

Property control office overhauls telecomms system

LANCE CPL. ANDREA C. DICKERSON

MCAS CHERRY POINT [FOLLOW](#) [@ACLEOPATRAUSMC](#)

As of March 30, more than 1,500 computers have been distributed across Marine Corps Air Station Cherry Point to replace computers previously owned by Navy Marine Corps Intranet.

The air station property control office, with the help of contractors from the Telecommunications Information Systems Directorate, carried out the 3-month-long information technology refresh.

"This is the second iteration in a series of projects scheduled to take place throughout the next couple of years," said Capt. John D. Stout, station property control officer.

Headquarters Marine Corps issued a series of Marine administrative messages mandating the new changes, the amount of new equipment the government would receive and the specific guidelines and timeframes for when the assets would be integrated into the workforce.

The replaced technology platforms still deliver services to more than 700,000 Sailors, Marines and civilians across the globe. When the NMCI contract ended September 2011,

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A salute to the Stars and Stripes

CPL. TYLER J. BOLKEN

MCAS CHERRY POINT

More than 100 2nd Marine Aircraft Wing Marines stood before the brightening morning sky April 3 to render a salute to Old Glory in front of the headquarters building at Marine Corps Air Station Cherry Point.

The 2nd MAW Band performed colors, giving the everyday flag raising added significance, rather than the usual pushing play on a stereo to sound colors through speakers.

The formation has become a ritual at the beginning of the month for 2nd MAW, allowing 2nd MAW Commanding General Maj. Gen. Jon M. Davis the opportunity to reiterate the value of the wing and his appreciation for what its Marines do.

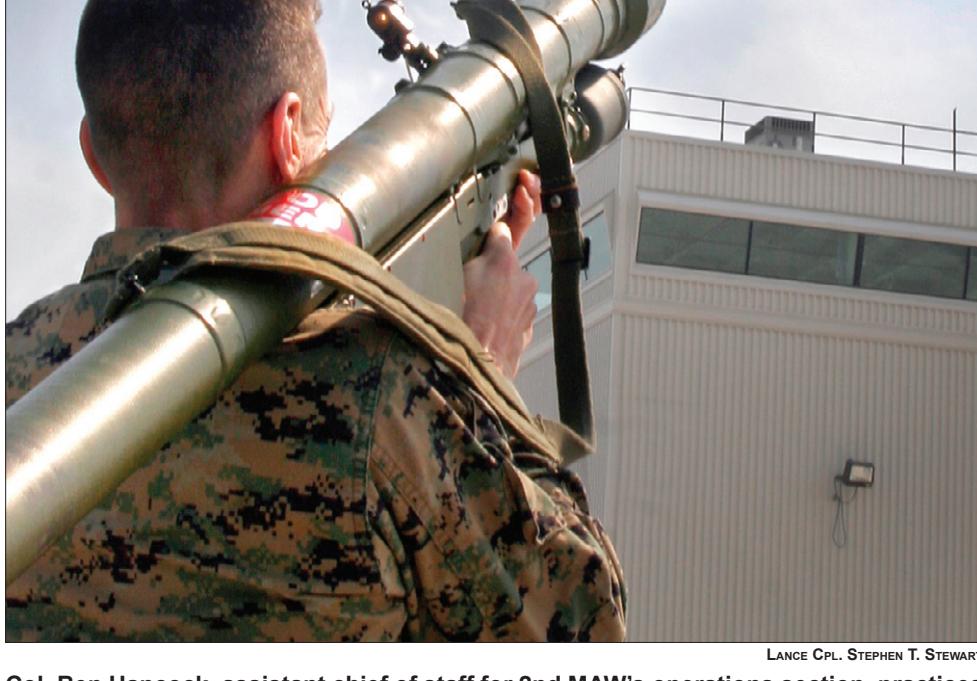
He spoke to the Marines specifically about the recently announced awards from the Marine Corps Aviation Association.

"2nd MAW took nearly 70 percent of the awards, individual and unit," he said. "We've got units forward-deployed across the globe, that's the sign of a good wing."



CPL. TYLER J. BOLKEN

Air defense mobile training unit visits Cherry Point



LANCE CPL. STEPHEN T. STEWART

Col. Ben Hancock, assistant chief of staff for 2nd MAW's operations section, practices locking onto an aircraft with an inert SA-7 man portable air defense trainer during a Missile and Space Intelligence Center training day aboard Marine Corps Air Station Cherry Point March 1. The mobile training unit's visit here was the final stop on a tour which included stops at Marine Corps Air Stations Beaufort and New River to give aviators and intelligence Marines a better understanding of enemy threat weapon capabilities and how MSIC can support 2nd Marine Aircraft Wing units, said Capt. Samuel Curet, 2nd Platoon commander for 2nd MAW's intelligence section.



LANCE CPL. CORY D. POLOM

Lance Cpl. Minh D. Nguyen, a crewman with station recovery at Marine Corps Air Station Cherry Point, works on removing a spark plug from the engine of an E28 Emergency Arresting Gear system on the air station flight line March 26.

Station recovery Marines maintain safety during flight operations

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

At Marine Corps Air Station Cherry Point, arresting gear isn't sirens and handcuffs. It's a cable system used to bring fast moving jets to a stop in the event of an emergency landing or need for a short landing space.

To ensure the speed impeding safety system is always in a state of readiness Marines with station recovery maintain and operate the E28 Emergency Arresting Gears on the flight line here daily.

As an aircraft, such as an AV-8B

Harrier, comes in for an arrested landing, the tail hook, fixed underneath the tail of the plane, catches on a metal woven cable that sits about five inches above the ground, explained Sgt. Chris D. Bentley, maintenance chief for station recovery. Once caught on the cable, it takes an aircraft about 10 seconds or 2,000 feet to stop.

"These arrest points are designed to act like the landing cable on an aircraft carrier," said Bentley. "This process takes a lot from us as maintainers."

See RECOVERY page A7

Aerial refueler squadron departs to support 24th MEU aerial assault operations

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

More than 40 Marines with Marine

Aerial Refueler Squadron 252 departed

Marine Corps Air Station Cherry Point

April 2 to attach to the 24th Marine

Expeditionary Unit.

During the two-plus month deployment

the Marines, employing two of the

squadrons KC-130J's, will support the

MEU with assault support missions to enable

the Marine Air Ground Task Force capability to support tactical objectives.

A MEU is the smallest Marine Air Ground Task Force in the United States Fleet Marine Force, comprised of a more than 2,200 Marine quick reaction force, ready for immediate response to any crisis.

Lance Cpl. Blaise R. Conway, a crewmaster with the squadron, said this is his first time being on a MEU, bringing new-

found challenges to him and his family.

"My wife and I have prepared ourselves as much as possible for this," Conway said. "She supports me."

All precautionary measures taken prior pays dividends throughout the deployment, said Maj. James P. Poppy, detachment officer-in-charge.

"Family readiness equals combat readiness," he said. "And my Marines are ready."

The 24th MEU will participate in Exercise African Lion, a combined exercise with the Moroccan military, which VMGR-252 will provide support for.

VMRG-252 is unlike any other air asset the MEU is accustomed to, adding troop and cargo transport capabilities along with aerial refueling, said Poppy.

"I am confident in my Marine's capabilities to do their job and do it right," Poppy said.

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Celebrating 100 years of Marine aviation

At the helm of history



OFFICIAL USMC PHOTO

Capt. Robert S. Lytle standing in front of his aircraft in France. Lytle was attached to the 1st Marine Aviation Force and was the leader of the first all Marine Corps bombing raid in World War I.

Two generations of Marine aviators share pilot perspective

LANCE CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

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Over the trenches of World War I, 2nd Lt. Ralph Talbot and his observer, Gunnery Sgt. Robert G. Robinson, fell behind a group of fighters heading into enemy territory for a raid. Talbot and one other Allied fighter were attacked by 12 enemy aircraft. In the ensuing fight, they shot down two enemy aircraft and Robinson was shot 13 times. His arm was detached below the elbow, hanging on only by a single tendon. Talbot reached Allied lines safely, Robinson lived and his arm was reattached. On this day, in early military aviation history, the pilot's skills can be credited with the outcome of the mission, and the same holds true throughout the last century.

"The airplane itself has capabilities, but the pilot has to know how to use those capabilities," said retired Maj. Gen. Michael P. Sullivan, an F-4 Phantom pilot who commanded 2nd Marine Aircraft Wing 1987 through 1988. "In two equally performing airplanes, one guy would win because he could fly it better. It was the pilot's skill that made the difference."

The Marine Corps has its own aviation to support infantrymen on the ground. Capt. David W. Fickle, an AV-8B Harrier

pilot with Marine Attack Squadron 231, said that the support of ground troops with aviation is partly due to the attitude toward warfare. While the Air Force focuses mostly on the strategic picture, Fickle said, Marine pilots do everything they can to support the riflemen on the ground from a tactical standpoint.

"Pilots understand that the basic building block of the Marine Corps is the rifleman," said Fickle. "They understand that whether it's assault support through an MV-22B Osprey or providing close air support from an AV-8B Harrier, it all comes down to putting a young rifleman with an M-4 in front of our nation's enemies so he can close with and destroy them. Depending on the situation on the ground, a pilot can choose to increase his risk level and go further than an average pilot would because he knows he's supporting a U.S. Marine down there."

Becoming a pilot is a major commitment in life, said Fickle. A first-term pilot commits for a minimum of 11 and a half years. For a jet pilot, school takes up to three and a half years to get the pilot's wings and his eight-year commitment of service doesn't start until the day the pilot receives those wings. Prospective pilots can't just become a pilot; they must chase

this goal with an indomitable competitive spirit.

"We all share a common history that we were all higher up in our class rankings in college and high school, and we've always been the leader of the pack in terms of being able to outperform other people," Fickle said. "But now, all of a sudden, you assimilate a bunch of these people together, the playing field's been leveled out and now you all want to fly a jet. How do you select that? You do it by who's got the most will power and who's got the most dedication. It can get very stressful in flight school because they want it that bad."

Sullivan concurred, saying pilots have swagger, confidence and a little bit of an ego. These attitudes are necessary for the pilots, because they have to take an active role in the decision-making processes determining where to drop their bombs.

"It's an extreme amount of pressure on your shoulders when you are entering into a tactical scenario and you're carrying 500- or 1,000-pound weapons that, if they go off target just a little bit, can do extreme damage," Fickle explained. "It can be an international incident. You have people's lives in your hands, and they're not just Marines on the ground, they're

civilians as well. You have to have somebody up there who's proactive, who has that type-A personality, because that's the kind of person who can handle that kind of pressure."

Fickle said that attitude is why Marines excel at close air support. With the mindset of supporting the rifleman on the ground, pilots seek excellence in their job and are willing to go the extra mile to achieve this.

With the new technologies in aircraft like the F-35B Lightning II, Sullivan said the "who" factor in aerial warfare may be going away. He cited missile systems that can engage targets beyond visual range, meaning no dogfighting is necessary to shoot down enemy aircraft. With automated systems, the pilot doesn't have to work as hard to fly the aircraft and engage the enemy.

"I flew F-4s for 23 years and I wouldn't trade it for anything," said Sullivan. "The best airplane I ever flew was the F-18, the most fun airplane is the Harrier. All those airplanes took a pilot. The F-18 though, I used to kid about it saying everything works in this airplane but the pilot, compared to F-4s and Harriers. I'm glad I was around when I was so I got to fly it, instead of it flying me."

The Windsock

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Sgt. Alfred Barbarin

Job Title: Aviation ordnance technician
Unit: MALS-14
Hometown: New Orleans
Age: 24
Date Joined: Aug. 15, 2005

While many Marines aboard Marine Corps Air Station Cherry Point are maintaining and operating aircraft, Sgt. Alfred Barbarin, tucked away in a corner of the air station, builds ordnance for them in support of air and ground operations.

"I love my job," said Barbarin. "I get to build missiles, bombs and rockets. It's a good feeling to know I'm building things that are going to help Marines do their job."

Even though his job has its ups and downs, Barbarin says there is nothing he can't handle.

"I wouldn't say my job is simple, but I've been doing it so long that it is like second nature," he said.

Barbarin humbly says he feels he is no different from any other Marine.

"I don't do anything really amazing, I come to work ready to go every day, just like every other Marine," he said.

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“I will never ask a Marine to do something that I can’t or won’t do myself.”

— Sgt. Matthew E. Crowder, avionics technician with VMAT-203.

Cherry Point Marine shares his day aboard air station

PHOTOS BY LANCE CPL. CORY D. POLOM

Sgt. Matthew E. Crowder, an avionics technician with Marine Attack Training Squadron 203, looks up at a Marine conducting trouble shooting tests inside of a TAV-8B Harrier inside the VMAT-203 hangar, Friday.



Sgt. Matthew E. Crowder, an avionics technician with VMAT-203, walks out on the flight line toward the TAV-8B Harriers, he works on daily, Friday.

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

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An alarm clock screams and a sleepy-eyed Marine rolls out of bed and walks slowly to the restroom where he showers and shaves before getting into his uniform for another day of work. After putting on his trousers, socks and boots he puts on his blouse, kisses his wife and son good bye, before the short drive to the Marine Corps Air Station Cherry Point flight line.

It's the beginning of another day in the life of Sgt. Matthew E. Crowder, an avionics technician with Marine Attack Training Squadron 203.

Crowder, a 28-year-old Aiken S.C. native, has been at the air station for more than three years and said life has been a unique experience thus far.

“Being here has been great,” said Crowder. “I have learned a lot about my job and being a Marine. I have had some great mentors and hope I am being half as good a mentor for these Marines around me.”

Crowder has a second billet of desk sergeant for the avionics section for VMAT-203 and has Marines of various ranks under his leadership.

“It is Crowder’s job to enforce the work load to all Marines from the lonely private to even us staff sergeants,” said Staff Sgt. Michael D. Lee, avionics supervisor for VMAT-203. “He is a huge influence on all the Marines around him. He keeps a positive attitude, and in my opinion, that is extremely important in a Marine and in a leader.”

As a desk sergeant, Crowder’s main focus is receiving and prioritizing the maintenance jobs for the TAV-8B Harriers. He then assigns a team of Marines to complete the tasks at hand. However, he isn’t afraid to get his hands dirty or giving his opinion on what is wrong with an aircraft.

“Sergeant Crowder is a great mentor and is always trying to teach us junior Marines new things about this aircraft and the Marine Corps,” said Lance Cpl. Michael B. Minier, an avionics technician with VMAT-203. “There have been many times where I have gone out to fix a problem with a bird and can’t figure it out, but I can come in to the shop and describe the problems to Sgt. Crowder, and nine out of 10 times he is right on with how to fix it. Also he is always getting out on the flight line to help us out and never gives up when things get tough.”

Crowder said he feels he needs to teach the Marines around him and get their skill levels to his expectations.

“I will never ask a Marine to do something I can’t or won’t do myself,” said Crowder. “I am constantly trying to better myself and the junior Marines who one day will be sitting where I am doing my job. I think being at 203 has been a blessing to me, because I have gotten to influence a lot of Marines who are eager to learn and willing to do their best to keep the mission of this squadron held to a high standard.”

There is always something to do, said Crowder, whether it is annual maintenance or a part needs replaced on an aircraft.

After his day of helping fix the mechanical and personal problems that the aircraft and his Marines have, Sgt. Crowder makes the 20 minute drive from his shop to his home where a loving family and a hot meal are waiting for him.

“I love what I do for the Marine Corps,” he said. “However, pulling into my drive way and seeing my son run out to greet me with my beautiful wife right behind him is the best part of my day.”



Sgt. Matthew E. Crowder, an avionics technician with VMAT-203, searches for FOD on the flight line outside of VMAT-203's hangar, Friday.



Sgt. Matthew E. Crowder, an avionics technician with Marine Attack Training Squadron 203, hugs his three-year-old son Dylan inside their home Friday.

MV-22 Osprey on the big deck



MASS COMMUNICATION SPECIALIST 2ND CLASS BRIAN M. BROOKS

An MV-22 Osprey maneuvers on the flight deck of the aircraft carrier USS George H.W. Bush (CVN 77) during test operations March 21. USS George H.W. Bush is in the Atlantic Ocean conducting carrier qualifications.

Cherry Point residents enjoy performances by local bands Charity Case, Fifty Watt Freight Train



PHOTOS BY LANCE CPL. CORY D. POLOM

The lead singer of Charity Case, Ace, of the Charlotte, N.C., based Ace and T.J. radio show, performs at the Marine Corps Air Station Cherry Point station theater for the Marine Corps Community Services Military Appreciation Concert March 24. "These service members keep our borders safe," said Ace. "They are the most dedicated people I have ever seen."



LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

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Fans of all musical tastes came together to watch two local bands perform at the Marine Corps Air Station Cherry Point station theater for the Marine Corps Community Services Military Appreciation Concert March 24.

More than 350 music fans attended the Saturday night show, headlined by Charity Case, opened by Fifty Watt Freight Train.

"This is the only way we can give back to these amazing men and women who have sacrificed some of their freedoms to defend mine," said Darby Adkins, the lead vocalist for Fifty Watt Freight Train. "When Charity Case asked us to open up for them here, it was a no brainer. We began practicing immediately to be prepared to entertain these Marines and Sailors because they deserve a night to relax."

The night's music featured special twists on tunes from all genres spanning decades of popular music.

Charity Case's lead singer, Ace, of the Charlotte, N.C., based Ace

and T.J. radio show, said the concert is a small way to show service members their thanks.

"I can't go out and give them money, I can't buy them cars," he said. "But I can give them a few hours of carefree fun."

Lance Cpl. Coty E. Yancey, a solder technician at the air station, volunteered to help prepare the theater for the bands and got the chance to spend the day interacting with them.

"These guys are great and I had so much fun listening to them play," he said. "It helped raise the morale of the Marines who attended."

31st MEU helicopter surpasses 12,000 flight hours



SGT. PAUL ROBBINS

31st MEU

USS ESSEX, At Sea – Forty-eight years after joining the ranks of Marine Corps rotary aircraft, the CH-46E Sea Knight helicopter continues a long tradition of reliability and resilience as the work horse of the Marine Air-Ground Task Force.

Aircraft 12, one of the dozen CH-46E Sea Knight helicopters operated by Marine Medium Helicopter Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, now serves as a beacon of the aircraft's resilience by flying past a significant milestone of 12,000 flight hours, March 22.

"It felt like any other flight," said Capt. Sarah Smith, CH-46E pilot for HMM 265 (Rein.), "It worked great today, had no issues and flew just as smooth as one with half the flight hours."

Smith, a native of New Tripoli, Pa., attributes the continued reliability and smooth flights of her aircraft to the continuous maintenance and inspections done by the dedicated crew of mechanics and quality assurance Marines assigned to the squadron.

For every flight hour logged by the crew of aircraft 12, an average of 14 hours of maintenance is required to make it flight ready once again.

"Our most common fixes are simple wiring gripes, corrosion cleaning and minor repair of the airframe," said Staff Sgt. Christopher A. Habershaw, an avionics quality assurance representative for HMM-265 (Rein.). "We have a special group of Marines that take a lot of pride in these aircraft."

The CH-46E Sea Knight helicopter, commonly referred to as a "Battle Phrog" by its operators, was first procured in 1964 to meet the medium lift requirements of the Marine Corps and serve as a day or night, all weather assault transport for



SGT. PAUL ROBBINS

(From left to right) Cpl. Steven Reppen, crew chief, Lance Cpl. Brian Schwarm, crew chief, Capt. Sarah Smith, pilot, and Capt. Aaron Carlson, pilot, with Marine Medium Helicopter Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, pose beside their CH-46E Sea Knight helicopter after completing a flight that took the aircraft past a milestone of 12,000 flight hours, March 22. The 31st MEU serves as the United States' force in readiness for the Asia-Pacific region.

troops, ammunition and equipment.

The "Battle Phrog" saw its first significant action in the Vietnam War, where Marine aviators had to work through problems with the aft transmission and other "growing pains" of the new aircraft.

"Having been a Marine mechanic, I can appreciate the job these Marines have to do," said Marine veteran John Long, who served as a CH-46E crew chief for HMM-265 from 1965-1967. "New aircraft always have problems, and seeing the CH-46 from that standpoint, making 12,000 flight hours is astonishing."

The accomplishment marks the second time an aircraft with HMM-265 (Rein.)

has reached the 12,000 flight hour milestone, which is not taken lightly by those involved.

"Having an aircraft fly 12,000 hours shows that hard work will always produce a good product," said Habershaw, a native of Roaring River, N.C. "From the commanding officer down, we are proud to have reached this goal."

Aircraft 12 was produced on March 15, 1967, and has served five Marine Corps and two Navy units. The aircraft has operated in Vietnam, Iraq, and most recently in support of Operation Tomodachi to provide relief to the Japanese citizens affected by the tsunami.

But its greatest accomplishment by far, is the amount of time it has spent in flight.

"This aircraft has logged enough time to easily fly to the moon and back," said Lt. Col. Damien March, commanding officer of HMM-265 (Rein.). "The most impressive trip this aircraft has taken is that, through time."

The 31st Marine Expeditionary Unit is the only continuously forward deployed MEU and the United States' force in readiness for the Asia-Pacific region.

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a continuity of services contract was instated. Under it, NMCI no longer owns the new equipment used, but is still responsible for providing help desk support, network control and operations responsibilities, while the government is responsible for buying, receiving, and inventorying the new equipment.

"This is a very monumental change," said Stout. "The new computers don't belong to NMCI anymore. The government now owns those computers."

The refresh was a difficult task to undertake, said Stout, but it was done successfully, and the process to continue updating equipment has improved tremendously.

"This was made possible through directorates working together to accomplish the mission that has been set forth by Headquarters Marine Corps," said Trish Jolley, a supervisor at the telecommunications directorate.

With troops constantly on the move due to deployments and the adjusting schedules of different work sections, the original refresh process was somewhat complicated, said Jolley.

"It's vital the directorates continue to work as a team with the station communication specialists at G-6, to foster good working relationships and ensure the transition to updating and maintaining the new station assets goes smoothly throughout the next couple of years," she said.



LANCE CPL. ANDREA CLEOPATRA DICKERSON

More than 1,500 computers have been distributed from Marine Corps Air Station Cherry Point's station property control office during the past three months. The distribution process is part of an information technology refresh mandated by Headquarters Marine Corps. "These computers were processed for distribution throughout the air station," said Capt. John D. Stout, deputy supply director of the station property control office. "This is a big deal because computer systems will no longer be owned by Navy Marine Corps Intranet. The government will now be responsible for the computers basewide."

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monly referred to as THC; Cocaine; Phencyclidine, also know as PCP; Codeine; Methylenedioxymethamphetamine, also known as Ecstasy and various other illegal substances.

"More people will pop on the tests, but it won't necessarily be because of illegal drug use," said Howard. "This just means we will have to regulate things more, we will have to check with medical and dental to verify records so we can ensure that medications in question were prescribed."

When Marines abuse illegal substances and prescription drugs, not only does their work performance and daily life suffer, the choices they make could impact other Marines and their families as well, said Sgt. Maj. Jerry L. Bailey, sergeant major of MCAS Cherry Point.

"We have had an increase in theft in barracks rooms and military housing areas," he said. "What was the most common item taken? Prescription drugs, there is a demand for them."

Marines who are using prescription drugs not prescribed to them or are legitimately prescribed medications but struggling to get off of them are encouraged to voluntarily seek medical treatment and rehabilitation in a military medical treatment facility before the initiation of testing for these drugs begins, states MARADMIN 154/12.

"Marines found to be using drugs illegally will be screened and diagnosed," said Howard. "Depending on the diagnosis, the Marines can get treatment if they need it."

Bailey believes the new regulations will pave the way for future ones, and Marines must continue to hold themselves to a higher standard.

"We will never change our zero tolerance policy," he said.

RECOVERY from page A1

The gears use an engine to operate just like a car with several moving parts, all needing regular maintenance, said Bentley.

"We provide the pilots peace of mind while they are flying," said Lance Cpl. Minh D. Nguyen, a crewman with station recovery. "They know that if their aircraft fails we have the gear to help them land safely."

Keeping Marines safe is paramount, and Sgt. Maj. Holly Prafke, sergeant major for Headquarters and Headquarters Squadron, said the job done by the station recovery Marines has affected her on a personal level.

"While I was the sergeant major for Marine Tactical Electronic Warfare Squadron 3, we had a number of pilots and aircraft use the arresting gear," she said. "These Marines do their job and get very little recognition for what they do."

The recovery of the aircraft is important, but what is more important is the safety of the crew on board, said Prafke.

"I have seen firsthand what this equipment is capable of and I am very proud of these Marines," she said.



Life & Times

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April 5, 2012

Marines let off steam with mess night shenanigans



PHOTOS BY LANCE CPL. SCOTT L. TOMASZYCKI

Marines of Center for Naval Aviation Technical Training take their seats at a Mess Night in Miller's Landing, March 23. Some of them crack up when they realize one of their master sergeants will have to eat his meal from a "specially designed" chair.

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

The Marines marched in the dining room somberly and took places behind their seats, awaiting the order to sit. When the order was given, one found it hard to sit in his "specially designed" chair; and others found eating their salad difficult with their forks glued together. With more booby traps set below, on and over the tables, the mess night was only just beginning.

The Center for Naval Aviation Technical Training Marine Unit Cherry Point held a mess night at Miller's Landing aboard MCAS Cherry Point March 23 for bonding through good-natured humor. Jokes included tampering with the commanding officer's beef, making it so spicy it was virtually inedible; and dropping a fake spider into the lap of a staff noncommissioned officer that's arachnophobic, and requiring some Marines to wear a Viking helmet.

"Shenanigans are part of the tradition," said Lt. Col. Paul M. Melchior, the commanding officer of CNATT at Cherry Point. "Back when they first started the mess nights, it was a chance for the commanders and the officers and everyone to take off their rank and have a good time with each other as Marines."

Mess nights give Marines and Sailors the chance to interact with all of their peers outside a work setting. Without the distraction of having to meet deadlines and get work done, the Marines can get to know each other beyond what their jobs are in the work place.

Marines at CNATT Cherry Point, which trains Marines in organizational and intermediate maintenance for the AV-8B Harrier, KC-130J and aviation ordnance communities, said that interacting in that type of setting was important.

"It helps build cohesion," said Cpl. George R. Bilbrey III, an information assurance technician for CNATT. "You get to know your peers better. During the day, you're too busy to sit and actually talk with them about things going on at the time, stuff you like, what you drink and stuff like that. It's just work, work, work."

"My Marines give it 110 percent every day when they come to work, training students, and we put a lot of students through CNATT," said Melchior. "This gives them a chance to take a break from the schedule and celebrate each other as Marines."

The experience of gags and pranks seemed different for first time Marines who went into the night expecting rigid adherence to protocol, but loosened up once they realized what was going on.

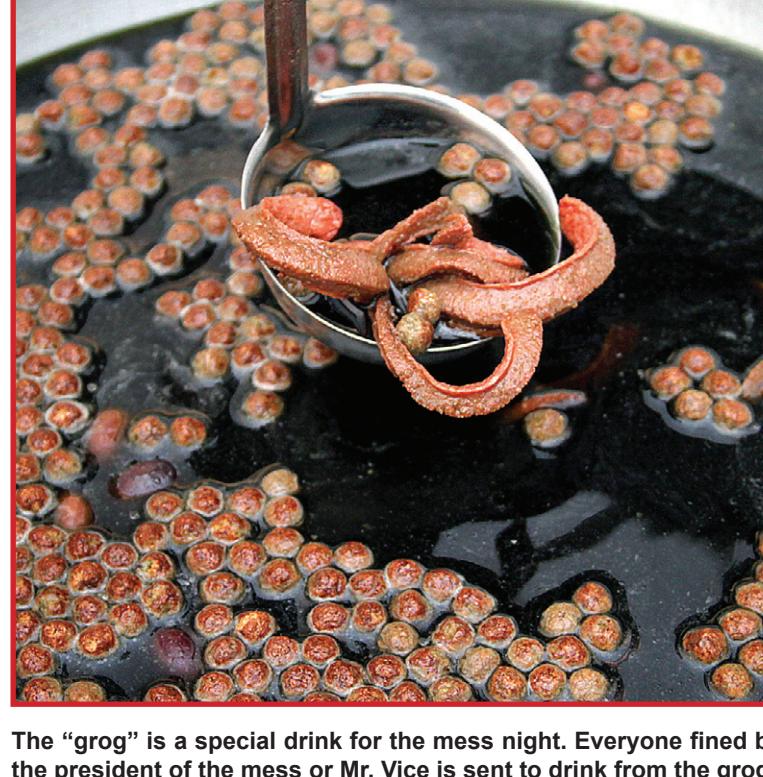
"Every time, everyone goes into it focused on their uniform making sure it's clean and pressed," said Staff Sgt. Kyle P. Andrews, who organized the mess night and is the instructional systems development staff noncommissioned officer in charge. "The junior troops are always a little bit nervous because they don't know what to expect and the only thing they have to compare it to is the Marine Corps Ball. When they walk into a mess night, they think it's going to be all ceremony, but then the fun, games, fining and real camaraderie begin, and they see it's good brotherhood."

The brotherhood applies to everyone in the chain of command. Sgt. Maj. William R. Sweet, the sergeant major of CNATT, said instilling this brotherhood is the primary function of mess nights, which it does by bringing everybody down to the same level.

"As a sergeant major, I don't want to be above everybody else," said Sweet. "If I've done something that deserves to be fined for in the past year, then I deserve to be fined for it. I would like to think that those who did not want to be here will take something away from this. They'll take away camaraderie, esprit de corps, and a sense of, 'I really want to be in this unit.'"

The guest of honor at the event was Sgt. Maj. Todd M. Parisi, sergeant major of the 26th Marine Expeditionary Unit. He said he sees mess nights as a way to improve troop welfare.

"I hope they gain an added understanding and appreciation for making sure they communicate to our younger Marines and Sailors that they're valued and appreciated, telling them what they do matters," said Parisi. "I think it's important for them to understand that you can be tough and rigid, demanding and steadfast in your standards but you also can leave your Marines confident they are admired, respected, appreciated, valued, and loved



The "grog" is a special drink for the mess night. Everyone fined by the president of the mess or Mr. Vice is sent to drink from the grog.

for what they do."

The brotherhood and appreciation extended past the Marines present in the room. At the end of the night, they toasted all past Marines who fought in wars from the American Revolution to the current war in Afghanistan.

"I think the toasts are a good way to stop and think about those who have gone before us, those that have fallen and those that are still with us," said Bilbrey. "It gives us a chance to recognize those we don't normally think about in our day-to-day lives, to think about those who don't actually have a day of remembrance."

Bilbrey said it was a humbling thought to think one day, Marine mess nights will be looking back on Marines of today in the same spirit of brotherhood.



Marine found guilty of fineable crimes take their share of grog during a Mess Night. Marine Mess Nights are celebrations of honored traditions and laughs for everyone in the command. The participants enjoy food and good-hearted laughter as jokes are played on everyone up and down the chain of command. The event helps build camaraderie among the troops, but what goes on in the mess stays in the mess.



The head table of the mess drinks a toast to past Marines at a mess night in Miller's Landing, March 23.

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 April 5

Lunch - Chicken and dumplings, pasta toscano, steamed rice, steamed vegetable medley, Harvard beets, cream of spinach soup, **Dinner** - Mediterranean herb roasted chicken, herbed roast pork loin, mashed potatoes, dirty rice, glazed carrots, steamed broccoli, brown gravy, american bounty vegetable soup

Friday April 6

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 April 7

Lunch - Baked ziti with four cheeses, arroz con pollo (chicken), club spinach, corn o'brien, toasted garlic bread, smoked ham and cabbage soup, **Dinner** - Three bean chili, apple glazed corned beef, shrimp curry, cilantro rice, parsley buttered potatoes, vegetable stir fry, savory squash

Sunday April 8

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 with smothered onion, chili macaroni, roasted sweet potatoes, French cut green beans, cauliflower combo, Wisconsin cheese soup

Monday April 9

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 April 10

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 April 11

Lunch - Chicken piccata, bayou jerk pork loin, chipotle roasted sweet potatoes, islander's rice, steamed spinach with garlic, lyonnaise carrots, mango and black bean salsa, cream of mushroom soup, **Dinner** - Hungarian goulash, creole shrimp, brussels sprout parmesan, corn, chicken tortilla soup

"Get your plate in shape" national nutrition month

MICHELLE AMBER, RD, LDN

MCAS CHERRY POINT NAVAL HEALTH CLINIC

The American Dietetic Association's theme this year for National Nutrition Month is "get your plate in shape." Why not challenge yourself this year to improve your diet, get more physical activity and have some fun? Eating fruits, vegetables and whole grains can help you feel energized. I challenge you to eat a rainbow of colorful fruits, vegetables, and whole grains and go for a walk at least 3 times a week. Below are some helpful tips to assist you in improving the shape of your plate.

- Make half your plate fruits and vegetables. Eat a variety of vegetables, especially dark-green, red and orange varieties, as well as beans and peas. When buying canned vegetables, choose "reduced sodium" or "no salt added" when you have choice. Rinsing whole varieties like beans, corn and peas can also reduce sodium levels. Dried and frozen fruits and those canned in water or their own juice are good options when fresh varieties are not available. Make sure every meal and snack has at least one fruit or vegetable or both.

- Make at least half your grains whole. Choose brown rice, barley and oats and other whole grains for your sides and ingredients. Switch to 100-percent whole-grain breads, cereals and crackers. Check the ingredients list on food packages to find foods that are made with whole grains.

- Switch to fat-free or low-fat milk. Fat-free and low-fat milk have the same amount of calcium and other essential

nutrients as whole milk, but less fat and fewer calories. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

- Vary your protein choices. Eat a variety of foods each week from the protein food group like seafood, nuts and beans, as well as lean meat, poultry and eggs. Eat more plant-based proteins such as nuts, beans, whole grains and whole soy foods like tofu and edamame. At least twice a week, make fish and seafood the protein on your plate. Keep meat and poultry portions lean and limit to three ounces per meal.

- Cut back on sodium and empty calories from solid fats and added sugars. Drink water instead of sugary drinks like regular sodas, fruit-flavored drinks and sweetened teas and coffees. Choose 100-percent fruit juice. Compare sodium in foods and choose those with the least amount listed on the nutrition facts panel. Season foods with spices or herbs instead of salt. Select lean cuts of meat or poultry and fat-free or low-fat dairy products. Use heart-healthy oils like olive, canola and sunflower oil in place of butter or shortening when cooking.

Remember to pick one or two changes at a time include exercise and nutrition goals. Cherry Point Naval Health Clinic offers on-going weight management classes to assist with your healthy eating goals. If you would like any assistance with getting your plate, contact Michelle Amber at 466-0165. Learn more about National Nutrition month by visiting <http://www.eatright.org>

Unleash your mind from technology overload

MARK UNDERWOOD

QUINCY BIOSCIENCE

Have you ever thought that you live in a world where you feel constantly distracted? Do you feel stuck in a maze of technology overload? Are you constantly checking email and voicemail and can't seem to stay away from one screen or another—TV, videos or computers for very long?

If that sounds like you, you're not alone. One in three Americans say they are technologically stressed. For better or worse, our daily routines have become ever more entwined with technology.

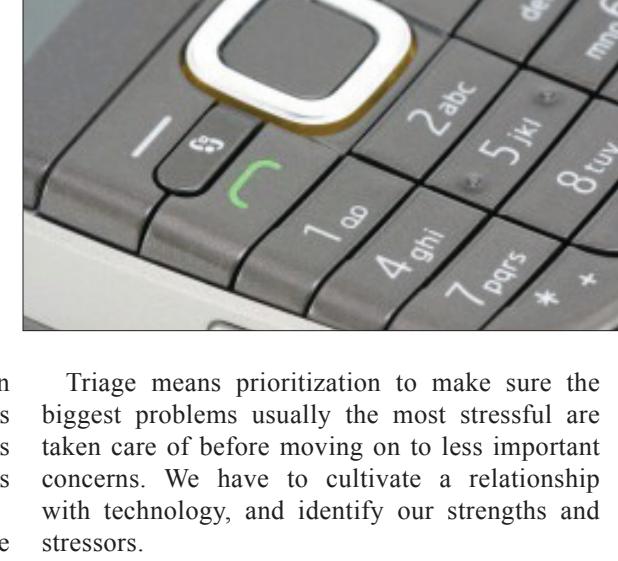
Living in the fast lane of today's technological advances has some people feeling like they're running on empty—every day, all day. You might even feel like a character in Alice in Wonderland. In Lewis Carroll's famous classic, Alice's Adventures in Wonderland, the topsy-turvy world of Alice is described in a warning. "You have to run as fast as you can to stay where you are."

In a recent study conducted by Cambridge University, they found that nearly a third of the study's participants described feeling overwhelmed or overrun by technology. Keeping up with technology has some people on the run to buy the latest gadgets. Computers continue to get smaller and faster, and with each new product generation, we tend to integrate even more technology into our daily lives.

If too much technology usage is causing continuous stress its time to look at how you can adjust the cyber overload in your life. Could spending an inordinate amount of time in front of a computer screen be bad for your health?

An overload of stress can lead to numerous health problems; it can lower immune system response, increase blood pressure, lower productivity and introduce a menu of other maladies we have all experienced from time to time. Our society swirls around a constant stream of information. We are inundated with a deluge of sources, from thousands of TV channels to billions of internet pages. We live in an age of search engine results sent to our computers within a quarter of a second. Alice in Wonderland could understand why so many of us feel overrun and lost.

- How can you best manage technology-related stress? One word: triage. There is simply too much to do and too much to learn to tackle at once. Our lives are busy enough without adding the stress of technology.



Triage means prioritization to make sure the biggest problems usually the most stressful are taken care of before moving on to less important concerns. We have to cultivate a relationship with technology, and identify our strengths and stressors.

Look at decreasing cyber stress this way:

- Faster is not always better, especially if you are left behind!
- Sidewalks are not highways.
- You can triage away your tech stress.

Take time to think what may be causing you stress. Remember that computer technology is all about making things work faster. It's up to you to slow down and evaluate what you need to elevate the stress.

Narrow your scope on the worldwide web. Instead of being inundated by information and trying to handle to all, narrow your web browsing to a more comfortable selection. This is the sidewalk view versus the highway view.

The great benefits of the information age come with costs. We must be good managers of our time and set aside energy for computers, technology and by-products of stress from such work. Change is an essential aspect of technology. Change is often stressful for many of us.

In general, technology should be making your daily life a little bit easier, not the other way around. Setting goals for how much you want to learn or undertake is a good strategy for not becoming overwhelmed. Limit yourself to incorporating new technology slowly. This way you won't clutter up your already crowded mind with an unfamiliar, unlearned task. Take your time, ask for help, and go outside-and watch out for rabbit holes!

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.

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.

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



MCAS Cherry Point STATION THEATER

E Street

Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

Adults only \$4 • Kids (4-12) only \$3

NOW SHOWING

Thursday, April 5
6:00pm - Tyler Perry's Good Deeds PG 13

Friday, April 6
5:00pm - This Means War PG 13
7:00pm - Tyler Perry's Good Deeds PG 13
9:30pm - Act of Valor R

Saturday, April 7
5:00pm - This Means War PG 13
7:00pm - Tyler Perry's Good Deeds PG 13
9:30pm - Act of Valor R

Saturday, April 8
2:00pm - Journey 2: Mysterious Island PG
4:15pm - Act of Valor R

MOVIE SYNOPSIS

Tyler Perry's Good Deeds - Starring: Tyler Perry, Thandie Newton, Brian J. White. A successful, wealthy businessman, Wesley Deeds has always done what's expected of him. Wesley is jolted out of his predictable routine when he meets Lindsey, a down-on-her-luck single mother. When he offers to help her get back on her feet, the chance encounter with someone so far outside his usual circle ignites something in Wesley. This one good deed may finally spark his courage to exchange the life that's expected of him for the life he's always really wanted.

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.

This Means War - Starring: Reese Witherspoon, Chris Pine, Tom Hardy. Two of the world's deadliest CIA operatives are inseparable partners and best friends - until they discover that they've fallen in love with the same woman. Deciding to keep their friendship a secret from her, they pull out their full arsenal of fighting skills and high-tech gadgetry to defeat their greatest enemy - each other.

Act of Valor - Starring: Roselyn Sanchez, Jason Cottle, Nestor Serrano. When a mission to recover a kidnapped CIA operative unexpectedly results in the discovery of an imminent, terrifying global threat, an elite team of highly trained Navy SEALS must immediately embark on a heart-stopping secret operation, the outcome of which will determine the fate of us all.

Movies are subject to change without notice

THE LOCAL BUZZ

Announcements

► Indicates new announcement

► The Diamond Lady Lighthouse Presentation

The North Carolina Maritime Museum in Beaufort will hold a free informal presentation on "The Diamond Lady Lighthouse," Wednesday.

The presentation will begin at noon and attendees are encouraged to bring lunch.

The Cape Lookout lighthouse has stood over the North Carolina coast for generations and has become one of the most recognizable symbols of the Crystal Coast.

For more information, call 728-7317.

► Patriotic Volunteers Needed

Come grab a brush and dab some red, white or blue and live history as volunteers restore the greatest symbol of our country to Havelock April 14.

The American Flag was destroyed by vandals in March of this year at the city park in Havelock. The city is looking for volunteers who intend to restore the flag by painting it on the back of the stage where it has been since the 1960's.

The final brush stroke placed on the project will signal the band and all in attendance to sing a rousing chorus of "God bless America"

For more information, contact Jeff Crane 652-6323.

► Lecture on Fort Macon and the Civil War

Paul Branch, the author of two novels about Fort Macon, is scheduled to discuss the battle and siege of Fort Macon April 14.

The free lecture held at Fort Macon at 3 p.m. will look at the overall history of the fort from 1756 to 1945 with emphasis on the Civil War.

For more information, call 728-7317.

Mummies of the World Exhibit Extends Hours

Discovery Planet located in Charlotte, N.C., will extend the hours of operation for its Mummies of the World exhibit by a few hours each evening to accommodate crowds during the final weeks of viewing.

Mummies of the World is the largest exhibition of real mummies and related artifacts ever assembled and will end Saturday to continue its tour across the country.

Advance reservations are recommended and tickets may be purchased by calling 704-372-6261 or online at <http://discoveryplace.org>.

For more information, visit <http://mummies.discoveryplace.org> or <http://mummiesoftheworld.com>.

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 447-8063 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.

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

Domestic Violence Victims

Support groups for victims of domestic violence are provided by the 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

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

For more information, call 515-1175.

Disabled Veterans

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

For information, contact Cris Young at 259-3427.

Enlisted spouses club

The Cherry Point Enlisted Spouses Club meets the first Thursday of every month in building 3452. The club is a social/ service organization open to the spouses of enlisted service members.

For information call 626-4319 or visit <http://www.cherrypointsc.org>

Friday, Saturday Night Events for Children

The Bridge Youth Center on Harker's Island is for children 6-18 to participate in recreational activities Friday and Saturday evenings. For more information contact Patrick J. Tivnan at 843-709-0732.

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.

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.

April 18, 1983

One Marine security guard was killed and seven were wounded when a large car bomb exploded just outside the U.S. Embassy in Beirut, Lebanon. Lance Cpl. Robert McMaugh was standing guard at post 1, inside the front entrance when the bomb exploded outside the door. The explosion killed 61 people including 17 Americans. In October of that same year 241 American servicemen were killed in a similar attack on the Marine Barracks at the Beirut International Airport.

April 21, 1951

Marine carrier-based airplanes made their first aerial contact with enemy planes over the Korean front lines. Captain Philip C. DeLong shot down two YAK fighters and Lt. Harold D. Daigh destroyed one more and damaged another in the heavily defended Pyongyang-Chinnanpo area.

Both pilots were with Marine Fighter Squadron 312 flying from USS Bataan.

April 27, 1805

1st Lt. Presley N. O'Bannon, who with seven other Marines was part of a force of Greeks and Arabs led by American Consul William Eaton, raised the U.S. flag for the first time over a conquered fortress of the Old World at Derne, a stronghold of the Tripolitan pirates. Two Marines were killed and one wounded in the assault on the walled city.

AP PHOTO/JOE ROSENTHAL

Music of Bach and Leclair to Come to New Bern

As part of Tryon Palace's spring Garden Lovers Weekend, the Ensemble Vermillion will perform a baroque celebration of the music of Bach and Leclair April 15.

The concert is in Cullman Performance Hall at the North Carolina History Center, 529 S. Front Street in New Bern. Performance time is 3 p.m. and seating begins at 2:30 p.m. Tickets are \$20 for adults and \$5 for students and are available by phone at 800-676-1560 or 639-3525 or at the North Carolina History Center. Seating is general admission.

Advanced Riders Courses

Advanced Rider Track Day is coming to Marine Corps Air Station 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 <http://bit.ly/cherrypointtrackday>.

New Bern Flag Football

New Bern Parks and Recreation is putting together a 4-on-4 flag football league that will begin April 29 and run through June 24.

All games will be played at Kafer Park in New Bern.

Registration fee is \$25 per person. To register go to the West New Bern Recreation Center front office no later than April 23.

For more information, contact Trevor Freitas 639-2907 or by email freitast@newbern-nc.org

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 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>.

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