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MARINE AVIATION  
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## Wing Marines pave the way



U.S. BORDER PATROL - LAREDO SECTOR PUBLIC AFFAIRS

Marine Wing Support Squadron 271 Marines and U.S. Border Patrol-Laredo Sector agents pose in front of the new concrete border access road recently completed near the U.S.-Mexico border. The Marine Corps Air Station Cherry Point-based Marines volunteered to execute the Military Support to Law Enforcement Agency's mission requested by the U.S. Customs and Border Protection and coordinated by Joint Task Force North.

### 'Work Horses' support U.S. Border Patrol, construct rapid border access road

ARMANDO CARRASCO

JOINT TASK FORCE NORTH PUBLIC AFFAIRS

FOLLOW @JTFN\_US

Marine Wing Support Squadron 271 Marines recently completed a new access road leading to a well known illicit drug trafficking and illegal alien smuggling corridor along the U.S. – Mexico border in Laredo, Texas. The new three-tenth-mile concrete road will provide U.S. Border Patrol-Laredo Sector agents rapid access to the border when responding to transnational threats or life-saving situations along the Rio Grande river.

The Marine Corps Air Station Cherry Point-based unit volunteered for the job and deployed to Texas in January to aid the Military Support to Law Enforcement Agency's mission. U.S. Customs and Border Protection requested the support and Joint Task Force North coordinated the Marines traveling to Texas to assist.

Joint Task Force North support operations provide the nation's federal law enforcement agencies with a multitude of needed support while providing volunteer units with training opportunities directly related to military duties.

"Working down in Laredo was a great experience because we got to see how well we function as a company outside of Cherry Point," said Cpl. George Ruiz, an engineer assistant with MWSS-271. "On top of that, we obtained a better understanding of the border patrol's function and purpose."

The project required the Marines to dig earth-form footers, emplace rebar cages and install wire mesh and forms for pours that totaled 222 cubic yards of concrete. The overall project consisted of 600 feet of concrete emplacement.

See BORDER page A7



Lt. Col. ERIC RUSSELL

Marine Wing Support Squadron 271 Marines level out concrete poured for an access road leading to a well known illicit drug trafficking and illegal alien smuggling corridor along the U.S. – Mexico border in Laredo, Texas, Feb. 16.

### JROTC cadets take week-long tour of air station

CPL. GLEN E. SANTY

MCAS CHERRY POINT

FOLLOW @GESANTYUSMC

Arriving at the aircraft rescue firefighting parking lot aboard Marine Corps Air Station Cherry Point, 24 Navy Junior Reserve Officer Training cadets filed off a bus into a four column formation, April 10, before Sgt. Randall Campbell, a Marine rescue fireman.

Campbell split the cadets into two groups for demonstrations and tours throughout the fire station facilities, the first sight-seeing stop during the cadets' week-long visit to the air station.

After traveling more than 300 miles from Taylorsville, N.C. the high school students spent five days aboard the air station getting an inside-glimpse into Marine Corps life.

"Most of these students

have never been more than 25 miles away from home," said the cadets' naval science instructor, Nelson Evans, a retired Navy master chief. "It gives them a chance to ask questions and get exposure to real life scenarios involved in the military. I have no doubts that after this trip you'll have a new batch of Marines on your hands."

Other stops during the cadets' visit included Marine Transport Squadron 1, explosive ordnance disposal, air traffic control, the Indoor Simulated Marksmanship Trainer facilities, the Center for Naval Aviation Technical Training and Marine Aerial Refueler Transport Squadron 252.

"It's important for the students to hear what it's like from someone actually doing the job," said Staff Sgt.



CPL. GLEN E. SANTY  
Aircraft Rescue Firefighters introduce themselves to Taylorsville Naval Junior Reserve Officer Training cadets after their arrival to the ARFF facilities April 10.

Kurt Brenneman, a section leader with Aircraft Rescue and Firefighting. "I would have liked to have had this when I went to high school. I went in almost blindly, and a trip like this would have set me a little more at ease."

Cadet Lt. Nathaniel Wall, a sophomore and cadet com-

manding officer said the trip gave him a better understanding of what was available for him and what life would be like if he joined the Marine Corps.

"I heard a lot of the Marines we talked to say when

See JROTC page A7



LANCE CPL. CORY D. POLOM  
Master Sgt. David J. Brown, an explosive ordnance disposal technician with Marine Corps Air Station Cherry Point's EOD, explains the mission and equipment of EOD to Craven County Leaders.

### Local leaders tour air station

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

FOLLOW @CoryPolom

More than 15 Craven County leaders visited Marine Corps Air Station Cherry Point, April 12, and toured several air station commands and sections to include Marine Transport Squadron 1, Force Readiness Center East air traffic control, and explosive ordnance disposal.

"I hope to help educate tomorrow's leaders on the economic impact and mission of the Marine Corps and why it is important for the Marines to train and defend America," said Vanessa Lawrence, MCAS Cherry Point community plans and liaison specialist and coordinator for the tour.

"These tours ensure community support will continue as these business owners become the leaders of future companies in outlying areas," Lawrence said.

First Female Aviator A2 Skeet Shoot B1

Flag Restoration A4-5 Mess Hall Menu B2

Panetta visits MEU A6 The Local Buzz B3

Master Sgt. David J. Brown, an explosive ordnance disposal technician with Marine Corps Air Station Cherry Point's EOD, explains the mission and equipment of EOD to Craven County Leaders.

See page A3 for photos and story

# Chaplain's Corner: No Fear

CMDR. JAMES GOODBOW

MCAS CHERRY POINT DEPUTY WING CHAPLAIN

What are your fears? My pastor asked that question Easter Sunday. He also asked, "What would you be willing to do if you knew that you couldn't die from trying it?" I thought about the two questions while he preached and discovered that I have a few fears. I do not think I am alone in that revelation. We all have fears, some stronger than others. I also thought about the second question he asked and came up with nothing. Maybe it is my age, but I have done many risky things in my life that obviously did not kill me! There are no new risky things I want to try that might kill me. However, fear is an area I need some work! A healthy fear keeps us from killing ourselves. But what happens when fear keeps us from enjoying life?

The pastor drove the point home when he said, "fear equals worry." I know that is true in my life. If I am fearful, I tend to fret and worry about whatever scares me. Worry can immobilize us. Fear can keep us from trying to achieve something we want but feel too fearful to tackle it. For example, I may be fearful of enrolling in a college class or achieving a military qualification. What can happen? I start to worry. Worry robs me of my self confidence, and without confidence in myself, I get stuck and stay where I am. We even see that in relationships. If I am reluctant about starting a new friendship for fear of being rejected, I become isolated and feel alone.

Fears are difficult to overcome sometimes. God calls us to conquer our fears. Really? How does God propose to help me conquer my fears? Good question! Each religion teaches that trust in God is the key to conquering fear. In the Christian scripture, the resurrected Jesus promises his disciples and all his followers from that day forward, "I will be with you, day after day after day, right up to the end of the age." What is he saying exactly? That even in the middle of our fears our faith tells us that God is with us. Today, when it all seems overwhelming, God is with us, or next month, when the monitor calls and tells us we have to move clear across the county or the detailer gives us 12 month individual augment orders ... God promises to go with us! It is not conditional on our good behavior. It is based on our faith that whatever God promises God will do! For Christians, Easter is the best evidence that God is with us in the good times and bad. If Jesus can walk out of his grave after

See CHAPLAIN page A7

# Celebrating 100 years of Marine aviation



OFFICIAL USN PHOTO

**Captain Sarah Deal, the first female Marine Aviator, flies a CH-53 Super Stallion helicopter from Marine Corps Air Station Tustin, Calif., over Camp Pendleton while training during Exercise KERNEL BLITZ '97, June 6, 1997. Two years earlier, after training for 16 months in the TH-57 Sea Ranger, a significantly smaller helicopter than the Super Stallion, Deal finally earned her Naval Aviator wings and was pinned April 21, 1995, becoming the first female Marine Aviator.**

## April marks anniversary of first female Marine Aviator

**BRANDON ROACH, PUBLISHED Nov. 4, 2005**

MCAS MIRAMAR

Childhood dreams for many people fade away with time and the reality of life. However, Maj. Sarah M. Deal's childhood dream of becoming a Marine Corps pilot came true in 1993.

"When I was a kid, there was a vacant field across from our home where people flew radio-controlled airplanes. I used to ride my bike there and watch them. From that point, I was fascinated with flying," said the CH-53 Super Stallion pilot and Pemberville, Ohio, native.

Deal's interest in aviation only grew from there. While in high school, she joined the Aviation Explorers, a program that gives children and young adults the opportunity to experience flying and develop their interest in aviation.

Knowing she wanted to be a pilot, Deal saved her money throughout her youth. After high school, she enrolled at Kent State University where she majored in aerospace flight technology. After four years of school and countless hours in civilian aircraft, she still wanted more.

Although the Marine Corps did not have a female aviation program, Deal knew that becoming a "devil dog" was what she wanted to do. In the summer of 1991, between her 4th and 5th years of college, she attended the three-month Officer Candidates School at Marine Corps Base Quantico, Va.

After graduating college and successfully completing OCS, the first step in

her career as a newly commissioned Marine Corps officer was The Basic School. Unique to the Marine Corps, this school prepares new officers to lead Marines, with particular emphasis on leadership in the infantry environment. After 26 weeks of rigorous classroom and field exercises, 2nd Lt. Deal moved on to her military occupational specialty school. Not surprisingly, she did not stray far from her aviation dream and completed training as an air traffic control officer.

While in her school, Deal happened to see a newspaper headline announcing that the Marine Corps was going to begin to accept applications for flight school from female officers. Without hesitation, she went to the senior Marine at her school and told him, "I want to do this."

Undaunted as a second lieutenant two months out of TBS, Deal continued to pursue her dream by calling Headquarters Marine Corps, eventually convincing many higher-ups that she had the right stuff to fly for the Corps. While continuing her focus on air traffic control training, Deal went up for an assessment board just as any flight candidate would.

July 23, 1993 arrived, and Deal prepared for graduation from ATC school.

She went to her room to get changed for the graduation and while there she listened to her phone messages.

Amidst the messages were the words she was waiting to hear:

she had been selected for Naval aviation training.

"I felt so incredibly happy. My dream

was finally coming true, but I wish I had been prepared for what was to come," she said. During the ensuing days, she began to understand how much of a big step this was for her and the Marine Corps. Deal was on the road to becoming the Marine Corps' first female pilot. "I was swamped with media calls, and everyone wanted me to answer all their questions," she said.

When arriving at Naval Air Station Pensacola, Fla., Deal faced a new challenge being the only female officer in flight school.

"I think being a licensed pilot out of college, with almost 400 flight hours, gave everyone around me a boost of confidence in my abilities," Deal said.

After training for 16 months in the TH-57 Sea Ranger, a significantly smaller helicopter than the Super Stallion, Deal finally earned her wings and was pinned April 21, 1995. She requested to fly CH-53s and was assigned to Marine Heavy Helicopter Squadron 466, Marine Aircraft Group 16, 3rd Marine Aircraft Wing, at Marine Corps Air Station Tustin, Calif., with whom she deployed twice.

She later deployed to the Middle East with HMH-465, MAG-16, in January 2003, approximately 3 months before the U.S. invaded Iraq. She was then transferred to the Tactical Air Command Center at Ahmad Al Jabar Air Base, Kuwait.

With her family in mind, Deal decided to change to reserve status after 12 years of active duty service.

### Cpl. Joshua C. Barwick

**Job Title:** Powerline Harrier Mechanic**Unit:** Marine Attack Squadron 542**Hometown:** Marianna, Fla.**Age:** 25**Date Joined:** Feb. 24, 2008

Withstanding their distinct mind deafening roar, Cpl. Joshua C. Barwick directs AV-8B Harriers on the Marine Corps Air Station Cherry Point flight line daily.

Using only hand-and-arm signals to direct the aircraft, Barwick, a powerline Harrier mechanic with Marine Attack Squadron 542, said you have to constantly keep your head on a swivel.

"You're always watching the aircraft and what's going on around you," he said. "Because if you're not paying attention when those jets are moving, it could be a bad day."

Being a mechanic as well, Barwick said every bolt counts.

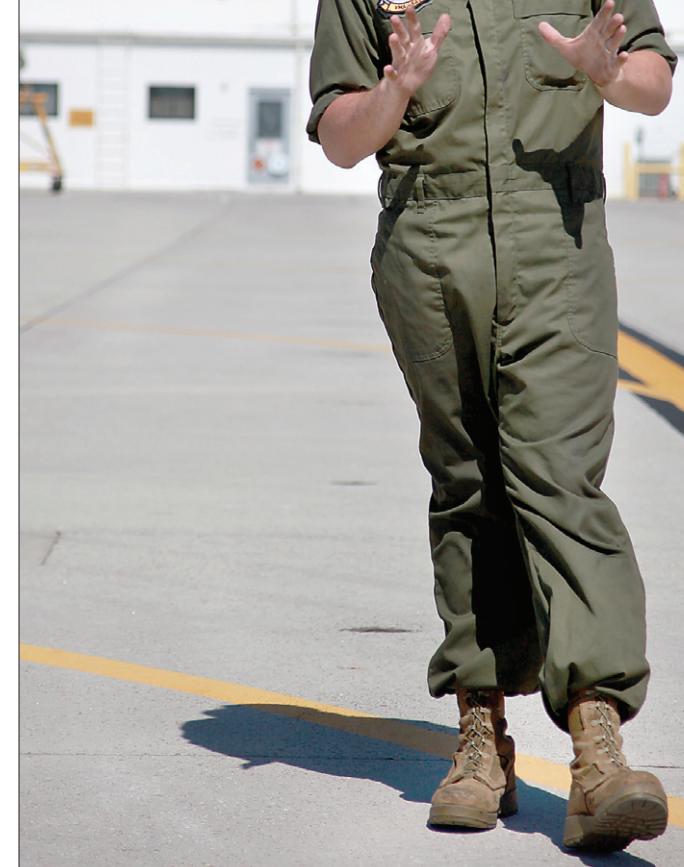
"Say there's a Marine working on top of one of the jets and drops a tool into the engine," he said. "A simple mistake like that can sideline an aircraft for over a week."

During a deployment, a mistake like that could be even more costly because of the increased operational tempo, said Barwick.

"Our job is already fast paced," he said. "And when we deploy there's just as much maintenance without the luxury of being stateside."



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COMMANDING OFFICER

MCAS CHERRY POINT

COL. PHILIP J. ZIMMERMAN

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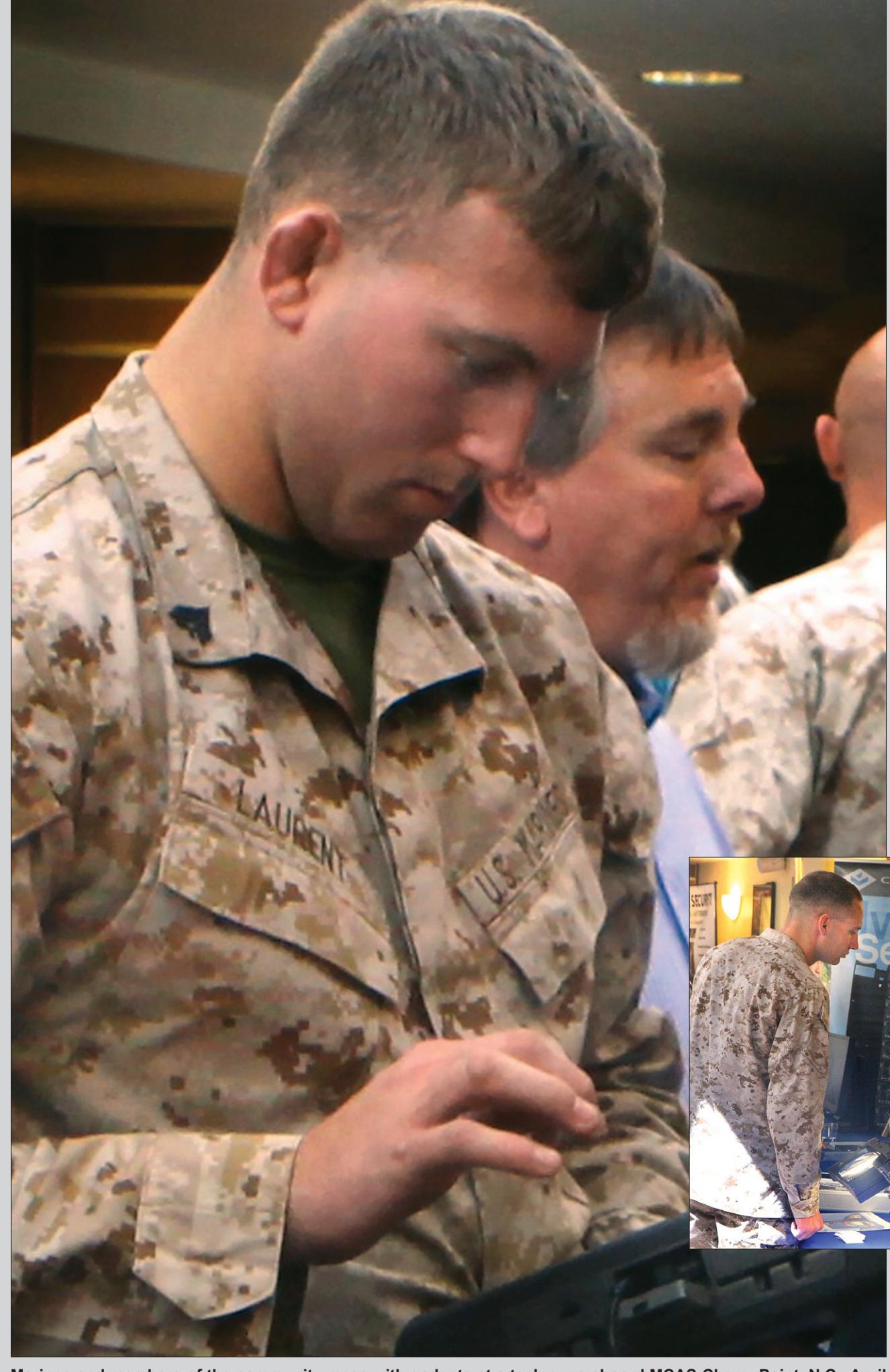
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# Marines catch glimpse of tomorrow's battlefield today



# CherryPoint hosts tech expo

**MCAS CHERRY POINT** FOLLOW @SISTEWARTUSMC  
Marines got a glimpse into the future while

Marines got a glimpse into the future while viewing cutting-edge technology during the

viewing cutting edge technology during the technology exposition at the theater aboard Marine Corps Air Station Cherry Point, April 12.

The primary focus of the expo was bringing together industry partners to demonstrate

“It exposes Marines and Sailors to today’s new, rapidly transforming and cost efficient

new, rapidly-transforming and cost-efficient technology," said Col. Philip J. Zimmerman, commanding officer of MCAS Cherry Point.

Defense industry representatives, spread across 20 tables and booths, featured futur-

“Every year we like to change it up and bring new things for people to see,” said Carr.

Clauss said some of the companies had tools and training equipment specialized for

Marines and MCAS Cherry Point.



presented by the Steinle

exhibitor at the technology expo aboard Marine Corps Air Station Cherry Point April 12. There were about 20 presentations at this year's event, and anyone who was on base was welcome to attend for free.

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**The event exposes Marines and sailors to today's new, rapidly transforming and cost-efficient technology. »**

*Station Cherry Point.*

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Marines take a look at the future in cutting-edge technology during the technology exposition April 12 aboard MCAS Cherry Point. The expo came to MCAS Cherry Point as part of their North Carolina series, which started at Fort Bragg. The technology expo's primary focus is to bring together industry partners specializing in mission focused technologies and solutions.



Tektronix presented their newest oscilloscope, a device used to measure wave shapes of an electronic signal, at the tech expo April 12 aboard MCAS Cherry Point.

A Marine watches a new futuristic screen at the technology expo aboard MCAS Cherry Point April 12. The screen utilizes three projectors shooting into a round screen to give a more realistic look for the viewer. There were about 20 presentations at this year's expo, and anyone who was on base was welcome to attend the event for free.

# Marines, community restore local *Stars and Stripes*



**Retired Marine Corps captain, Warren T. Wolfe, a local attorney gives a speech at the Havelock City Park during a flag restoration event Saturday in Havelock, N.C. The flag painting was vandalized in March 2012, and Marines from Marine Corps Air Station Cherry Point and members of the local community came together to restore the flag to its original state.**



**(Above) The Havelock Community Band performs during a flag restoration event at the Havelock City Park Saturday in Havelock, N.C.**



**(Right) The local community and Marines from Marine Corps Air Station Cherry Point paint the red stripes onto the flag at the Havelock City Park Saturday in Havelock, N.C. The flag painting was vandalized March of this year, and those who attended the event came together to restore the flag to its original state.**



**Cpl. Francisco Rodriguez Hernandez Jr., noncommissioned officer in charge of barracks managers for Marine Aircraft Group 14, helps paint the red stripes on the flag at the Havelock City Park Saturday in Havelock, N.C.**



**A member of the local community shows true patriotism by lending a helping hand in restoring a flag painting at the Havelock City Park Saturday in Havelock, N.C.**

**LANCE CPL. STEPHEN T. STEWART  
MCAS CHERRY POINT**

**HAVELOCK, N.C.** – In March of this year, a painting of the American Flag, located on the stage at the Havelock City Park, N.C., was destroyed by vandals.

The painting had stood as a symbol of pride and patriotism to the community for more than 20 years.

With the Havelock Community Band playing patriotic songs in the background, local community members and Marines from Marine Corps Air Station Cherry Point joined forces Saturday to restore the painting to its original state.

After the flag is repainted, it will once again stand as a landmark for the local community said Jeff Crane, the event coordinator for the restoration. "I believe we live in the highest flying town in the whole U.S."

The Marines' help with the restoration was an example of the support the community and the Marine Corps show

for one another, said Crane.

"I am thankful for the Marines here to help us," said Audrey Bell, Crane's wife. "I believe they are full of love and compassion for God and country."

Unknown vandals covered the original painting of the flag in graffiti, and more than 20 Marines, along with members of the local community, joined in the repainting of the Stars and Stripes.

"I think it's good to help support the local community," said Lance Cpl. Logan J. Gonzalez, a crewmaster with Marine Aerial Refueler Transport Squadron 252. "The moment I found out they needed volunteers, I knew I was going to help."

After the final brush stroke, those present joined to sing as the community band played "God Bless America".

"It was a tragedy that this flag was destroyed, but thanks to the community and the Marines volunteering, it is back to its original state," said Crane.



**LANCE CPL. STEPHEN T. STEWART**

**The newly restored flag painting dries at the Havelock City Park Saturday in Havelock, N.C. The flag painting was vandalized in March of this year, and Marines from Marine Corps Air Station Cherry Point and members of the local community came together to restore the flag to its original state.**

# *Marines with 26th MEU make way to commemorate Battle of New Orleans*



LANCE CPL. SCOTT L. TOMASZYCKI

Marines pass by moored aircraft carriers as the USS Wasp departs to sea from Naval Station Norfolk, Va., April 10. Starting this April and continuing through 2015, the Navy, Marine Corps and Coast Guard will commemorate the War of 1812 and the Star Spangled Banner. The celebration will commemorate the rich naval history and showcase the capabilities of today's Navy-Marine Corps Team.

## CHAPLAIN from page A2

men brutally killed and buried him, he can conquer anything ... even my fears and your fears!

In the Christian Easter story, the women stand at his tomb and "suddenly the earth reeled and rocked under their feet as God's angel came down from heaven, came right up to where they were standing. He rolled back the stone and then sat on it ... The guards at the tomb were scared to death. They were so frightened, they could not move. The angel spoke to the women: 'There is nothing to fear here.'" Why? Because as the angel said to the women, "He is not here, he is risen, he is going on ahead of you into Galilee." When I read those words, I can visualize the guards whose fear actually froze them in place! Fear can do that to a person.

Fear can stop us in our tracks. I can also visualize the women who are not frozen in fear. They, for the first time in three days of mourning for Jesus, have a fresh hope for the future. Faith is like that. Faith helps us step forward from frozen fear to those baby steps of knowing that God is walking with us. Jesus promised, "I will be with you, day after day after day, right up to the end of the age." I can also visualize Jesus walking ahead of me into Galilee or whatever place I live. What does that mean for me? It means I don't have to live in fear any longer. I know that God walks with me and walks ahead of me. God has my back, my side, and my future. Do we need to live in fear? No way! God is with us!

## DMO from page A1

"If the Marines and Sailors follow these steps and stay in close contact with us their move will be quick and painless," said Lovegrove. "Marines shouldn't be afraid to ask questions when they are here. We are here to help them and we can make everything that much easier."

For more information or answers to questions about moving contact the MCAS Cherry Point DMO office at 466-2345 or refer to MARADMIN 178/12.

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## BORDER from page A1

ment and 400 feet of road improvement.

"Personally I think it was great to be able to do some work within our job field," said Pfc. Jared Follansbee, a combat engineer with MWSS-271. "For those of us, like me, who haven't had the chance to work much with concrete, this was a great opportunity to get some good training time."

The joint task force provided the Marines with state-of-the-art contracted engineering equipment, required training and complete maintenance support throughout the project.

"In my opinion, this has been an excellent learning experience for all of the heavy equipment operators, myself included," said Cpl. Steven Moore, a heavy equipment operator with MWSS-271. "Many of the heavy equipment Marines here haven't had prior working experiences outside of the day-to-day operations on Cherry Point, so their time spent here is invaluable. Plus we got the chance to get hours on civilian gear, which will benefit any of us who choose to find jobs within this field once we leave the Marine Corps."

In contrast with most military engineering projects executed in support of combat operations, the Marines executed their mission using U.S. Army Corps of Engineers approved plans. An on-site professional engineer monitored the project and ensured compliance with established civilian road construction standards.

"The MWSS-271 engineer company has done an exceptional job for the U.S. Army Corps of Engineers in completing a tactical infrastructure project for the U.S. Border Patrol. Their leadership, hard work and dedication ensured a successful project," said Bobby Ruiz, corps of engineers inspector, and project manager for Michael Baker Jr., Inc.

The Marines also earned accolades from the Joint Task Force North engineer mission planner, Lt. Col. Eric F. Russell. "Chief Warrant Officer Marvin Klakken and the entire Marine engineer detachment from MWSS-271 have executed the best construction project that I have worked on in my 18 years in construction – setting the standard for quality construction and safety," he said.

In recognition of the Marines' successful mission – one completed without sustaining a single injury or accident – they were awarded the coveted Joint Task Force North Commander's Safety Award.

## JROTC from page A1

they go back home nothing has changed, but everything is different. I know that in my life I want to go do bigger and better things," said Wall.

Making the most of their stay at the air station, the cadets even ate at the mess hall and stayed at the station quonset huts.

# Harvest Hawk gives Marines added firepower



CPL. ISAAC LAMBERTH

**Capt. Jason Dale, left, of Crawfordville, Fla., and Capt. Joshua Mallow, of Versailles, Ky., KC-130J pilots with Marine Aerial Refueler Squadron 352, make final preparations for takeoff in a Harvest Hawk equipped Hercules at Kandahar Airfield, Afghanistan, March 26.** Staffed with officers who have experience conducting close-air support and equipped with Hellfire and Griffin missiles, the converted KC-130J is fully equipped for air-to-ground engagements.

**CPL. ISAAC LAMBERTH**

3RD MARINE AIRCRAFT WING (FWD)

**KANDAHAR AIRFIELD, Afghanistan** – A modified KC-130J flies over Afghanistan capable of unleashing a tremendous amount of firepower for the Marines it supports.

Equipped to fire Hellfire and Griffin missiles, the KC-130J equipped with the Harvest Hawk system provides close-air support for Marines conducting ground operations.

“We can give the commander on the ground peace of mind knowing he has these assets in the sky,” said Capt. Dusty Cook, a pilot for the Harvest Hawk equipped Hercules.

Cook, of East Bernard, Texas, said the aircraft has several elements that distinguish it from other CAS platforms, and have made it highly successful.

He explained that Hellfire and Griffin missiles are ready for every mission, guided by a sophisticated camera, which also scans for insurgent activity.

“When you put all these things together you get a very deadly system,” he said. “We give the ground commander more precision munitions than any other plane, next to a bomber. Helicopters and fighters [planes] are good, but they do not carry the number of missiles we do and cannot stay in the sky the amount of time we can.”

Cook said the aircraft’s extended flight time allows it to stay aloft long after other attack aircraft have left because of the need to refuel, giving ground forces precision fire power for extended periods of time.

Cpl. Tom Wicklow, a crew chief, said another key element to the success of the plane is the tremendous coordination between Marines on the ground and the crew in the air.

“We’re all in contact with what’s going on,” said Wick-

low of Morristown, N.J.

“When the guys on the ground call us, it’s put on the internal communication system so everyone can hear and understand what is going on.”

“When you hear those gunshots in the background and the Marines returning fire with the urgency in their voices, it really gets the blood pumping knowing that their lives depend on you,” Wicklow added.

When a commander on the ground needs air support, a joint terminal attack controller sends the request to the Direct Air Support Center, which then puts the JTAC in direct contact with the aircraft.

The pilots and Fire Control Officers of the KC-130J crew have served with ground units as JTACs and understand, firsthand, the need for efficient and accurate communication. This unique pairing adds a new dynamic to the battlefield.

Additionally, the FCOs who control the weapon systems on the plane have flown in other CAS platforms. They have been specifically selected because of their experience with AV-8B Harriers, F/A-18 Hornets or AH-1W Cobras.

Capt. Michael Wyrsch, an AV-8B Harrier pilot and an FCO for the Harvest Hawk system, explained that his ex-



CPL. ISAAC LAMBERTH

**Maj. John Pelzer (left), of Yorba Linda, Calif., and Capt. Michael Wyrsch, of Silver Spring, Md., fire control officers with Marine Aerial Refueler Squadron 352, scan video monitors for enemy activity aboard the Harvest Hawk March 26.**

periences as an attack pilot have been very beneficial.

“Giving close-air support helped me understand what the guys on the ground are looking for,” said Wyrsch, of Silver Spring, Md.

Cook said the Harvest Hawk equipped bird can still perform the duties of a regular KC-130J, such as battlefield illumination and tanking, however, its primary mission is to support ground forces with the aircraft’s sensor and deadly weapons.

# Red Patchers support aerial travel in Helmand province



**SGT. MICHELE L. WATSON**

1ST MARINE LOGISTICS GROUP (FWD)

**NOW ZAD, Afghanistan** – In the Battle of Guadalcanal during World War II, infantry Marines and the shore party got mixed up after the initial landings on the beach. As gear and supplies were offloaded to support the assault, the shore party was unable to effectively direct the distribution of the cargo because they could not be distinguished in the swarm of Marines on the beach. To mitigate the confusion, the shore party began wearing a red patch on their trousers and covers to identify themselves.

Although the core concept of their job remains the same, today's shore party Marines are known as landing support specialists, and the red patch insignia is still proudly worn. While there are no beaches to assault in Afghanistan, LS Marines stay busy conducting several other missions associated with "Red Patchers." Chief among those tasks include organizing the travel of passengers and cargo throughout Helmand province.

"I love the term Red Patchers," said Lance Cpl. Brent Wars, a landing support specialist with Combat Logistics Battalion 4, 1st Marine Logistics Group (Forward). "It is the one thing that separates us from all other Marines. It's kind of a pride thing."

Wars, 20, a Groveton, Texas native, runs the Arrival/Delivery Airfield Control Group at Forward Operating Base Now Zad. Working in a noncommissioned officer's billet, Wars is responsible for the entire A/DACG's operation as well as two other landing support Marines who manage and organize every flight that comes to the FOB.

"We are all capable of accomplishing the mission at hand," said Wars. "But I am ultimately responsible for ensuring that the job gets done." The landing zone at FOB Now Zad can support numerous types of Marine Corps aircraft including MV-22 Ospreys, CH-53E Super Stallions, and UH-1 Hueys as well as some U.S. Army, civilian and British helicopters. The three Marines manage anywhere from 20 to 40 incoming and outgoing flights per week.

"Our job is to facilitate and manifest the aerial travel of 'PAX' and cargo here at Now Zad," said Lance Cpl. Justin MacRae, landing support specialist, CLB-4, 1st MLG (Fwd).

During World War II, infantry Marines and LS

Lance Cpl. Justin MacRae, landing support specialist, Combat Logistics Battalion 4, 1st Marine Logistics Group (Forward), uses white smoke to guide a Bell 214 helicopter to the landing zone at Forward Operating Base Now Zad, Afghanistan, April 9. Being out there and seeing how his job affects people is really cool, said MacRae, 19, a Las Vegas native.

Marines worked together during beach assaults by providing security and directing the distribution of supplies. This tradition continues today at Now Zad. Security for the landing zone is provided by infantrymen with 2nd Battalion, 5th Marines, Regimental Combat Team 6, while the landing support Marines are responsible for identifying the landing zone.

When an aircraft approaches the landing zone, Wars or MacRae employ smoke grenades so the pilots can gauge the wind and determine the exact point to land.

Once the bird touches down, the Red Patchers speak with the aircraft's crew chief to exchange information about the arrival and departure of passengers and cargo.

An aircraft idling in a landing zone can be extremely dangerous, and it is the LS Marines' responsibility to ensure personnel are escorted safely to and from the aircraft. Passengers arriving at the landing zone are led to a safe area to await transport to the FOB. Once all arriving personnel have been moved to safety, the LS Marines escort any departing passengers to the waiting aircraft.

"Since we're the guys on the ground ... we get to meet a lot of people," said MacRae, 19, a native of Las Vegas.

Whether it's day or night, the landing support Marines are out at the landing zone directing incoming aircraft.

"One of the coolest sites to see is the Ospreys when they land at night," said MacRae.

After the aircraft takes off, the arrivals are loaded up into trucks for a short drive to the FOB.

Though the location may be a small dot on a map to some, MacRae said he loves what he does.

"I have wanted to join the Marine Corps since I was a little kid and deploying to a combat zone was another big goal that I had," said MacRae. "Being out here and seeing how my job affects people is really cool."

Wars agrees that regardless of where they do their job, this is where he wants to be.

"Ever since I joined I have wanted to deploy," said Wars. "I'm happy to be here and have the opportunity to serve my country."

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

**Race:** STP 400  
**Where:** Kansas Speedway  
**When:** Sunday, 12:30 p.m. (ET)  
**TV:** FOX  
**2011 Winner:** Brad Keselowski (right)

**NATIONWIDE SERIES**

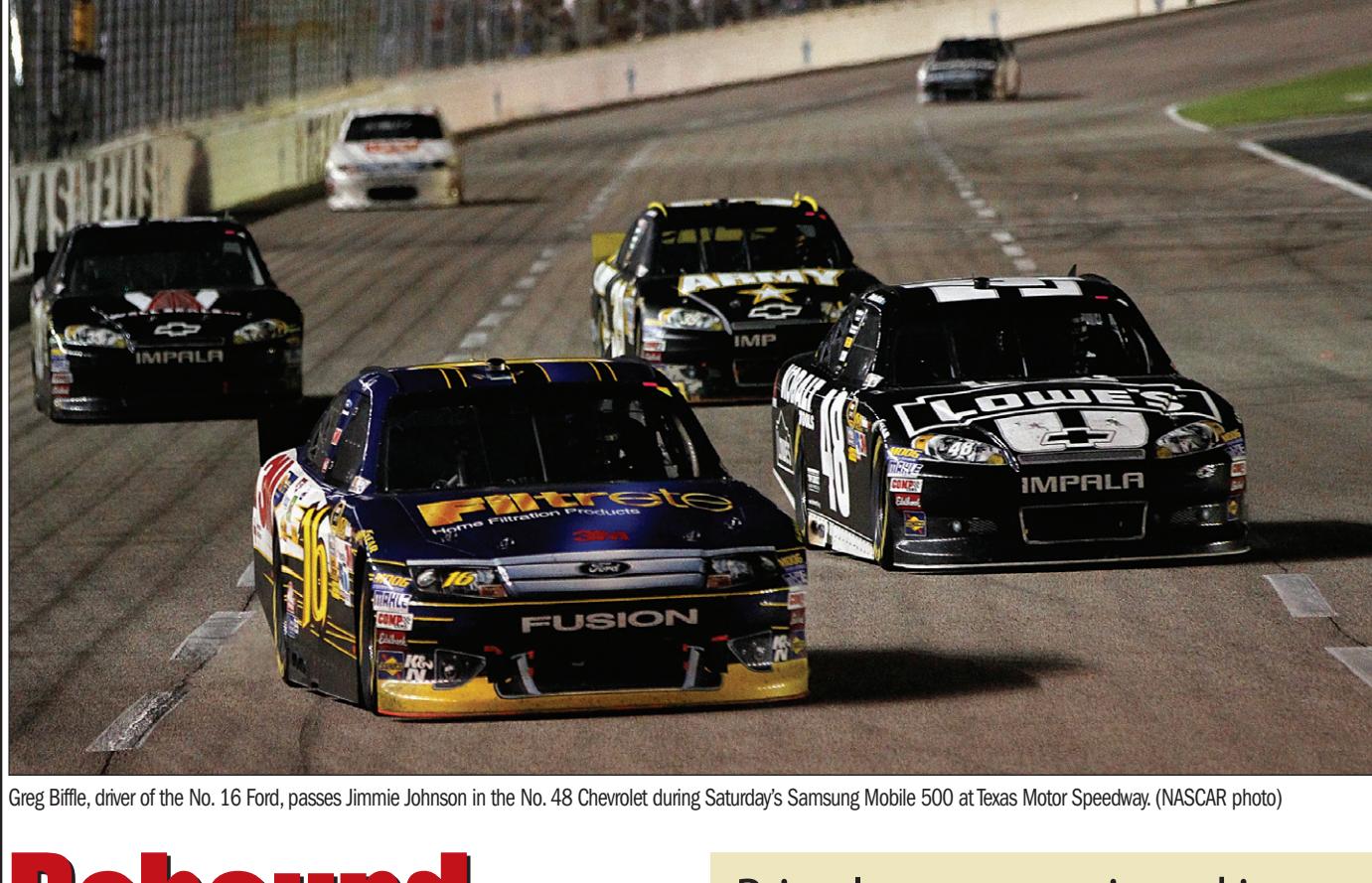
**Race:** NASCAR Nationwide Series 250  
**Where:** Richmond International Raceway  
**When:** April 27, 7:00 p.m. (ET)  
**TV:** ESPN2  
**2011 Winner:** Denny Hamlin

**CAMPING WORLD TRUCKS**

**Race:** SFP 250  
**Where:** Kansas Speedway  
**When:** Saturday, 1:30 p.m. (ET)  
**TV:** SPEED  
**2011 Winner:** Clint Bowyer

# NASCAR INSIDER

By RICK MINTER / Universal Uclick



Greg Biffle, driver of the No. 16 Ford, passes Jimmie Johnson in the No. 48 Chevrolet during Saturday's Samsung Mobile 500 at Texas Motor Speedway. (NASCAR photo)

# Rebound

## Biffle: 'This year is my year'

**G**reg Biffle's rebound appears to be for real. The veteran driver, who hasn't performed up to expectations in recent seasons, broke a 49-race losing streak on Saturday at Texas Motor Speedway, and has led the Cup points standings since the third race of the season, at Las Vegas.

In the eyes of many observers, Biffle's victory validated his position atop the points standings. For others, it raised the possibility, although it's still very early in the season, that he could become the first driver ever to win a championship in all three of NASCAR's elite divisions – Camping World Trucks, Nationwide and Cup. Biffle won the truck title in 2000 and the Nationwide crown two years later.

But as Biffle pointed out in his winner's interview at Texas, where he defeated five-time Cup champion Jimmie Johnson in a late-race duel, the higher a driver advances up the NASCAR ladder, the more difficult it is to win races and championships.

"When I moved from the truck series to Nationwide, it was a huge step," Biffle said. "It was much, much harder. And when I moved from the Nationwide to the Cup Series, I had no idea that the competition was going to be what it was."

"I knew it was going to be hard. But man, it's tough, and there are a lot of great drivers in this sport and a lot of good equipment ... But this year is my year, so I'm going to keep after it all the way to Homestead."

Biffle has come close in the past. In 2005, he led the Cup circuit in race victories with six, and tied his Roush Fenway Racing teammate Carl Edwards for second in the championship standings, 35 points behind winner Tony Stewart.

He was third in 2008, but the next three seasons saw him win just two races – at Pocono and Kansas in 2010 – and finish outside the top five in points.

Midway through last year, Biffle's team got a new crew chief as Matt Puccia replaced Greg Erwin. The results began to change almost immediately.

Like Biffle, Puccia's career has seen him make stops in all three NASCAR divisions, and like Biffle, he's a longtime member of Jack Roush's race team. Saturday's victory at Texas was his first in the elite Cup series.

"Jack gave me this opportunity in the Truck Series and I got my first win with Roush in 2008 with Erik Darnell," Puccia said. "It's been a great progression with the company."

Also like Biffle, he's looking forward to the upcoming stretch of races on the schedule.

"We've got some good race tracks coming," he said. "We've got Kansas and Richmond and Talladega and Darlington, and as we look ahead there's not one race I can't say we can't go and run good and be in contention to win every week."

"So we're looking forward to getting going the next part of this little stint here."

## Bristol owner cautioned in addressing attendance woes

Speedway Motorsports Chairman and Bristol Motor Speedway owner Bruton Smith is trying to put the action genie back in the bottle at Bristol, but several drivers are saying "not so fast" to his plans to somehow alter the track in an attempt to bring back the beating and banging that fans say they miss.

The recent Food City 500 played out before a 160,000-seat grandstand that was barely half full, setting off a debate over the drop-off from years of consecutive sellouts.

Some say the surface, reconfigured in 2007, eliminated the one-groove racing that led to the large use of bump-and-run tactics, and fans don't like the side-by-side racing that ensued.

Others say the slumping economy, coupled with the high cost of attending races, is to blame.

Jeff Gordon is among those urging Smith to proceed with caution.

"I think you have to be very, very careful," Gordon said in his weekly press conference, at Texas Motor Speedway, adding that the track's issues might be more related to the Car of Tomorrow than the racing surface. He said that with the new car, bump-and-run at Bristol might not be practical.

"This car punches a big hole in the air, and I'm not so sure we'd be able to get to the guy's rear bumper," he said. "We might see more single-file racing."

Gordon said he polled his Twitter followers, and a majority of them said the racing surface wasn't a big issue.

"My Twitter poll was that gas prices and hotel prices and the economy are the biggest reason why people are saving their money to come to the night race there, and not able to travel as much as they used to and be able to incur some of the expenses that they used to," he said. "They're going to save up for a Saturday night race."



Dale Earnhardt Jr., driver of the No. 88 Chevrolet, races Matt Kenseth, driver of the No. 17 Ford, at Bristol Motor Speedway on March 18. (NASCAR photo)

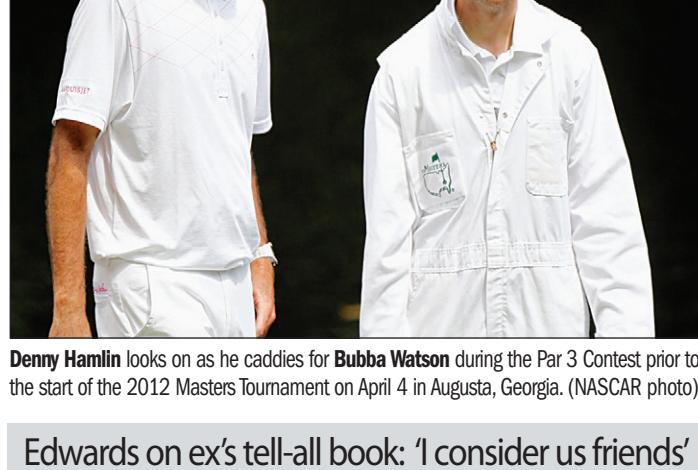
## As caddy, Hamlin gets taste of Masters golf tournament

Denny Hamlin went from being one of the stars of one sport to being a fan of another athlete during last week's Masters golf tournament in Augusta, Ga.

His friend and fellow "Dukes of Hazzard" enthusiast Bubba Watson had Hamlin caddy for him during a preliminary event at Augusta, then went out and scored a dramatic win in the prestigious golf classic.

"Of course that trick shot I taught him on Wednesday paid off on Sunday," Hamlin joked in reference to the hook shot that Watson launched from the woods that put his ball within easy reach of the cup during the second hole of a sudden-death playoff. "It's just one of those things where it was an amazing accomplishment for him and his family." Hamlin said that he and Watson hit it off from the first time they met, on a golf course in Phoenix in 2010.

"We're both lefties," he said. "We both obviously like racing. I grew up loving 'The Dukes of Hazzard,' and he obviously does as well. I don't know what it is about our personalities, but we seem to get along. It was right from the 'get go.' And he admits pulling hard for his friend in the closing round of the Masters. "I was just generally nervous for him on Sunday," Hamlin said. "I'm nervous because it's my friend and you hope that the guy does well. It's just a great feeling. I felt like I won it myself."



Denny Hamlin looks on as he caddies for Bubba Watson during the Par 3 Contest prior to the start of the 2012 Masters Tournament on April 4 in Augusta, Georgia. (NASCAR photo)

### Edwards on ex's tell-all book: 'I consider us friends'

Carl Edwards took the high road when asked at Texas Motor Speedway about his portrayal as controlling and self-centered in an autobiography by his former girlfriend, Amanda Beard.

Edwards, now married to another woman and the father of two children, said he really didn't know what to make of Beard's opinions.

"I guess all I can say is that I

considered us friends and I didn't realize that she had all those problems," he said. "I would have done anything in the world to have helped her with those. As always, regardless of what she writes in her books and things like that, if she ever needs something from me, I would be there to help her out. I don't know what else to say about that."

### SPRINT CUP POINTS

#### 1. Greg Biffle

273; Leader

#### 2. Matt Kenseth

254; behind -19

#### 3. Dale Earnhardt Jr.

254; behind -19

#### 4. Martin Truex Jr.

253; behind -20

#### 5. Kevin Harvick

249; behind -24

#### 6. Denny Hamlin

242; behind -31

#### 7. Tony Stewart

234; behind -39

#### 8. Jimmie Johnson

233; behind -40

#### 9. Ryan Newman

225; behind -48

#### 10. Clint Bowyer

219; behind -54

## NUMERICALLY SPEAKING

**7** Cup victories at Kansas by Chevrolet tops all manufacturers

**5** Fewest laps led by a Sprint Cup winner at Kansas Speedway (by Tony Stewart in 2006)

**14** Sprint Cup drivers who have run all seven races this season but have fewer points than Mark Martin, who has run just five

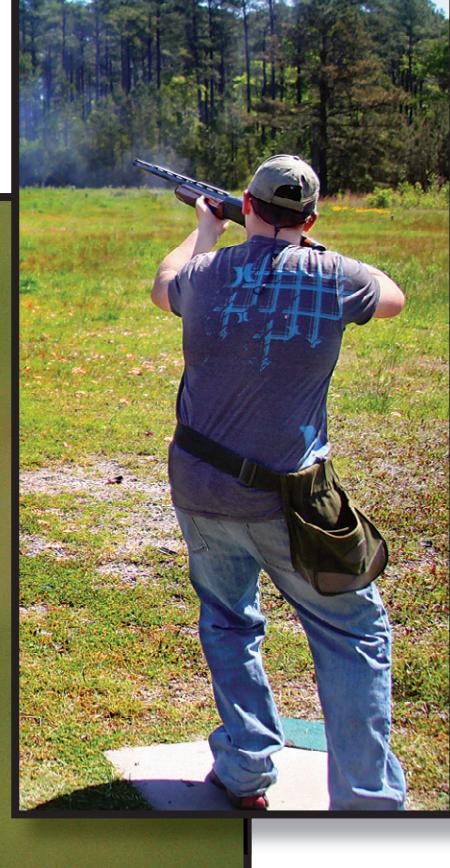
**1** Top-five finishes by Clint Bowyer, the fewest of any driver in the top 10 in Sprint Cup points

# Life&Times

Facebook.com/MCASCherryPoint

April 19, 2012

## 'SMOKING GUN'



Photos by  
Lance Cpl.  
Cory D.  
Polom

(Above) Smoke fumes from the shell chamber of Bobby Caldwell's shotgun after he fired at a clay pigeon during a Marine Corps Air Station Cherry Point Skeet Club Spring Family Fun Shoot at the air station shotgun range Saturday.  
(Top Right) Aaron Caldwell fires at a clay pigeon during the Family Fun Shoot.

## Competition fast, friendly at station biannual skeet shoot

*'This event provides a good chance for all club members and their families to come together and build camaraderie in the organization.'*

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

Clay pigeons were flying as more than 50 Marine Corps Air Station Cherry Point Skeet Club members and their families attended the Spring Family Fun Skeet Shoot at the air station shotgun range Saturday.

The club hosts the biannual competition to boost morale, spirits and membership, said David L. Buland, club president.

"We are constantly looking to introduce active duty Marines and Sailors to the shooting sports," he added.

The all-day event, centered on a shooting competition, tested shooters' aim, anticipation and ability to

make quick shot adjustments. Competition organizers allotted each competitor 50 shells, with the winner determined by how many clay pigeons the shooters took down.

Long time club member Jerry Weaver, took the tournament by downing 44 clay pigeons, beating out 38 other competitors.

After the tournament, shooters and their families were able to focus less on aim and more on amusement during a fun shoot, which was followed up by a free buffet barbecue to top off the day's festivities.

"This event provides a good chance for all club members and their families to come together and build camaraderie in the organiza-

tion," said Jared M. Sberal, an active duty Marine and member of the skeet club.

"This promotes the club and benefits all in attendance."

The club has grown a lot over the last few years with membership now exceeding 250 members, growing much like the sport itself, said Buland.

"We are proud to say we have had some great participation from all our members both old and new," said Buland.

If interested in becoming a member of the Cherry Point Skeet Club or to schedule a group function with the skeet club, call 617-267-2678 or email labman1@live.com.



Jerry Weaver fires at a clay pigeon during the Family Fun Shoot Saturday. Weaver was the winner of the tournament with a final score of 44 targets out of 50, topping 38 other competitors.

# 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 19**

**Lunch** - Cream of broccoli soup, Jamaican jerk chicken, Creole macaroni, cilantro rice, succotash, balsamic roasted potatoes,

**Dinner** - Chicken and orzo soup, pork scallopini with herbed tomato sauce, baked stuffed shells, rice pilaf, marinara sauce, stewed chick peas with zucchini, mixed vegetables

**Friday April 20**

**Lunch** - New England clam chowder, maple glazed salmon, turkey pot pie with baking powder biscuits, long grain and wild rice, green beans, cauliflower polonaise, **Dinner** - Turkey vegetable soup, mambo pork roast, lasagna, candied sweet potatoes, marinara sauce, steamed broccoli, Mexican corn

**Saturday April 21**

**Lunch** - Beef Barley and onion soup, vegetable and black bean enchiladas, chicken and broccoli casserole, confetti rice, Spanish style beans, steamed vegetable medley, **Dinner** - Cream of chicken soup, java molasses pork loin, Swiss steak with mushroom gravy, lyonnaise potatoes, buttered egg noodles, stewed tomatoes peas

**Sunday April 22**

**Lunch** - Vegetable beef supreme soup, baked citrus herb crusted fish, fried chicken, brown rice pilaf, red bliss mashed potatoes, cream gravy, green bean casserole corn, **Dinner** - Turkey noodle soup, creamy Cajun shrimp penne, meat loaf, roasted garlic mashed potatoes, brown gravy, Louisiana style smothered squash, okra melange

**Monday April 23**

**Lunch** - Beef short ribs, chicken and vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots, minestrone soup, **Dinner** - Braised pork chops, turkey meatloaf, buttered egg noodle, islander's rice, lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

**Tuesday April 24**

**Lunch** - Salmon with tomato cucumber relish, chicken fried chicken, rice pilaf, mashed potatoes, sausage gravy, succotash, southern style greens, cream of potato soup, **Dinner** - Roast beef, baked ziti with Italian sausage, parsley buttered potatoes, peas, vegetable stir fry, toasted garlic bread, Navy bean soup, horseradish sauce

**Wednesday April 25**

**Lunch** - Santa Fe glazed chicken, baked smoked chicken, Southwest orzo pasta, whipped sweet potatoes, corn on the cob, simmered mustard greens, raisin sauce, chunky beef noodle soup, **Dinner** - Swedish meatballs, spicy shrimp with cheesy grits, rice pilaf, French fried cauliflower, French cut green beans, brown gravy, chicken noodle soup



**Movie Hotline: 466-3884**

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

**NOW SHOWING**

**Thursday, April 19**

6:00pm - A Thousand Words PG 13

**Friday, April 20**

5:00pm - Dr. Suess' the Lorax PG

7:00pm - A Thousand Words PG 13

9:00pm - The Vow PG 13

**Saturday, April 21**

2:00pm - Dr. Suess' the Lorax PG

4:00pm - A Thousand Words PG 13

6:00pm - The Vow PG 13

**Sunday, April 22**

2:00pm - Dr. Suess' the Lorax PG

4:15pm - The Vow PG 13

**Tuesday, April 24**

6:00pm - Winnie The Pooh G

**Wednesday, April 25**

6:00pm - The Vow PG 13

## MOVIE SYNOPSIS

**A Thousand Words** - Starring: Eddie Murphy, Kerry Washington, Cliff Curtis. Jack McCall is a fast-talking literary agent who can close any deal, any time, Piglet, Kanga, Roo, and Eeyore -- on a wild quest to save Christopher Robin from an imaginary culprit. It turns out to be a very busy day for a bear who simply set out to find some honey.

Movies are subject to change without notice



# May 4 - 6

TICKETS AVAILABLE FOR SALE AT THE MCX, TROOP STORE, MARINE MART & CONVENIENCE STORES

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Friday Night / Saturday & Sunday Shows:

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\$17 (Day of Show)

### Afterburner Chalet:

An exclusive chalet which includes outside & shaded seating, lunch and 3 beverages. Ticket prices are for ages 3 & up.

\$45 - Friday Night; \$55 (Day of Show)

\$55 - Saturday; \$75 (Day of Show)

\$45 - Sunday; \$55 (Day of Show)

For information on Box Seating and the Goulian Experience, please visit the website at [cherrypointairshow.com](http://cherrypointairshow.com)



## Medical appointment no-show statistics

**Laurie A. Varner**

MCAS CHERRY POINT NAVAL HEALTH CLINIC

Did you know that patients failing to show up for medical appointments affects your access to medical care at the Naval Health Clinic? An appointment no-show occurs when a patient misses their scheduled appointment and does not call the facility prior to the appointment time to cancel. In the month of March, there were 10,582 scheduled medical appointments for our beneficiaries at the clinic. Of those appointments, 628 patients did not show for their scheduled appointments.

An appointment no-show affects us all, particularly:

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

It is imperative patients arrive on time and complete medical appointments they schedule. At the clinic, we realize things happen! If you cannot make your appointment, simply call the facility and cancel the appointment in advance so another patient is afforded the opportunity to use that appointment time. Don't let your neighbor down by limiting access to needed healthcare!

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

## Conquering chronic pain

**MARK UNDERWOOD**

QUINCY BIOSCIENCE

Battling the discomfort of chronic pain can be an enormous problem for people living with this ongoing health problem. Pain that is chronic can last anywhere from a few months to years and can range from intermittent discomfort like headaches to excruciating back pain. Chronic pain is one of the leading causes of lost productivity in the U.S. work force. The U.S. Department of Labor statistics indicate that over 50 million days of work

are lost due to chronic pain. Chronic pain can play havoc with your quality of life. You may have great difficulty sleeping, and during the day you may experience mood swings, irritability and have difficulty concentrating on reading the newspaper. Everything seems to bother you. The pain that regularly creeps into your shoulders, neck or back may put damper on your social life. You may feel more like staying home with an ice pack on your sore joints than going out with friends and joining in lighthearted conversation.

### How does chronic pain get started?

Often the true origins of chronic pain are not understood which means treatment can be difficult. Think of your body as having a series of internal pathways that move messages back and forth to the brain. Pain starts in receptor nerve cells beneath the skin and in the body's organs. If you have an injury, illness or other painful condition, the receptor cells send messages that something is wrong along nerve pathways to the spinal cord and then deliver these messages to the brain. One of the most significant health problems in the U.S. is back pain. The Centers for Disease Control says 70-85 percent of people in the U.S. will experience the ill effects of back pain at least once in their life. But there is hope, with guidance from your health care team and knowledge and education about new health-related options, chronic pain sufferers are finding needed relief from many resources.

Look at the big picture. One of the best things chronic pain sufferers can do for themselves is to change their attitude. If you reframe your belief that you can do something to control your pain, your positive attitude may be able to ease the burden of living in continual misery. The best football players often talk about seeing the whole field. Good personal health management is similar. Successful treatment of chronic pain means being open to variety of causation; what may be one symptom, such as a headache, could have multiple causes. Recent research has linked chronic pain with powerful memories lodged in the part of brain that specializes in emotional intelligence and learning. The memories aggravate that part of brain like a wound that won't heal. Just as your physical health is key to wellbeing, your brain health may matter more.

Stress is also a common underlying cause of pain that may develop as seemingly unrelated physical symptoms. Seeing the whole board for chronic pain sufferers means being open and ready to evaluate your current health with a detective's gaze.

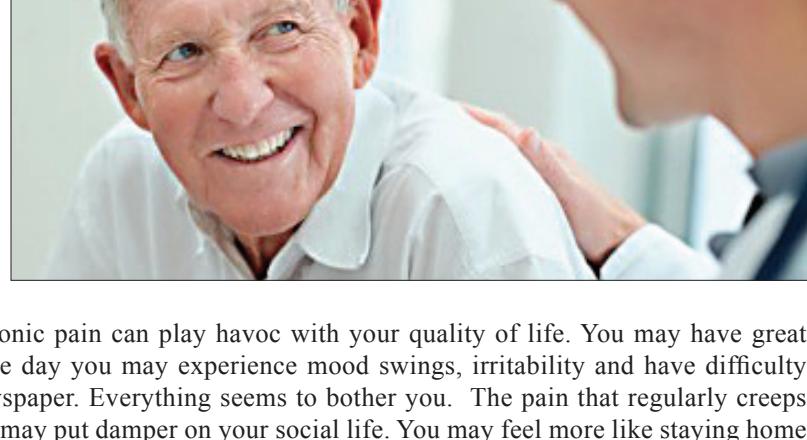
### Create a pain management plan

In addition to utilizing a traditional approach to pain management, you may want to include various therapies such as acupuncture, massage and other appropriate therapies.

### Look for clues

What time of day does the pain occur most often? Are there other patterns with your chronic pain? Do you eat well and exercise? Are there other things going on in your life that could be causing stress and adding to your pain?

Understand how these clues may fit into larger picture of your overall well being. While there may not be a definitive cure for your pain, there are many effective and safe types of therapies designed to help you feel better.



# THE LOCAL BUZZ

## Announcements

► Indicates new announcement

### National Park Week Free Admission

The National Park Service and the National Park Foundation invite people everywhere to enjoy, explore, learn, share and give back to America's nearly 400 national parks during National Park Week April 21-29.

National parks will mark the annual celebration with special events and activities including Volunteer Day April 21, Earth Day April 22, and Junior Ranger Day April 28.

Park visitors can plan their National Park Week and find information about events, special activities for visitors of all ages and how to support the parks at <http://www.nationalparkweek.org>.

### ► Armed Services Program Blood Drive

The Marine Corps Air Station Naval Health Clinic will sponsor an Armed Services Program blood drive Tuesday.

The drive will run in the parking lot of the clinic from 8:30 a.m. - 1:30 p.m.

Volunteers are welcome to come out and donate to give the gift of life.

For more information, contact the Naval Health Clinic at 466-0367.

### ► Annual Havelock Salute to Veterans

The Havelock Chamber of Commerce and the Havelock Military Affairs Committee will hold their annual Salute to Veterans May 8.

The average annual attendance for this event is more than 450 veterans and their families.

The event includes military appreciation programs, for all wars and all military branches, dinner, traditional cake cutting, silent auctions and entertainment.

Free tickets are now available to veterans and active duty military.

For more information, call Vanessa W. Lawrence at 447-1101.

### ► Discover artist community around Weaverville

Celebrate spring in the mountains and discover the thriving artist community in and around Weaverville, N.C., during the Weaverville Art Safari May 12-13.

The event is free and features more than 40 artists of national and regional acclaim.

On Saturday and Sunday from 10 a.m. - 6 p.m. the artists will open their studios to the public for a glimpse of their

creative processes.

A preview party at Reems Creek Golf Club May 11 marks the beginning of the event.

Event tickets are \$10.

For more information, visit <http://www.weavervilleartsafari.com>.

### Native Plant Festival

The North Carolina Coastal Federation will host a free native plant festival April 27.

The event will be full of native plants, flowers, shrubs and trees. The event will be held at the North Carolina Coastal Federation building in Newport from 3-7 p.m.

For more information, contact 393-8185.

### 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 at 639-2907 or by email at [freitast@newbern-nc.org](mailto:freitast@newbern-nc.org).

### 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>.

### 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>.

### 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.

## 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.

## Be aware of suspicious surveillance activity

- Anyone recording or monitoring activities

- Taking notes, detailed drawings, etc.

- Will attempt to enter the facility using ruses: false ID's / false work papers / fake cover-for-status stories; E.G. FedEx, UPS.

- Using cameras, cell phones, iPods, etc.

- Road maps, geographic diagrams, etc.

- Binoculars, spotting scopes, etc.

## 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

### LAIRD'S 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</h3