

The Windsock



MARINE AVIATION
CENTENNIAL

Celebrating 100 Years of Marine Aviation

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Theme show contest
winner etches name
in history, celebrates
heritage of service

CPL. SANTIAGO G. COLON JR.

MCAS CHERRY POINT

@USMC_SANTCOLON

Tradition runs deep in Paul Ringheiser III's family.

Like his father Paul Ringheiser Jr. and his grandfather Paul Ringheiser Sr., he has served his country and his community in the military and as a firefighter.

Paul III's strong sense of tradition helped him win the theme contest for the 2012 Marine Corps Air Station Cherry Point "Celebrate the Heritage" Air Show.

"This is a heritage if you really look at it," he said about the anniversaries of Marine aviation and Cherry Point, both of which the theme was supposed to reflect.

With their rich family heritage woven in their service to their community and their country, the theme for the air show came easily to Paul III.

"Celebrate the heritage just made sense," he said. "Our heritage runs deep in military aviation. Not just from my father's service but from my grandfather's too."

Thousands of people from all

See RINGHEISER page A9

Legacy lives on



LANCE CPL. SCOTT L. TOMASZYCKI

An F4U Corsair flies in formation with an AV-8B Harrier during the 2012 Marine Corps Air Station Cherry Point "Celebrate the Heritage" Air show, Friday, showcasing where Marine aviation has been and where it is now. See Page A6-A7 for photos from the air show.

A skydiver is born every tandem



Marines assist Blue Angels, follow their dreams

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

FOLLOW @ACLEOPATRAUSMC

Marine Aerial Refueler Transport Squadron 252 Marines lent a hand to assist the Blue Angels crew members with the preparation of their KC-130T Hercules, ensuring the demo team's success during the 2012 Marine Corps Air Station Cherry Point "Celebrate the Heritage" Air Show.

"We have a tie with the Blue Angels," said Master Sgt. Raphael D. Leingang, the VMGR-252 maintenance control chief. "Several current and former members of this squadron were Blue Angels. So we made sure that we supported them in every way possible during the show."

The Blue Angels is a naval aviation demonstration team established in the 1940s to raise the public's interest in naval aviation and boost morale. The team is comprised of service members from almost every echelon of Navy and Marine Corps ranks.

"Most people don't even know Marines fly airplanes," said Capt. Aaron J. Harrell, a Blue Angels team member and KC-130 pilot.

The Blue Angels crew consists of approximately 111 Sailors and 17 Marines.

"Working with the Blue Angels is an amazing experience," Harrell said. "A lot of the sailors on the team have never worked with Marines or a C-130 crew before, now they have the chance to help show the world the capabilities that we possess."

Harrell, who joined the Blue Angels November 2011, said his responsibilities include working with air traffic control personnel to resolve air space issues and piloting the team's C-130s.

"There a lot of Marines on the team, so we share duties and job responsibilities," said Harrell. "It's cool because we all have the opportunity to cross train and learn how to do different jobs."

During the air show the Blue Angels performed coupled with a KC-130T Hercules, affectionately known as "Ernie," and six F/A-18 Hornets. Ernie was a place holder performer for "Fat Albert," which was sidelined due to annual maintenance.

"We had a great show with no complications thanks to the VMGR-252 Marines that were on the ground supporting us," said Harrell.

VMGR-252 is the Corps' oldest continually ac-

See REFEULERS page A9

'Bulldogs' return from Afghanistan

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

FOLLOW @STSTEWARTUSMC

It was an exciting week for more than 180 Marines and Sailors of Marine Attack Squadron 223 as they returned to Cherry Point, from a 6-month deployment to Afghanistan.

After being delayed several hours due to a storm, the main portion of the squadron, more than 130 Marines and Sailors, returned in the early hours of May 6 to the squadron's hangar to impatient and enthusiastic families and friends.

The commanding officer and nine pilots flew 10 of the squadron's AV-8B Harriers home arriving May 7, followed later in the day by the final group of Marines and Sailors.

During the deployment, the squadron provided close-air support and aerial reconnaissance to Marines and Afghan and coalition partners in southwestern Afghanistan.

"The Marines worked great together as one unit," said Lt. Col. William R. Sauerland, executive officer of the squadron. "They did a remarkable job every single day, never failing a mission."

After a full high-tempo tour, the squadron turned over their mission to Marine Attack Squadron 211 from MCAS Yuma, Ariz.

What's Inside

Bulk Fuel	A3	African Lion	A10
Country Concert	A5	Mess Hall Menu	B2
Air Show	A6	The Local Buzz	B3

In This Edition:



SESAME STREET

ENTERTAINS

CHERRY POINT

See B1 for photos
and story



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

Chaplain's Corner : May Days

CMDR. CARL P. KOCH

MCAS CHERRY POINT

May 1 is an important day in many cultures in the Northern Hemisphere, and inaugurates a month filled with meaning for many traditions. Called Beltane in Ireland and Scotland, it is considered a "crossover day," a celestial spiritual day halfway between the equinox and the solstice, and filled with significance as one of the annual eight Pagan Shabbats. In Germany, it was called the festival of "Walpurgis Night," marking six months before All Hallows Eve, and celebrated with dancing and bonfires. It commemorates Saint Walpurga, an English missionary-woman to the Frankish Empire in the 8th century. Which one of us has no memory of running around the Maypole as children?



SGT. ANTHONY ORTIZ

Pfc. David Mancinelli, left, and Pfc. Malcolm Cambel, bulk fuel specialists with 8th Engineer Support Battalion, 2nd Marine Logistics Group, connect a fuel hose to an AV-8B Harrier during a training exercise at Marine Corps Auxiliary Landing Field Bogue, N.C., April 25.



SGT. ANTHONY ORTIZ

Marines with Bulk Fuel Company, 8th Engineer Support Battalion, 2nd Marine Logistics Group, drain a 20,000-gallon collapsible tank during a training exercise at Marine Corps Auxiliary Landing Field Bogue, N.C., April 23. The exercise was conducted by bulk fuel company, 8th ESB, to give Lejeune-based Marines a rare opportunity to work with aircraft to ensure they had the broadest skill level possible.

Bulk fuel specialists refuel knowledge

PFC. FRANKLIN MERCADO

2ND MARINE LOGISTICS GROUP

CAMP LEJEUNE, N.C. – Some military occupational specialties are organic to air craft assets and others to the ground forces of the Marine Corps, and some specialties are necessary to every detail of operations across the board.

The responsibilities of those jobs can vary depending on where a Marine, such as the job of a bulk fuel specialist, is stationed.

While stationed at Camp Lejeune, N.C., bulk fuel Marines with 8th Engineer Support Battalion, 2nd Marine Logistics Group specialize in refueling tactical vehicles. If these Marines were stationed aboard an air station, they would refuel aircraft.

The battalion wanted to ensure their Marines had the broadest skill level possible, and conducted an exercise to provide Lejeune-based bulk fuel specialists the opportunity to work with aircraft aboard Marine Corps Auxiliary Landing Field Bogue, N.C., April 23-27.

"I've been in seven years, and this is the first time I've ever worked with aircraft,"

said Sgt. Jonathon R. Ialongo, a bulk fuel specialist with 8th ESB.

The week-long exercise consisted of refueling two different types of aircrafts – the AV-8B Harrier and MV-22 Osprey.

It also included preparing pumps and hoses to run through 20,000-gallon collapsible tanks. Marines checked the tanks for any tears, rips or holes as they were being filled.

"The Marines learned how to check the containers for leaks or discrepancies," said Ialongo, a Millbrook, N.Y., native. "They need to know how to do it just as much as they need to know how to refuel vehicles. It's an important part of our job."

Staff Sgt. Ronnie Johnson, a platoon sergeant with bulk fuel company, said the Marines worked extremely hard to conquer the new mission.

"They came out here and got the job done," Johnson said. "They didn't complain, and I didn't have to double check anything. Everyone from the new Marines to the [non-commissioned officers] stepped up. They all did a tremendous job."



SGT. ANTHONY ORTIZ

Two AV-8B Harriers take off after being refueled by Marines with bulk fuel company, 8th Engineer Support Battalion, 2nd Marine Logistics Group, during an exercise at Marine Corps Auxiliary Landing Field Bogue, N.C., April 25. During the exercise, bulk fuel specialists participated in refueling exercises, equipment checks and periods of military education in order to refresh their skills in a field environment.



David Kroll, a country music artist, sings for more than 1,200 patrons who came to the 2012 Marine Corps Air Station Cherry Point Air Show Military Appreciation Concert hosted by FM 95.1 WRNS and Marine Corps Community Services at the MCAS Cherry Point flight line Saturday.

Country stars take backseat to air show, hold free concert

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

FOLLOW @CoryPolomUSMC

More than 1,200 air show patrons relaxed and enjoyed a free country music concert in the midst of the 2012 Marine Corps Air Station Cherry Point Air Show May 5.

The concert featured upcoming country star David Kroll, long time fan of MCAS Cherry Point Bill Gentry and Darryl Worley.

"Today isn't about us country stars," said concert headliner Darryl Worley. "I am happy to be here and glad for once we aren't the 'main eventers,' we are here to show our appreciation to the men and women of the armed forces. This weekend is about the heritage of the Marine Corps and its aviation community. I had a great opportunity to see an amazing show with the Blue Angles and other military aircraft flying through the skies of Cherry Point."

As the bands kicked-off their show, the people in attendance began, "Feeling the love

from these cowboys," as one Marine put it.

"It means a lot and shows a lot of respect to us military knowing these three country stars came here knowing we aren't all showing up just for their concert," said Sgt. Tanner J. Craig, a noncommissioned officer in charge with Marine Electronic Warfare Squadron 4. "We are here celebrating our proud heritage. This concert is just a bonus."

The country stars themed their performance around the trials and tribulations of military life, playing hit singles like "19" by Gentry and "The Little Soldier" by Kroll.

"I love '19' by Bill," said Craig. "I played football all through high school and enlisted in the Marines instead of playing in college. I can relate to the songs these guys sing and it means a lot."

Worley said he returned May 1 from Afghanistan, where he went to small posts and performed for groups of special forces military members.

"We enjoy visiting the troops," said Worley. "I love doing what I do and wouldn't be able to if not for these amazing people who defend our freedoms."

Kroll is the youngest of the performers in both age and experience, but brought a story he holds close to his heart. A story told to him from a military friend, and he used to help write one of his songs.

"A lot of country stars have at least one song about the military," said Kroll. "My song 'The Little Soldier' is about the ones serving at home, the wives and children of these great men and women. A spouse volunteers to enlist when they say 'I do,' and with each deployment runs the risk of losing their loved one. I just hope that my music can bring both these military members and their families some sense of hope and happiness."

The country stars performed their tracks and then signed some autographs after the show. Hundreds of fans sang and danced the

night away with, what seemed like, pride in their hearts and smiles on their faces.

"The air show takes away from the mundane routine of our life and throwing in a free country concert in there makes it all the better," said Craig.



Bill Gentry, a country star, performs at the 2012 Marine Corps Air Station Cherry Point Air Show Military Appreciation Concert Saturday.

Marines celebrate 100 years of aviation with Cherry Point community



Four U.S. Navy Blue Angels F/A-18 Hornets fly in a synchronized formation Sunday at the 2012 Cherry Point Air Show, "Celebrate the Heritage." The famous pilots performed their aerobatics as the finale for both day shows. (Photo by Sgt. Lisa R. Strickland)

JOINT PUBLIC AFFAIRS OFFICE
MCAS CHERRY POINT, N.C.

Marine Corps Air Station Cherry Point, N.C., completed clean up and re-opened the airfield at 10 a.m., Monday, concluding its tremendously successful 2012 "Celebrate the Heritage" Air Show.

Air station officials are pleased to announce there were no serious accidents or injuries during the show and all of the acts and performers returned safely to their home bases.

Initial estimates are that approximately 165,000 people attended this year's event to meet the Marines and Sailors of the 2nd Marine Aircraft Wing and MCAS Cherry Point. These service members epitomize the long-established, hallmark attributes of Marine Aviation: adaptable, agile and of one mind.

In addition to celebrating 100 years of Marine Aviation, this year's air show celebrated MCAS Cherry Point's longstanding relationship with our neighbors and our thanks to the local community for 70 years of unwavering support.

The Marines and Sailors of MCAS Cherry Point, in particular, sincerely appreciate the security and emergency services assistance provided by the City of Havelock, surrounding communities and the state of North Carolina -- tremendous contributions that made this air show possible.

"We are extremely proud to call the citizens of Eastern North Carolina our neighbors and friends, and were delighted that you set aside some time to visit our air station and learn about America's Force in Readiness," said Col. Philip J. Zimmerman, MCAS Cherry Point commanding officer.

With the MCAS Cherry Point Air Show back on a biennial schedule, the next air show will be scheduled for Spring of 2014.



CPL. GLEN E. SANTY
The Trojan Horsemen perform during the night show Saturday at the 2012 Marine Corps Air Station Cherry Point "Celebrate the Heritage" Air Show, which ran at MCAS Cherry Point May 4-6.



CPL. SANTIAGO G. COLON JR.
Thousands gather for the second day of the 2012 Cherry Point Air Show, Saturday, at Marine Corps Air Station Cherry Point, N.C. The air show, which ran May 4-6, is a celebration of the heritage surrounding 100 years of Marine aviation. The event was free and open to the public.



CPL. SANTIAGO G. COLON JR.
The Clydesdale horses strut down the runway during the opening ceremony Sunday, at the 2012 Marine Corps Air Station Cherry Point "Celebrate the Heritage" Air Show. approximately 165,000 spectators were present at this year's air show which took place May 4 - 6.



CPL. SANTIAGO G. COLON JR.
A child sights in with a display Barrett M82 .50-caliber sniper rifle May 6, at the 2012 Marine Corps Air Station Cherry Point "Celebrate the Heritage" Air Show. approximately 165,000 spectators were present at this year's air show which took place May 4 - 6.



CPL. GLEN E. SANTY
Patrons of the 2012 Marine Corps Air Station Cherry Point "Celebrate the Heritage" Air Show arrive at the MCAS Cherry Point flight line before the show begins May 4. Roughly 165,000 people arrived at the air show to witness the marvels of aircraft new and old performing miraculous stunts and death defying feats.



CPL. GLEN E. SANTY
The Trojan Horsemen perform Saturday at the 2012 Marine Corps Air Station Cherry Point "Celebrate the Heritage" Air Show, which ran at MCAS Cherry Point May 4-6. Roughly 165,000 people gathered at the free event to celebrate the heritage of 100 years of Marine aviation.



CPL. SANTIAGO G. COLON JR.



CPL. SANTIAGO G. COLON JR.
A fire erupts from the ground in a controlled explosion during the Marine Air-Ground Task Force demonstration Saturday, at the 2012 Marine Corps Air Station Cherry Point "Celebrate the Heritage" Air Show. More than 100,000 spectators were present at this year's air show which took place May 4 - 6.



(Right) A jet truck takes off on the flight line during a demonstration Saturday, at the 2012 Marine Corps Air Station Cherry Point "Celebrate the Heritage" Air Show. More than 100,000 spectators were present at this year's air show which took place May 4 - 6. (Photo by Cpl. Santiago G. Colon Jr.)

Marines load ordnance aboard USS Makin Island



LANCE CPL. CLAUDIA PALACIOS

Aviation ordnance technicians with Marine Medium Helicopter Squadron 268 (Reinforced) load 500-pound bombs onto an AV-8B Harrier aboard USS Makin Island at sea April 30. The squadron serves as the aviation element for the 11th Marine Expeditionary Unit. The unit is deployed as part of the Makin Island Amphibious Ready Group, currently a U.S. Central Command theater reserve force. The group is providing support for maritime security operations and theater security cooperation efforts in the U.S. Navy's 5th Fleet area of responsibility.

RINGHEISER from page A1

over the world gathered at MCAS Cherry Point to help "Celebrate the Heritage," May 4-6, 2012.

To most, this meant celebrating 100 years of Marine Aviation heritage but to Paul III, it was more than a clever idea – it was a way to commemorate his family's service to the country, specifically his dad and grandfather.

"My dad enlisted in the Marine Corps in 1944," said Paul Jr., a 61-year-old fire chief in Tobyhanna, Pa. "He joined before he graduated from high school. His mom had to pick up his diploma because he had already reported to (Marine Corps Recruit Depot) Paris Island."

"After he graduated from boot camp he went to flight school and became a flight engineer on the B-25."

For winning the contest, both Paul Jr. and Paul III flew in a B-25J Mitchell bomber Friday before the Air Show – a unique opportunity to fly aboard the same type of aircraft Paul Sr. worked on in the Marine Corps.

Also on the flight, hosted by Disabled American Veterans flight team, were five Marines with Wounded Warriors Battalion-East out of Camp Lejeune, N.C.

When Paul III heard he would fly on the aircraft he knew it was important his father also get a chance to sit in the World War II era bomber.

My father was obviously closer to my grandfather so he had a closer tie to the B-25 and what it means to our family, said Paul III, who is a firefighter and paramedic at the Cherry Point Fire Department.

REFUELERS from page A1

tive squadron, relying on its 240 enlisted Marines and Sailors and 50 officers to operate and maintain 12 tactical aircraft to help execute the mission of the 2nd Marine Aircraft Wing.

The Cherry Point based squadron provided hangar space for aircraft maintenance, towed planes to and from different locations and provided parts and equipment to support the Blue Angels.

"The C-130 community is very small," said Leingang. "We know Marines who work with the Blue Angels crew and have some Marines in the squadron who aspire to join the team."

Leingang went on to say Marines in the squadron assisted with maintenance while other Marines took advantage of opportunities to ride on flights during the air show.

Staff Sgt. Joshua M. Samuels, with VMGR-252 maintenance control, said he enjoyed being strapped in on a

Paul Jr. looked up to his father and was inspired, as a child, to understand and love what it meant to be a Marine.

"When I was a kid we had the Leatherneck Magazines in the house," said Paul Jr. as he thought back to his childhood and how he became fond of the Marine Corps. "I had the 33 RPM record called 'The Making of Marines'

laughed Paul Jr.

Paul Jr. said he loved the experience of flying on the aircraft and was grateful to his son for sharing it. Because of spacing issues, there was a chance they both would not get to ride on the aircraft. Paul III decided at that point that his father would take his place.

"I told him 'wait a minute, this is your flight,

“Celebrate the heritage just made sense. Our heritage runs deep in military aviation. Not just from my father’s service but from my grandfather’s too.”

– Paul Ringheiser III

2012 MCAS Cherry Point Air Show Theme Winner

which talked about getting off the bus, getting on the yellow footprints.

"(As I got older) I wound up in Civil Air Patrol military school and Army ROTC."

Paul Jr. then enlisted in the Marine Corps Reserves as an Air Traffic Controller and retired from the Air Force Reserves after 26 years of service.

"I retired as an E-8 which was four (ranks higher) than I thought I would ever be after getting out of the Marine Corps as an E-4,"

you named the air show and you should be doing this," Paul Jr. said about the possibility of both of them not being able to fly. "So, when they told me we would both be able to fly I thought it was great."

"It is very neat that he gets to see what his grandfather went through," said Paul Jr. "His grandfather probably told him more war stories then he told me."

"I have never flown over Cherry Point," said Paul III who served in the Air Force for

C-130 flight.

"I'm glad I got to go up in Ernie, I wanted to support the team by coming out to the air show and meeting maintenance and aircrew personnel," he said.

During the flight, the crew demonstrated maneuvers used in actual combat situations.

"The flight was almost like a roller coaster ride," said Samuels. In a ten minute time span the passengers experienced several maneuvers such as a low transition and maximum effort climb and an assault landing.

Samuels hopes to be a Blue Angel one day and recently applied to become a flight engineer with the team affectionately dubbed "Fat Albert Airlines".

"I would love the opportunity to go out in the community and show people what the Marine Corps C-130 has to offer," he said. "I hope to recruit people into the Navy and Marine aviation field. It is the best job I've ever had."

seven years and is now an Air Force reservist. "I mean, we come out here for flight emergencies all the time but I never got to see the airfield from above."

Paul III was the oldest of the grandchildren. As a child, he was always asking about his "grandpop's" service as a Marine.

"I can just imagine being on a gun in there and thinking about the Japanese plane coming in and how tense that could be," he said.

Paul Jr. also thought about what it would have been like for his father.

"I was in the seat where (my father) would have sat, right below the cockpit gunner," Paul Jr. said.

"That's where the flight engineer would have sat so it was really interesting and really emotional to think 'this is what he would have gone through.'"

Up to until that point Paul Jr.'s only experience of what his dad might have gone through was when he used to run around in his father's World War II Marine dungarees as a child, so the experience was an emotional one for him.

"My father had a volunteer, 'can do' spirit which he nourished and passed on to me," Paul Jr. said.

"I know I got that later in life and that's been passed on to Paul (III), and now he's here at the Cherry Point Fire Department."

"I feel extremely honored," he said, holding back tears. "I feel like my son hooked me up."



Capt. Ben Blanton, a KC-130J pilot briefs, the crew of the Blue Angels at the aft of a KC-130T loaner aircraft from Marine Aerial Refueler Squadron 234 before taking flight on the runway at Cherry Point May 4.

African Lion 12 final exercise preparation



LANCE CPL. TUCKER WOLF

Lance Cpl. Seth Jarboe, a 24-year-old Castle Rock, Colo., native, and rifleman with Bravo Company, Battalion Landing Team, 1st Battalion, 2nd Marine Regiment, 24th Marine Expeditionary Unit, provides security as a CH-53E Super Stallion lands during rehearsals in preparation for the final exercise of African Lion 12, April 14. African Lion 12 was a joint and bilateral exercise between the Kingdom of Morocco and the United States that involved more than 2,000 U.S. service members and approximately 900 members of the Royal Moroccan Armed Forces. African Lion 12 was the first major exercise the 24th MEU participated in after deploying in March on a regularly scheduled 8-month deployment with the Iwo Jima Amphibious Ready Group.

Life&Times

Facebook.com/MCASCherryPoint

May 10, 2012



PHOTOS BY LANCE CPL. STEPHEN T. STEWART

Sesame Street performs for military children at the station theater here April 30. The event was part of Sesame Street's military family initiative, in conjunction with the United Service Organization.

Sesame Street visits Cherry Point children

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

FOLLOW @STSTEWARTUSMC

Characters from the popular children's show Sesame Street stopped by the station theater here April 30 to encourage and inspire children growing up in a military family.

Sesame Street favorites Elmo, Cookie Monster, Grover, and Rosita, brought along a new character, Katie, a military child coping with moving to a new base.

Lonnie Cooper, a United Service Organization representative and tour producer for the show explained the event was part of Sesame Street's military family initiative, in conjunction with the USO, and the children recognize what Katie is going through.

First Lady Michelle Obama first introduced Katie to military families in April 2011 at a rally in Columbus, Ohio.

Katie speaks to military children about the challenges they often face, such as moving or having a parent deployed.

It's a message that resonates for military children and parents alike aboard Cherry Point.

"I think it's great to have a character the children can relate to," said Staff Sgt. Zachary S. Cooper, a calibration supervisor with Marine Aviation Logistics Squadron 14, who brought his 8-year-old son and 2-year-old daughter to the event.

Those involved with the presentation said it means a lot to them to perform for military families.



Rosita, a Sesame Street character, greets military children April 30 at the station theater here. The event was part of Sesame Street's military family initiative, in conjunction with the United Service Organization.

"To me, the best part is being able to see the military members here in uniform," Lonnie Cooper said. "When one member of the family is deployed or has to move to a new duty station, the whole family is

affected."

Katie closed the show, reminding children that moving and making new friends can be fun.

"It was great to meet everyone and

make lots of new friends," said Katie. "It's always great to have friendly faces in different places."



Military children watch a live performance of Sesame Street here April 30.

“It was great to meet everyone and make lots of new friends.”



_Katie, a military kid



Sesame Street performs for military children at the station theater at Cherry Point 30.

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 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 May 10

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 May 11

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 May 12

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 May 13

Lunch - Vegetable beef supreme soup, baked citrus herb, crusted fish, fried chicken, brown rice pilaf, red bliss smashed 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 May 14

Lunch - Beef short ribs, chicken with vegetables 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 May 15

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 May 16

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

Prevent child heatstroke: Look before you lock

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

CAMPAIGN TO PREVENT CHILD HEATSTROKE

You live by your daily routine and it helps you get things done. Be extra careful, though, if you have to change any part of that routine. This is more likely to happen when you, your spouse/partner, or caregiver who helps with your children forgets that a child is in the back seat.

Disasters happen quickly. At other times, you are on your way home and realize you need to stop in at the store and pick up one or two things for dinner. So, you leave your child unattended thinking, "I'll just run into the store for a minute," which is illegal in many states. Even cool temperatures in the 60s can cause the temperature to rise well above 110° Fahrenheit inside your car. The inside temperature can rise almost 20 degrees within the first 10 minutes.

Prevention Tips:

- Never leave a child unattended in a vehicle.

- Do not let your children play in an unattended vehicle. Teach them that a vehicle is not a play area.
- Never leave infants or children in a parked vehicle, even if the windows are partially open.

- Make a habit of looking in the vehicle – front and back – before locking the door and walking away.

- If you are dropping your child off at childcare, and normally it's your spouse or partner who drops them off, have your spouse or partner call you to make sure the drop went according to plan.



Make sure you don't leave baby behind in a hot car



Getting away from it all: with a twist

MARK UNDERWOOD

QUINCY BIOSCIENCE

We live in a pressurized world, dealing with challenges that produce stress and anxiety – things we don't need. To alleviate these burdens, we look forward to getting away from it all – for a week or more if we're lucky. But what do we indulge in during these getaway times?

Many are taking "a vacation from their adult side," going beyond sightseeing or reading three books in one week while sitting beside the pool, and getting more sun than intended, by reliving their childhood pastimes.

As an example, today, one in four who visit Disney World or Disneyland are adults without children. And older women are engaging in the growing popularity of slumber parties, gathering at hotels, donning their pj's and enjoying each other's company over a long weekend.

Psychologists tell us that adults who turn up their noses at "Harry Potter," "Glee," or MTV are being prudish and withdrawn from the mainstream. Conversely, those who do take part in new ways to chill out remain youthful in a culture that grows younger by the minute.

Unless you're a recluse, it's difficult to avoid the 24/7 media thrust aimed at those a lot younger than we are. There are those who say that if you don't make an attempt to blend in now and then, you're not only going to miss out, you'll become one of the missing.

Moderation is key. If you're 50, healthy and happy but affected by those everyday problems that bring grief, you can know what it's like to be young again, re-experiencing those fond remembrances of childhood; just don't go overboard.

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. - 6p.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

Civilian Life Ahead?

Get Assistance With

- Employment
- Education
- Benefits
- Life Goals

MARINE FOR LIFE

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Movie Hotline: 466-3884

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

NOW SHOWING

Thursday, May 10

6:00pm - Wrath of the Titans PG 13



Friday, May 11

5:00pm - Mirror Mirror PG



7:30pm - The Hunger Games PG 13



Saturday, May 12

2:00pm - The Hunger Games PG 13



5:00pm - The Hunger Games PG 13



8:00pm - Wrath of the Titans PG 13



Sunday, May 13

2:00pm - The Hunger Games PG 13



Tuesday, May 15

6:00pm - Happy Feet



MOVIE SYNOPSIS

Mirror Mirror - Starring: Julia Roberts, Lily Collins, Armie Hammer. Seven courageous rebel dwarfs join forces with Snow White as she fights to reclaim her birthright and win her Prince in this magical comedy filled with jealousy, romance, and betrayal that will capture the hearts and imaginations of audiences the world over.

Wrath of the Titans - Starring: Sam Worthington, Ralph Fiennes, Edgar Ramireze. The epic battle between the Titans and the gods continues in this sequel set ten years after the events in "Clash of the Titans," as Perseus descends into the underworld on a mission to rescue Zeus from the clutches of Hades, Ares, and Kronos.

Happy Feet - Animation - Starring the voices of: Elijah Wood, Robin Williams, Brittany Murphy, Hugh Jackman. In the great nation of Emperor Penguins, deep in Antarctica, you're nobody unless you can sing—which is unfortunate for Mumble, who is the worst singer in the world. He is born dancing to his own tune—tap dancing. Though Mumble's mom, Norma Jean, thinks this little habit is cute, his dad, Memphis, says it "just ain't penguin." Besides, they both know that, without a Heartsong, Mumble may never find true love.

The Hunger Games - Starring: Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth, Woody Harrelson. Sixteen year old Katniss Everdeen volunteers in her younger sister's place to enter the games, and is forced to rely upon her sharp instincts as well as the mentorship of drunken former victor Haymitch Abernathy when she's pitted against highly-trained Tributes who have prepared for these Games their entire lives.

Movies are subject to change without notice

THE LOCAL BUZZ

Announcements

► Indicates new announcement

Stamp Out Hunger Food Drive

The National Association of Letter Carriers is hosting the 20th annual "Stamp out hunger" food drive Saturday.

To donate, leave non-perishable donations in a bag by your mailbox. The donations will be delivered to a local foodbank.

For more information, call 202-662-2489 or email giordano@nalc.org.

New Bern Remembers Civil War Veterans

Four local groups will come together in New Bern, N.C., Saturday to recognize those who fought and died 150 years ago during the Civil War.

A coalition of the Climbers Club, the Earl of Craven Questers, The Family History Society of Eastern North Carolina and the New Bern Historical Society invites the public to gather to remember Union and Confederate soldiers alike.

A 2 p.m. ceremony at the Attmore Oliver House will feature music and light refreshments. The gathering will also honor Mr. Luke Martin, who is the son of a Civil War soldier. His father was a member of the U.S. Colored Troops.

Following the ceremony, the participants will proceed to the Cedar Grove, Greenwood and National Cemeteries. A wreath will be laid at each location honoring Confederate, Union and U.S. Colored Troops. A Marine color guard will be on hand to honor the veterans and the New Bern Fire Department Pipes and Drums will also participate.

The event is free and open to the public. For information, call 638-8558 or visit [https://www.NewBernHistorical.org](http://www.NewBernHistorical.org).

Discover Artist Community In Weaverville

Celebrate spring in the mountains and discover the thriving artist community in and around Weaverville, N.C., during the Weaverville Art Safari Saturday and Sunday.

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

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

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 8 p.m. for family members and friends of individuals with possible alcohol problems. Meetings are held at Havelock First Baptist Church.

For more information, call 447-8063 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.cherrypointesc.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.

A technique whereby the terrorist observes a target for a short time from one position, withdraws for a time (possibly days or even weeks), then resumes surveillance from another position. This activity continues until the terrorist determines target suitability and/or noticeable patterns in the operation's or target's movements. This type of transient presence makes the surveillance much more difficult to detect or predict.

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.

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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 HOOKADS

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

OUTSIDE AREAS

CARLAND

CENTENNIAL ENTERPRISES, INC.

STUDENT ASSISTANCE COMPANY

JOSHUA EXPERIENCE/ CLUB ACCESS

Hotlines

2nd MAW Command Inspector General

466-5038

Station Inspector

466-3449

Fraud, Waste and Abuse

If you know of or suspect any fraud, waste or abuse aboard MCAS Cherry Point, call 466-2016.

This line's automated answering service is available 24/7.

Terrorist surveillance indicators

Progressive surveillance

OPERATION EAGLE EYES

Image of a stylized eye with a long eyelash and a small tear drop.