over the local populace in Nahr-e-Saraj, despite Marines' efforts to root out and expel them from the area."

Insurgents relied heavily on the use of IEDs to inflict coalition casualties, West said. Due to the actions of Coyne and his team, their effectiveness was drastically reduced.

"We had a call when they found an IED a couple hundred meters from the base," said Coyne. "So we went out and started finding more and more in a 50-meter area. With my teammate, Sgt. Jacob Cody Hostetler, we found nine other IEDs and had to take care of them while we were getting radio traffic that the enemy was watching us and maneuvering into position to attack. We kinda had to do it fast."

With the threat of attack imminent, the Marines stuck to their job, destroyed the explosives and withdrew to safety before the attack was launched. Despite the threats his team encountered, Coyne said his job was actually peaceful.

"We always kept really cool," he said. "I projected a calm demeanor while working so the security cordon could also remain calm. It's important because they're in just as much danger watching the technician's back. There could be secondary IEDs in their area too and the wrong move could set them off."

West said Coyne succeeded in his mission exceedingly well and deserves his Bronze Star.

"An EOD staff sergeant is expected to be a consummate professional who is capable of operating independently and without day-to-day supervision," said West. "Staff Sgt. Coyne exemplified this while operating in extremely arduous conditions against a determined enemy. Daily, he led his team in protecting the lives of his fellow servicemen and civilians alike, while also acting as a vital subject matter expert to infantry battalion leaders."

Previous generations served as Coyne's role models. He realized that as bad as it may seem, others before him had it worse.

"You get home and think about it and realize it wasn't really that bad," Coyne said. "You think about people from before, like World War II veterans, and they had it really bad. I don't think it ever got as bad as some previous generations."

Coyne specifically remembered his grandfather, a World War II veteran and fellow Bronze Star recipient. Though Coyne's grandfather died the day his grandson arrived in Afghanistan, Coyne believes he was there in spirit.

ONLINE from page A1

scanned and uploaded every single document during the transition.

"Once the SRBs are scanned, we send them back to the individual administration offices for each unit," said Andrade. "They return those records to the Marines for their safekeeping."

Andrade added that if Marines have not received the hard copy of their record books yet they should contact their administration, S-1, officers.

The benefits are more than just ease of access to the commanders said Newell.

"(Commanders) can grant access to individuals in their commands that need to view Marines' documents like career planners, adjutants and legal officers," explained Newell. "The new E-File system makes it a lot easier to put together legal packages or meritorious packages because they have instant access to the required documents."

The move also supports the Marine Corps' push to become more efficient in response to President Barack Obama's "leaner, meaner" defense strategy.

"From the IPAC standpoint it saves a lot of manpower because the maintenance of those hard copy record books was extremely labor intensive," said Newell. "It increases the accuracy of the record and the speed of updating those records."

Most of the work to convert to electronic records across the Marine Corps is done said Newell.

"Marine Corps-wide, 90 percent of the IPACs have completed the transfer," he said. "Right now they are working on the stand-alone detachments and the individual augment Marines."

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"If the pilot takes all the maps he needs, he's actually taking a set of maps that's 3 feet long," he said. "There's no room for all that in a cockpit. Get rid of all that, get an iPad. Now he can zoom in, zoom out, draw lines. It made it so those pilots could deliver aviation fires in support of the Marines who needed them now, and they could do it because they had that capability."

Walters described technological developments that counteract the enemy's use of roadside bombs. Under 2nd MAW (Fwd), the Marine Corps tested an unmanned helicopter capable of making cargo deliveries, reducing the need for ground convoys.

Throughout the duration of the deployment, 2nd MAW (Fwd) maintained an excellent relationship with coalition and Afghan forces, said Walters. The wing integrated with British forces, which also operated helicopter assets in the region. With their allies from across the pond, the wing worked to ensure every member of the coalition had vital, life-saving air support.

Cpl. Aine A. Feaser, a Marine Air-Ground Task Force plans noncommissioned officer with 2nd MAW (Fwd), said she was impressed with the might of the coalition.

"I was surprised on how cohesive we are with the Brits," said Feaser. "It was pretty interesting working with them. They do things a little different and it's hard to understand them sometimes, but it was pretty cool."

This was Feaser's first deployment, and as a MAGTF plans NCO, she took part in big picture operational planning for the wing. She said the deployment was a unique and good experience.

She volunteered to deploy for the yearlong deployment with 2nd MAW (Fwd). She said she appreciated her job because she felt it made a difference in Marines' lives in subordinate units.

"When I saw Marines make it home on time, it was because I did my work the right way," she said. "Getting Marines back home to their families in a timely fashion, that's why I like my job."



LANCE CPL. SCOTT L. TOMASZYCKI

Maj. Gen. Glenn M. Walters and Sgt. Maj. Henry A. Prutch unveil a plaque dedicated to the successes of the 2nd Marine Aircraft Wing (Forward) during its yearlong combat deployment. 2nd MAW (Fwd) deactivated March 16 during a ceremony aboard MCAS Cherry Point, N.C.

31st MEU trains for humanitarian operations

CPL. JONATHAN G. WRIGHT

31st MEU

OKINAWA, Japan — Mirroring operations conducted exactly one year ago following the tsunami in Japan, Marines and Sailors of the 31st Marine Expeditionary Unit rehearsed a humanitarian assistance and disaster relief scenario here March 9 through 11.

Battalion Landing Team 1st Marines, 4th Battalion; and Combat Logistics Battalion 31, both with the 31st MEU, came ashore on the Kin Blue beach on landing craft, bringing preliminary supplies to establish a base camp and initial aid for the simulated towns decimated by a natural disaster.

"The scenario is that, approximately one week ago, a typhoon struck the fictional country," said 1st Lt. Matt Halligan, operations officer for the HADR simulation. "A significant number of people are in need of food, water, fuel and medical supplies. The government has requested the help of the 31st MEU to conduct this HADR operation."

On the first day of the operation, the Marines and Sailors of the 31st MEU prepared to deliver supplies to a town with the possibility of a neighboring nomadic village becoming hostile toward the U.S.'s presence. Within the town were 85 military and civilian role players.

Following the offload of the supplies onto the beach, the command post set up a tactical water purification system to begin making fresh water and initiated motor transport operations to clear routes blocked by debris left by floods and mudslides. Supplies were picked up at a nearby warehouse, delivered by various non-government organizations and transported to the town.

"We're here on their behalf to render aid and assistance," said Cpl. Justin Hunter, a motor transport operator with CLB-31, 31st MEU. "Regardless of this being a simulation, this exercise is probably one of the most important ones among all that we do, as exemplified by Operation Tomodachi."

Once on site, the Marines and Sailors offloaded the crates and pallets of food and supplies to the disaster-torn town. The mayor, with the security presence of the Marines, made a deal with the leader of the neighboring village to share some of the supplies. This lowered the risk of hostile actions.

Later in the day, a separate convoy with potable water pumped 4,000 gallons of fresh water into the town's water system, flushing out contaminates caused by the flooding.

As the exercise went on, tensions between the town



CPL. JONATHAN G. WRIGHT

A flag made by the locals of a fictional, disaster-torn town requests assistance from the Marines and Sailors of the 31st Marine Expeditionary Unit during the humanitarian assistance and disaster relief scenario here, March 10. Part of the MEU's certification exercise, including elements of Battalion Landing Team 1st Battalion, 4th Marines, and Combat Logistics Battalion 31, spanned three days. Following the completion of the exercise, the 31st MEU will continue their deployment in the Asia-Pacific region. The 31st MEU is the only continuously forward-deployed MEU and remains the nation's force in readiness in the Asia-Pacific region.

and the village flared to the point where the U.S. ambassador ordered the evacuation of American citizens from the area, transitioning the training scenario from a relief effort to a noncombatant evacuation operation.

"From here, we're loading up the civilians and transporting them to the local airport for evacuation out of the country," said Halligan.

"We've built into the scenario a level of detail that has never been observed in past HADR exercises for CERTEX," said Maj. Anthony Loignon, primary instructor for the HADR. "The supplies delivered to the locals are typical in size and weight of HA operations, but the difficulty of HADRs are not in the delivering of supplies, but in the coordination of the mission. If such coordination challenges are not resolved beforehand, they will have to be

overcome during execution."

At the end of the exercise, the Marines and Sailors, all integral parts to the constantly-moving whole, successfully executed multiple missions, resupplying the townsfolk as well as safely evacuating the American citizens.

"The integration I've seen between the BLT and the CLB in our various missions has been phenomenal," said Lt. Col. William Arick, commanding officer of CLB-31, 31st MEU. "We are operating just hours after coming off ship in a disaster environment, which can be complex. This training prepares our teams for events like Operation Tomodachi and we look forward to successfully completing the mission."

Following the MEU's CERTEX, the 31st MEU will continue its deployment in the Asia-Pacific region.

Maritime raid force



CPL. CHAD J. PULLIAM

ARABIAN SEA- Marines with the 11th Marine Expeditionary Unit's maritime raid force advance toward targets before firing aboard USS New Orleans March 9. The unit is deployed as part of the Makin Island Amphibious Ready Group, a U.S. Central Command theater reserve force. The group is providing support for maritime security operations and theater security cooperation efforts in the U.S. Navy's 5th Fleet area of responsibility.

Life&Times

Facebook.com/MCASCherryPoint

March 22, 2012



PHOTOS BY LANCE CPL. CORY D. POLOM

Marine spouses fall in formation behind their squad leader, Sgt. Peter A. Suguitan, during the Marine Unmanned Aerial Vehicle Squadron 2 Jane Wayne Day March 15. Suguitan, an imagery analyst with the squadron, reported his squad to the commanding officer at the squadron's headquarters building for the event, which more than 20 spouses attended.

Spouses experience a day in their Marines' shoes

LANCE CPL. CORY D. POLOM

FOLLOW @CoryPolom

More than 20 spouses of Marine Unmanned Aerial Vehicle Squadron 2 experienced first-hand some of the tasks their Marines perform each day during the squadron's Jane Wayne Day at Foxtrot taxiway March 15.

The day is intended to give these 2nd Marine Aircraft Wing spouses a chance to learn about various aspects of the Marine Corps and a unit's specific mission.

"This is a good event for spouses to get out and see what their husbands do on a daily basis," said Sgt. Peter A. Suguitan, a squad leader for the event and an imagery analyst with VMU-2. "Events like this help the spouses understand."

After meeting their squad leaders, the spouses ventured out to the flightline where they witnessed a take-off and recovery of a RQ-7B Shadow, seeing what it takes to navigate and control the aircraft.

"My husband comes home every day telling me about his day," said spouse Kari L. Cardona. "After today, I will be able to have a little more in-depth conversation with him about what he does."

Cardona added the best part was the

opportunity to learn about the shadow.

Moving on from the flightline, the spouses got a Marine Corps Martial Arts Program demonstration before visiting the Indoor Simulated Marksmanship Training building where they fired multiple weapon systems.

"It was exciting and something new to some of us," said Cardona. "Firing the weapons was great."

Cardona said she enjoyed the day and had a lot of fun learning about the various tasks her husband and his squadron are required to complete.

"With us deploying soon, the commanding officer said to get the spouses out here and learn about the squadron," said Jeannette M. Young, the family readiness officer for VMU-2.

It shined a different light for the spouses before they see off their Marines for a seven-month deployment to Afghanistan, said Young.

"I hope the spouses took home a greater sense of pride in their Marines," she said. "I truly believe they will be a little more at ease knowing their Marines know how to do their job and how to do it safely while on deployment."



Marine spouse Kari L. Cardona fires an M-240B machine gun at the Indoor Simulated Marksmanship Training building, during the Marine Unmanned Aerial Vehicle Squadron 2 Jane Wayne Day aboard MCAS Cherry Point March 15. "My husband comes home every day telling me about his day," said Cardona. "After today, I will be able to have a little more in-depth conversation with him about what he does."



A spouse sports a T-shirt the participants were given during the Marine Unmanned Aerial Vehicle Squadron 2 Jane Wayne Day at the squadron's headquarters building March 15.



Spouses learn about the operations of the RQ-7B Shadow during the VMU-2 Jane Wayne Day at the squadron's headquarters building March 15.

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/Holidays

Breakfast/Lunch 8:30-11:00 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

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 March 22

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

Friday March 23

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

Saturday March 24

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

Sunday March 25

Lunch - Honey BBQ chicken, vegetable lasagna, Franconia potatoes, Italian vegetable blend, simmered pinto beans, Minnesota wild rice soup, **Dinner** - Beef and Corn Pie, French Fried Shrimp, French Fried Fish, Turnips and Bacon, Vegetable Stir Fry, Cabbage and White Bean Soup

Monday March 26

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

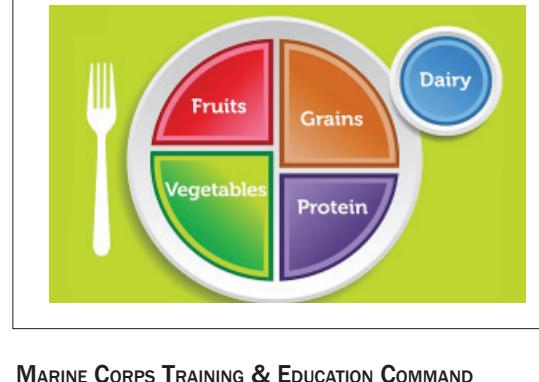
Tuesday March 27

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

Wednesday March 28

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

Nutrition facts: Maintain Marine Corps weight standards



MARINE CORPS TRAINING & EDUCATION COMMAND

MARINE CORPS BASE QUANTICO

Energy. Energy may be defined as the capacity or ability to do work. Food containing carbohydrates, fat, or protein provide energy to the body.

Basic foods and functions. The body needs more than 50 known nutrients. These nutrients are divided into six classes: carbohydrates, protein, fats, vitamins, minerals and water. The three essential energy nutrients are carbohydrates, proteins, and fats. Given the active lifestyles of the average Marine, his or her daily intake should consist of 55-60 percent carbohydrates, 20-30 percent protein and 15-25 percent fat.

Carbohydrates. Dietary carbohydrates are one of the most important nutrients for both health and performance. Marines involved in heavy endurance activities and training (prolonged conditioning marches) often requires 55-60 percent or more caloric intake from carbohydrates. The two types of carbohydrates are simple and complex. One gram of carbohydrate supplies four kilocalories (KCal) of energy.

Simple carbohydrates. Simple sugars include glucose, fructose, and sucrose (table sugar), and can be found in foods such as candy, cake, soda and jelly. They supply "empty calories" with few useful nutrients. The RDA recommends that only 10 percent of total calories come from simple sugars.

Complex carbohydrates. Complex carbohydrates are made from chains of simple sugars and include foods such as pasta, bread, cereal, rice, fruits, and vegetables.

Glucose. Most ingested (dietary) carbohydrates are initially converted into blood glucose and used for energy. Blood glucose is the best fuel for muscles.

Station gym hours

Devil Dog Gym: 466-2713/4420/4192

Monday - Thursday: 3:30 a.m. - 10 p.m.

Friday: 3:30 a.m. - 8 p.m.

Saturday: 8 a.m. - 6 p.m., Sunday: 9 a.m. - 5 p.m.

Hancock Fitness Center: 466-4018

Monday - Thursday: 5:30 a.m. - 7 p.m.

Friday: 5:30 a.m. - 5 p.m.

Closed weekends and holidays

Marine Dome: 466-2566

Monday - Thursday: 5 a.m. - 9 p.m.

Friday: 5 a.m. - 6 p.m.

Weekends and holidays: 1 - 5 p.m.

Stored glucose. Blood glucose is stored as glycogen in muscle, the liver and bloodstream. Glycogen is an efficient source of energy. After the glycogen stores are filled, the remaining glucose is converted to fat for long-term storage.

Fiber. Dietary fiber is the non-digestible portion of carbohydrate. The best sources are foods high in complex carbohydrates. Fiber may benefit weight management by creating a feeling of fullness without a high level of calories.

Protein. Proteins are composed of amino acids and are found in both plant and animal products. Protein is used primarily to build and repair muscles. Protein rich foods include beef, fish, chicken and legumes. One gram of protein supplies four KCal of energy. The average recommended daily intake is 0.8 grams of protein per kg of body weight. Research supports a maximum of 1.8 grams per 1kg of body weight.

Fats and cholesterol. Fat is stored in large quantities in adipose tissue and represents a large potential energy source during low-intensity activities. It also provides insulation for vital organs. One gram of fat supplies nine KCal of energy.

Energy source. If a Marine is trained for periods of low-level (60 to 70 percent aerobic capacity) activity, the body can derive up to 80 percent of its energy needs from fat stores. Carbohydrates (glycogen) are not only preserved for the brain and nervous system but remain available to support sudden intense (anaerobic) activity, i.e., sprinting or climbing obstacles.



Registering to vote takes less time than it takes to fill your vehicle gas tank

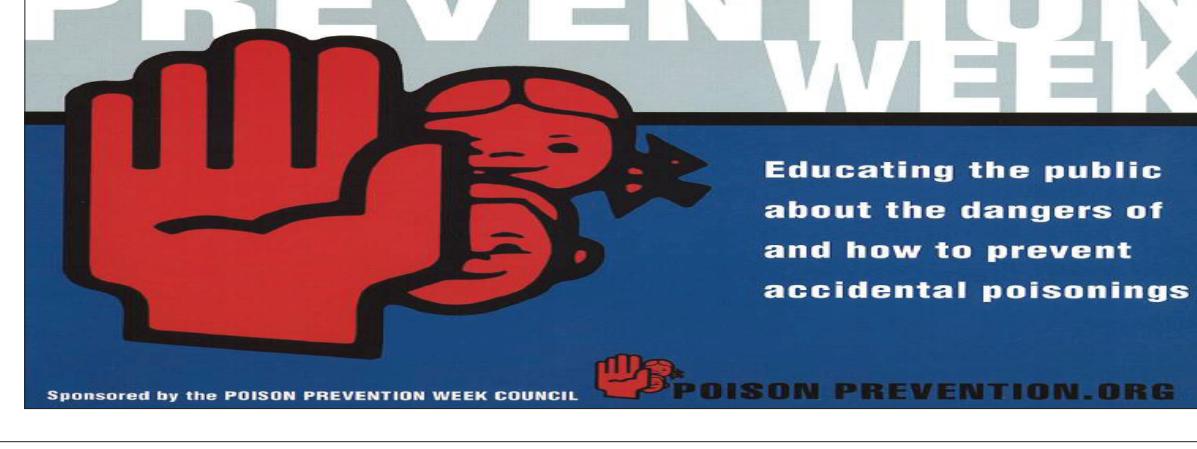
The General Election is Nov. 6. Contact a voting officer today! If you are unsure who your Unit Voting Officer is, contact the Installation Voter Assistance Office. The office is located inside the DEERS/RAPIDS office in building 298. Cpl. Kent Holtberg is available to assist you during normal working hours at 466-3243, and via email at vote.mcascherrypoint@USMC.mil. Your vote counts!

Poison prevention week is full-time concern

More than 2 million poisonings are reported each year to 57 poison control centers across the country. More than 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children younger than six years old and poisonings are one of the leading causes of death among adults.

The U.S. Congress established National Poison Prevention Week on September 16, 1961 (P.L. 87-319). Shortly thereafter, the Poison Prevention week council was organized to coordinate this annual event and promote poison prevention.

National Poison Prevention Week, the third week in March each year, is a week nationally designated to highlight the dangers of poisonings and how to prevent them. However, every day people can and do prevent poisonings. We invite you to review the information on this site and become actively involved in helping ensure the safety of children and adults in your home and your community.



Movie Hotline: 466-3884
Visit us at www.mccscherrypoint.com

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

NOW SHOWING

Thursday, March 22

6:00pm - Chronicle PG 13

Friday, March 23

5:00pm - Journey 2: Mysterious Island PG

7:15pm - Chronicle PG 13

9:15pm - Safe House R

Saturday, March 24

Charity Case Concert

Sunday, March 25

3:00pm - Journey 2: Mysterious Island PG

5:15pm - Chronicle PG 13

Tuesday, March 27

6:00pm - Where The Wild Things Are PG

Wednesday, March 28

6:00pm - Safe House R

MOVIE SYNOPSIS

Chronicle - Starring: Dane DeHaan, Michael B. Jordan, Michael Kelly. Three high school students make an incredible discovery, leading to their developing uncanny powers beyond their understanding. As they learn to control their abilities and use them to their advantage, their lives start to spin out of control, and their darker sides begin to take over.

Journey 2: Mysterious Island - Starring: Dwayne Johnson, Michael Caine, Josh Hutcherson. Young Sean Anderson receives a coded distress signal from a mysterious island where no island should exist. It's a place of strange life forms, mountains of gold, deadly volcanoes, and more than one astonishing secret.

Safe House - Starring: Denzel Washington, Ryan Reynolds, Brendan Gleeson. For the past year, Matt Weston has been frustrated by his inactive, backwater post in Cape Town. A "housekeeper" who aspires to be a full-fledged agent, the loyal company man has been waiting for an opportunity to prove himself. When the first and only occupant he's had proves to be the most dangerous man he's ever met, Weston readies for duty.

Where The Wild Things Are - Starring: Max Records, Catherine Keener, Mark Ruffalo. Max, a rambunctious and sensitive boy feels misunderstood at home and escapes to where the Wild Things are. He lands on an island where he meets mysterious and strange creatures whose emotions are as wild and unpredictable as their actions. The Wild Things desperately long for a leader to guide them, just as Max longs for a kingdom to rule.

Movies are subject to change without notice

THE LOCAL BUZZ

Announcements

► Indicates new announcement

► Station Theater Rock Concert

Rock band, Charity Case, is performing a free concert at the Marine Corps Air Station Cherry Point Station Theater Saturday. Doors open at 6 p.m. with photos and autographs available after the show.

The concert also features the rock band Fifty Watt Freight Train. Limited tickets available at Crystal Coast Travel and Leisure.

For more information contact 466-3027 or 466-2172.

► Make-a-Wish Eastern North Carolina host 5K

Make-a-Wish Eastern North Carolina will host its annual 5K walk event simultaneously in five cities Sunday.

Cities include Cary, Fayetteville, Greenville, Morehead City and Wrightsville Beach.

All ages are encouraged to participate in the event to help make wishes come true for local children with life-threatening medical conditions.

Early registration fees are \$25 and \$30 the day of the event. Children 13 and younger are free. Registration will begin at 12:30 p.m. with the walk beginning at 2. Participants can also register online before the event at <http://www.eastnc.wish.org>.

MARSOC Screening

Headquarters Marine Corps will host a Marine Forces Special Operations Command screening at the Cherry Point theater, March 29, for active duty Marines and Sailors interested in MARSOC.

For more information and screening requirements contact your career planner or visit <http://1.usa.gov/marsocscreening>.

Havelock Pop Warner

Havelock Pop Warner football and cheer registration starts April 14 at the Havelock Recreation Center from 8 a.m.- 4 p.m.

The price of registration for football is \$100 and cheer is \$125.

For more information visit their Facebook site at <http://on.fb.me/havelockpopwarner>.

► Secret Garden

MCCS will host the live storybook theater performance, "The Secret Garden," at the Cherry Point theater March 31.

Monthly and Weekly Events

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 8 p.m.

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

AA Beginners Meeting

Alcoholics Anonymous meetings aboard the air station are held Wednesdays and Thursdays at 8 p.m. The meetings take place in Room 208 of Building 229, next to the Cherry Tree House.

For more information, call 447-2109.

Al-Anon Family Group Meeting

Al-Anon family group meetings are held Tuesdays at 7:30 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 447-2109.

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.

OPERATION EAGLE EYES

Produced by Eastern Carolina University School of Theatre and Dance, the Secret Garden offers a fresh look at the power of healing and the joy of selflessness through an orphan's eyes.

Free tickets available at Crystal Coast Travel and Leisure located next to military clothing aboard the air station.

For more information call 466-2172 or 466-2197.

Advanced Riders Courses

Advanced Rider Track Day is coming to Cherry Point April 28-29, May 19-20 and June 23-24; and at Marine Corps Auxiliary Landing Field Bogue Aug 4-5, Sept. 15-16 and Oct. 20-21.

Advanced Motorcycle Operators School will be at the air station May 10-12 and Aug 9-11.

Both courses are free, open to any age or rank and consist of all aspects of rider awareness from knowing motorcycles' limits to increasing confidence and safety.

For more information, contact your motorcycle mentorship program president or installation safety office, or register at bit.ly/cherrypointtrackday.

Hope for the Warriors

Hope for the Warriors is announcing early registration for the 7th annual Run for the Warriors.

The race will be held at Jacksonville High School May 19. Early registration for the race is encouraged before April 1, when rates increase.

Early registration prices for the half marathon are \$45 and \$20 for the 10K, 5K and one mile walk/run.

For more information visit their website at <http://bit.ly/hopeforwarriors>.

Motorcycle Poker Run

Havelock Pop Warner will sponsor a motorcycle poker run May 19 at the Havelock Recreation Center.

The poker run will begin with the first hand of a poker tournament and continue to different locations for the different hands of the poker tournament.

Sign ups are at the recreation center at May 19 at 9 a.m. and the run starts at 11 a.m. Registration is \$15 per person.

For more information visit their Facebook site at <http://on.fb.me/havelockpopwarner>.

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.

Now in Building 87

- Exceptional Family Member Program – 466-3305.
- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.

- Library – 466-3552.

- LifeLong Learning – 466-3500.

- Military Family Life Consultant – 876-8016.

- Retired Activities – 466-5548.

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

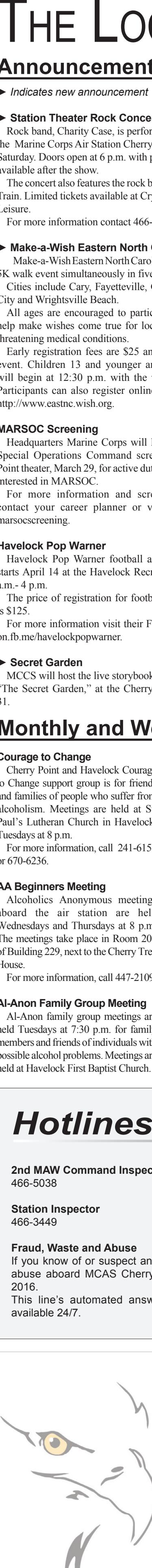
OUTSIDE AREAS

CARLAND

CENTENNIAL ENTERPRISES, INC.

STUDENT ASSISTANCE COMPANY

JOSHUA EXPERIENCE/ CLUB ACCESS



Suspicious Persons

Be aware of anyone who does not appear to belong in the workplace, neighborhood, or business establishment near or on the air station.

NEXT UP...**SPRINT CUP**

Race: Auto Club 400
Where: Auto Club Speedway (Fontana)
When: Sunday, 2:30 p.m. (ET)
TV: FOX
2011 Winner: Kevin Harvick (right)

**NATIONWIDE SERIES**

Race: Royal Purple 300
Where: Auto Club Speedway (Fontana)
When: Saturday, 5:00 p.m. (ET)
TV: ESPN
2011 Winner: Kyle Busch

CAMPING WORLD TRUCKS

Race: Kroger 250
Where: Martinsville Speedway
When: March 31, 1:00 p.m. (ET)
TV: SPEED
2011 Winner: Johnny Sauter

NASCAR INSIDER

By RICK MINTER / Universal Uclick



Dale Earnhardt Jr., driver of the No. 88 Chevrolet, races Matt Kenseth, driver of the No. 17 Ford, during the Food City 500 at Bristol Motor Speedway on Sunday. (NASCAR Photo)

'Slippery slope'?

Drivers foresee downside to making inner workings public

Dale Earnhardt Jr. says folks just can't keep a secret in the NASCAR garage these days. It's not his fellow drivers who are being the blabbermouths, so to speak, it's NASCAR officials and their new policies – and proposed ones – for sharing information among race teams and fans, too.

Earnhardt, and a lot of his peers, say NASCAR's proposal to share the data from the electronic fuel injection mechanisms of the top race finishers is putting the sport on a "slippery slope." And he and others say the trend toward making the drivers meeting a public event takes away the opportunity for drivers and crew chiefs to have open and honest communication with each other, and with NASCAR officials, about how races are run.

Earnhardt said that if NASCAR shares one team's EFI data with the entire garage, a team that had somehow managed to get an advantage over the competition won't get to keep it for long.

"I'd rather not have that," he said of the proposed sharing of information. "It would be a benefit to be able to see that. But, I think it is a slippery slope."

"With the fuel injection, it brings in the ability this year to be able to see data that we've never been able to see before. I think we should ease into how we use that data, and how NASCAR allows us to use that data, kind of slowly not to upset the culture of the sport, or how things have worked in the past."

"I think if we take this new door that has been opened to us and abuse it, it might not be good for the sport. I think it's better for competition for everybody to have a few secrets."

Already, teams are able to look at data from other cars in their multi-car organizations and at data from affiliated teams. Jimmie Johnson seemed pretty pleased to see Tony Stewart's EFI data from Las Vegas, where Stewart motored away from Johnson on several late-race restarts.

"I did look at Tony's data, and definitely have a direction and know what's going on,"

Johnson said. "It's a complicated thing that I'm certainly not going to share for the world to see. But I've got a clear direction of where to work."

Earnhardt and others also say that there are better ways for drivers to connect with fans than opening the drivers meeting to the public, as was the case at Las Vegas Motor Speedway two races back.

He and many of his peers would rather go back to the old-style drivers meetings, which usually were held in a hot, cramped room at each race track. Only recently were media and other guests invited, and it's been some time since there was real discussion at those meetings about issues on the track.

"It hasn't been, for a long time, a true 'drivers meeting' in the true sense of the word," Matt Kenseth said. "Nobody is going to raise their hand and ask a question in that environment, not anybody these days, anyway."

Kenseth said that if a driver has an issue today, he tries to resolve it in a private meeting with NASCAR officials.

"It is different, but it has been like that for a long time," he said. "They have been letting more and more people in. I remember when we used to do it my first couple years in the series, we did it in the scoring stand at Charlotte, and you could barely get the drivers and crew chiefs in there."

"That is all it was. It was never a media event or fan event. It was a drivers meeting where there was a forum with discussions and stuff like that. We haven't had that in a long time."

Earnhardt Jr. agreed with Kenseth, saying he had difficulty following the basic instructions given in the meeting last week at Las Vegas.

"I couldn't see those video screens," he said. "I really couldn't pay attention to what was going on. So, the meeting to me didn't serve its purpose."

Jimmie Johnson agreed with Earnhardt and Kenseth, saying the drivers meeting

"needs to be more intimate."

He said he only recently learned that for some time drivers meetings have been streamed online, and he doesn't like that either.

"I just feel like, that is what that meeting is for, we need an opportunity to sit there and have open communication weekly," he said. "With all the eyes, it limits that ability, I believe."

Danica Patrick to run in charity race

The dirt racing world is about to get a taste of Danica Patrick. The female NASCAR driver is set to run in the Prelude to the Dream charity race on June 6 at Eldora Speedway in Rossburg, Ohio.

It will be the second start on dirt for the former IndyCar driver.

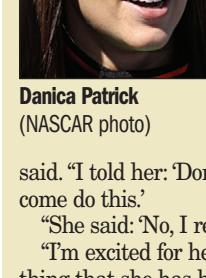
"I raced on dirt once before in a go-kart when I was young, but that's about it," Patrick said in a track release. "It's going to be a challenge for sure, but I know Tony [Stewart] has offered to help in any way possible. I'm excited about it, but I'm also nervous."

Stewart, who owns Eldora and is Patrick's car owner in Cup, said he's proud to have Patrick participate in his charity event.

"I'm excited," he said. "I told her: 'Don't feel like you have to come do this.'"

"She said: 'No, I really want to do this.'

"I'm excited for her. I don't think it's something that she has had a chance to do very much. It will be fun to get her in an environment that is definitely new to her, for sure."



Danica Patrick
(NASCAR photo)

NOTEBOOK

Second win at Bristol no 'fluke'

When Brad Keselowski won the Irwin Tools Night Race last fall at Bristol Motor Speedway, some said it was because he figured out how to beat the system that measured speeds on pit road, a system that has now been changed.

On Sunday, after he led four times for 232 laps in winning the Food City 500, there wasn't much to be said other than that he put an old-fashioned whipping on his peers.

"The fall race was a great win, but when you win one and people tell you it was a fluke, you just want to drive that much harder to win the second," Keselowski said.

He said his No. 2 Dodge was a fast one, and his crew made all the right calls.

"I told somebody before the race, 'This is the best race car I've ever had in Cup.' And it showed off [Sunday]," Keselowski said.

"Hopefully, we have more cars like this, and we'll win more races and continue to move the needle forward."

"I've said in pre-season this year that the goal here at Penske Racing is to win a Sprint Cup championship, and that's where we're all pushing. One win certainly doesn't achieve that, but it's a great step and we need more of these steps."

Golden State rematch Sunday

This week's Auto Club 400 at Auto Club Speedway in California offers the opportunity for a rematch between home-state drivers Kevin Harvick, from Bakersfield, and Jimmie Johnson, from El Cajon.

Last year Harvick used a last-lap pass to beat Johnson, a five-time Auto Club winner. The year before, Harvick hit the wall late, allowing Johnson to win even though Harvick appeared to have the faster car.

"The last two years, the race has pretty much come down to us and the 48 [Johnson]," Harvick said. "The year before, I ran into the wall, and last year we won. That was good to come back and rebound from the mistake from 2010. Being able to race with Jimmie was a lot of fun, especially at the California race track."

For Johnson there are few places more special than the Fontana track. It was there, back in 2002, that he got his first Cup win, in his 13th career start, and he won again there in '02, making him the first rookie to sweep Cup races at a track.

He said that first Cup win was as big as it seemed at the time.

"That was everything to me and my career," he said. "I knew driving [Jeff Gordon's] equipment, that if I didn't win – after he came off a championship season and basically handed me his cars – that I was going to be in trouble."

"So to win in my 13th start, 10th race of that season, that is my most memorable win, period."

Daytona to repave fire damage

The damage caused by a fire touched off when Juan Pablo Montoya slammed into a jet dryer during the Daytona 500 will result in a repaving of a portion of Turn Three at Daytona International Speedway.

Lane Construction, the company that repaved the track in 2010, has been hired to do the work.

Vickers: Driving No. 55 more than second chance



Brian Vickers during practice for Sunday's Food City 500 at Bristol Motor Speedway. (NASCAR photo)

Unable to secure a full-time ride after his Red Bull team ceased operations at the end of last year, Brian Vickers signed on for a six-race ride in the No. 55 Toyota at Michael Waltrip Racing, and began his gig with a fifth-place finish in the Food City 500 at Bristol Motor Speedway. He led three times for 125 laps in the car he'll share with Mark Martin.

He said it's not exactly a second chance, career-wise; it's more.

"It's really my third or more," he said, adding that he's thankful for "all the experiences that have happened in my life – racing with a couple of good teams, to Red Bull, winning and being in the Chase and being in the hospital the next year and not knowing if I was ever going to race again. Then getting a second chance ride [at Red Bull], and now getting, really, a third chance. Very grateful for all those chances and opportunities."

He said he believes the sluggish economy, not his run-ins with Chase contender Matt Kenseth last fall at Martinsville and Phoenix, or the sensational article about him in Maxim magazine in which he was portrayed as a liquor-drinking party guy, is the main reason he doesn't have a full-time ride.

"There have been a lot of opportunities where I've worked with owners and we've been really close to putting something together, and there's been a lot of interest and they've been very excited, but the sponsorship hasn't come through," he said. "That's probably been the biggest factor."

He also disputes the content of the Maxim article, saying, "That was completely a lie."

Vickers said his main goal now, in the six races he'll be in the No. 55, is to have a good time.

"For me, it's just go out there and have fun, and just enjoy the experience," he said. "I've been through this a couple times now, where I don't know if I'm going to race again ... so I'm just grateful for this opportunity."

SPRINT CUP POINTS

1. Greg Biffle

157; Leader

2. Kevin Harvick

148; behind -9

3. Matt Kenseth

145; behind -12

4. Martin Truex Jr.

139; behind -18

5. Denny Hamlin

137; behind -20

6. Dale Earnhardt Jr.

137; behind -20

7. Tony Stewart

130; behind -27

8. Clint Bowyer

126; behind -31

9. Joey Logano

126; behind -31

10. Paul Menard

123; behind -34

NUMERICALLY SPEAKING

5 Drivers in the top 10 of the Nationwide standings with no top-five finish this year (Sam Hornish Jr., Michael Annett, Tayler Malsam, Justin Allgaier and Mike Bliss)

2 Drivers in the top 12 of the Cup standings with no top-five finish this year (Joey Logano and Paul Menard)

749 Laps led by Jimmie Johnson in the past 13 Cup races at Fontana, top among drivers

20 Drivers in the Sprint Cup standings who trail Mark Martin, despite running four races to his three