

# The Windsock

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June 7, 2012

## – Harrier squadron heads to Pacific –

CPL. TYLER J. BOLKEN

MCAS CHERRY FOLLOW  @BOLKSBLOTRUSMC

More than 130 Marines from Marine Attack Squadron 542 departed Cherry Point, June 5, en route to the Pacific to provide aviation support with the squadron's AV-8B Harriers as part of the 31st Marine Expeditionary Unit.

An advance party of more than 30 Marines along with their Harriers left the air station, June 1, for the roughly 6-month deployment, maintaining the 31st MEU's mission as the nation's force in readiness in the Asia-Pacific region.

The Marines will make stops in Hawaii, Wake Island, Japan, the Philippines and Hong Kong, averaging 12-hour-plus work days, said Gunnery Sgt. Chris L. Riley, who has gone on this deployment cycle once before.

Other countries covet the opportunity to train with the Harrier because of its unique ability to provide precise, agile close-air support, explained Riley, the squadron adjutant.

"Our guys are mad when they miss by three feet, dropping a bomb from 20,000 feet," said Riley. "They practice so much."

The Marines' emphasis throughout is maintaining a fluent workflow during an on-the-fly tempo, much like they'd experience during a deployment to Afghanistan, said Riley.

"They're practicing for immediacy in an environment they're not used to," he said. "In a combat situation, time is of the



CPL. TYLER J. BOLKEN

**Capt. Michael Wallace's daughter, 5, waves goodbye to her father piloting the AV-8B Harrier, on the Cherry Point flight line, June 1. Wallace deployed with the advance party of Marine Attack Squadron 542 in support of operations in the Pacific with the 31st Marine Expeditionary Unit.**

essence."

The Marines will also maintain readiness for the unknown. Harriers from the 26th MEU were some of the first forces called upon to defend the Libyan people from Col. Moammar Gadhafi's regime during Operation Odyssey Dawn in 2011.

Marines' ability to quickly adapt paired with the Harriers' capabilities keeps the Harrier community busy, which requires an integral commitment from the Marine family members.

"It's challenging, no doubt," said Casey Wallace, wife of Harrier pilot, Capt. Michael Wallace.

This is the second deployment the Wallaces and their two daughters, 5 and 2, have experienced together. Casey said the separation creates a greater sense of appreciation for one another, which isn't easy for two young girls to understand.

## Regulations reminder

### Paragraph 1004.4C

In order to maintain good order and proper military courtesies, conversations on cellular phones (to include the use of the earpiece), while walking in uniform, indoors or outdoors, are prohibited. The use of electronic equipment (i.e. portable audio devices) is not authorized while walking/runnning in uniform, including green on green PT attire.

## Electronic warfare protects civilians, allies

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

On one deployment, Marine Tactical Electronic Warfare Squadron 1 Marines supported operations in both Libya and Afghanistan with electronic warfare capabilities from September 2011 to April 2012.

The squadron supported back-to-back deployments because they are in such high demand, said Lt. Col. Chandler P. Seagraves, the squadron's commanding officer. As one of just four electronic warfare squadrons in the Marine Corps, their ability to jam communications and attack enemy air defenses is in constant demand.

For Libya operations, the squadron operated out of Aviano Air Base in Italy to protect coalition aircraft by suppressing Moammar Gadhafi's air defenses. With the air defenses inactive, NATO aircraft conducted strikes preventing the dictator from killing civilians, enforcing United Nations Security Council Resolution 1973.

See ELECTRONIC page A9



Cpl. Lucas Green, an ejection seat mechanic with Marine Tactical Electronic Warfare Squadron 1, works in the cockpit of an EA-6B Prowler at Bagram Airfield, Afghanistan, Nov. 17, 2011.

## 'Moon Dogs' bid farewell to Moore, welcome Cornstubble

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

Maj. Tommy D. Cornstubble assumed command of Marine Tactical Electronic Warfare Squadron 3 from Lt. Col. Marty A. Moore during a ceremony, June 1, at the squadron's hangar aboard Cherry Point.

Moore will move on to assume duties at 2nd Marine Aircraft Wing.

In his final address to his Marines, he praised their efforts during his tenure as commanding officer.

"Many thanks to the Marines and Sailors of VMAQ-3 for your support, dedication and aggressiveness," said Moore. "I could not have done my job or accomplished my mission without you."

Cornstubble comes to the squadron from MacDill Air Force Base, Fla., where he was the Marine Corps Special Operations Command liaison officer to Special Operations Command Central. He said he looks forward to commanding the "Moon Dogs."

"The squadron already has a very solid foundation in place," said Cornstubble. "I am very fortunate to be here and have the opportunity to command the squadron."

His career highlights included two previous tours with VMAQ-4 and a tour with the Prowler Fleet Replacement Squadron, VAQ-129, located at Whidbey Island, Wash.



Maj. Tommy D. Cornstubble, commanding officer of VMAQ-3.

## 'Snake Eyes' bid farewell to Witczak, welcome Solter

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

Lt. Col. Alan W. Solter assumed command of Marine Wing Headquarters Squadron 2 from Lt. Col. Thomas J. Witczak during a ceremony at the air station parade deck aboard Cherry Point, May 31.

Witczak will move on to assume duties as a staff officer at Headquarters Marine Corps, Quantico, Va.

In his final address during the ceremony, Witczak thanked his Marines and sailors for a job well done.

"Over the last two years my mission couldn't have been done without the 600 plus Marines and Sailors of MWHS-2," said Witczak. "This has been the high point of my career, and I am honored to have served with all of these Marines and Sailors."

Solter, previously Cherry Point's airfield operations officer, said he looks forward to commanding the "Snake Eyes."

"I have huge shoes to fill," said Solter. "I look forward to serving with all of these Marines and Sailors. My father told me a quote I have lived by - if you take care of your Marines, they will take care of you better than even you can."

Solter deployed in support of Operation Iraqi Freedom on three occasions between 2003 and 2008. He has more than 4,100 flight hours including more than 2,800 in the EA-6B Prowler and has conducted more than 900 hours in the C-9B Skytrain and 112 carrier landings.



Lt. Col. Alan W. Solter, commanding officer of MWHS-2.

## What's Inside

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## 2ND MAW AT FLEET WEEK NEW YORK 2012

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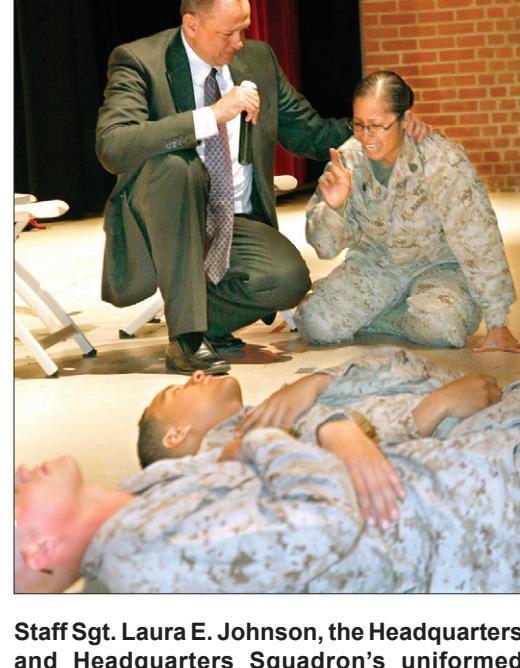
With your smartphone download a QR code reader and scan the code.

# Safety stand down with hypnosis



LANCE CPL. SCOTT L. TOMASZYCKI

Bryan McDaniel; a magician, hypnotist, and retired Marine master sergeant, holds his subjects in deep hypnosis during a safety stand down at the Cherry Point theater, May 24. Marines learned the emotional and human costs of drunken driving deaths during the show.



Staff Sgt. Laura E. Johnson, the Headquarters and Headquarters Squadron's uniformed victim advocate, reacts under hypnosis when she believes she killed two Marines in a drunken driving incident, at the Cherry Point theater, May 24. The hypnotist's show, coupled funny antics and a sobering lesson of the human cost of drunk driving.



Lt. Col. Samuel P. Mowery, commanding officer of Headquarters and Headquarters Squadron, laughs with his Marines during a hypnotist show and safety stand down at the Cherry Point theater, May 24. The show reinforced the Marine Corps' effort to stop drinking and driving.

## The Windsock

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**REMEMBER TO RECYCLE**



## Flyby

Highlighting Cherry Point's Warriors



### LANCE CPL. ZACHARY G. HARRISON

Job Title: Aviation ordnance technician

Unit: Marine Tactical Electronic Warfare Squadron 3

Hometown: Port Huron, Mich.

Age: 19

Date Joined: Oct. 25, 2010

While many Marines aboard the air station perform their daily routines, Lance Cpl. Zachary G. Harrison is out on the flight line visually communicating necessary commands and signals EA-6B Prowler pilots need to navigate the runway.

"He is one of the best Marines this squadron has," said Staff Sgt. Jasmine L. Saunders, ordnance chief for Marine Tactical Electronic Warfare Squadron 3. "He is always our go-to person because the dedication he has for his job."

"He is the first to volunteer when we need something done. His work ethic is unparalleled."

Harrison says he loves his job because there is always an opportunity to gain new knowledge and skills.

Harrison works with the ordnance on the Prowler but is training to become a team leader.

"I am now the person standing in front of the aircraft conducting hand and arm signals to other team members," said Harrison

**Highlight Your Marine or Sailor Superstar**

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CPL. ISAAC LAMBERTH

Marines with 2nd Battalion, 5th Marine Regiment, listen as 3rd Marine Aircraft Wing (Forward) command chaplain, Navy Cmdr. Francis Foley, reads scripture from the Bible during a Catholic Mass service at Combat Outpost Now Zad, Afghanistan, May 27.

## Wing Chaplain provides spiritual help on the fly

**CPL. ISAAC LAMBERTH**

3RD MARINE AIRCRAFT WING (FWD.)

**COMBAT OUTPOST NOW ZAD, Afghanistan** – Marines and sailors have fought alongside each other for more than 230 years, with Navy corpsmen, doctors and nurses continuously keeping Marines fit for battle. However, one area that is sometimes overlooked is the spiritual readiness of Marines.

To answer this call, Navy Cmdr. Francis Foley, command chaplain for 3rd Marine Aircraft Wing (Forward), visited the Marines and sailors aboard Combat Outpost Now Zad, Helmand province, Afghanistan, May 27.

"It is such a great feeling when the chaplain comes out here to visit us," said 1st Lt. Rick Chapman, executive officer for Police Advisory Team, 2nd Battalion, 5th Marine Regiment.

Chapman, said the visits not only increase morale, but also allow service members to seek spiritual guidance.

"The Chaplain Corps provides Marines the opportunity to look into the spiritual side of life," he said. "When the chaplain visits and the Marines attend the services, it gives them a taste of home and allows them to forget about the worries they have around here."

Chapman said Marines go to the services to partake in religious activities around

others who share similar beliefs with a leader of their faith.

It is also a time Marines can express to the chaplain their anxieties and day-to-day frustrations, explained Chapman.

"Father Foley's visit gives the Marines here the ability to vent to someone else," Chapman said. "It's very helpful for them to talk to an outsider about certain subjects."

Foley said he tries to get out to various outposts to speak with Marines and let them know their sacrifices are appreciated and that their hard work does not go unnoticed.

"I always thank the troops for what they do," said Foley. "To hear that from a stranger means a lot to these guys."

Many Marines at remote outposts, such as Now Zad, typically do not get visited by a chaplain, but Foley said he tries to get out as much as he can to help raise their spirits.

"Bringing the care packages is a really big deal to these guys," Chapman said. "Little things like peanut butter, snacks and socks means so much to them. It gives them insight from home and what they're fighting for."

Foley added the visits also give him first-hand perspective into how the Marines and sailors live and give him a great appreciation for the amenities he has at



CPL. ISAAC LAMBERTH

Navy Cmdr. Francis Foley, the 3rd Marine Aircraft Wing (Forward) command chaplain, far left, and Navy Petty Officer 3rd Class Andrew Randall, far right, a religious program specialist, stand with Marines of Police Advisory Team, 2nd Battalion, 5th Marine Regiment, at Combat Outpost Now Zad, Afghanistan, May 27. Foley and Randall delivered care packages to the Marines at the outpost.

Camp Leatherneck. Marines in remote outposts sometimes go days without electricity, rarely receive hot meals and sleep on cots nightly.

Foley said he has visited approximately 18 forward operating bases and combat outposts since his arrival to RC-Southwest and plans to visit many more Marines and

sailors while he is out here.

"If I can get them to smile and laugh, I've done my job and made it easier for the next chaplain who comes to visit them," he said.

# First helicopter support team mission with unmanned aerial vehicle



SGT. MICHELE WATSON

The Kaman K1200 unmanned aerial vehicle prepares to take off with a load after landing support Marines with Combat Logistics Battalion 5, 1st Marine Logistics Group (Forward) hooked it up at Camp Dwyer, Afghanistan, May 23. The Marines received training before being the first attempt a hot hook-up with a UAV.

SGT. MICHELE WATSON

1st MARINE LOGISTICS GROUP

**CAMP DWYER, Afghanistan** – The Marine Corps has recently used the unmanned aerial vehicle, commonly known as a drone, as a cargo transportation platform in Helmand Province. The UAV is able to bring supplies, equipment and gear to preprogrammed coordinates placed in a computer system.

A new step forward was taken when landing support specialists with Combat Logistics Battalion 5, 1st Marine Logistics Group (Forward) conducted the first series of hot hook-ups with the UAV at Camp Dwyer Afghanistan, May 23-25.

Hot hook-ups are when landing support specialists attach cargo to a hovering air platform. The Kaman K1200 unmanned aerial vehicle is controlled by an aerial vehicle operator for takeoff and landing but is preprogrammed to fly independently and hover once it has reached its destination.

Because of the long sling attached to the UAV, the aircraft is able to hover high above the ground when picking up or delivering loads. This capability makes it available at any location without requiring a specific landing zone. With no pilot onboard, the drone is a safer method of transportation in a combat zone.

Landing support Marines conduct helicopter support team missions on a daily basis with CH-53E Sea Stallions and MV-22 Ospreys, but their new encounter with the remote-controlled UAV has brought about additional benefits.

"The computer can take better accountability of wind speed and mitigate the hook swing," said Lance Cpl. Vihn Vu, landing support specialist, CLB-5, 1st MLG (Fwd). "The sling on the UAV is a lot longer, so the helicopter is higher up in the air causing less down draft. And the rotors are made out of wood, which takes away the factor of static electricity."

Vu also said the Marines under the aircraft are able to communicate with the person controlling the aircraft via radio, so they can tell the operator which direction to adjust for a smoother hook-up.

"All of these factors contribute to the helicop-

ter support team being much safer," said Vu. "The computer eliminates the factor of human error."

Although the UAV offers a safer method for the Marines on the ground, the new concept brought about anxious feelings for some.

"It's like riding a roller coaster for the first time," said Lance Cpl. Steven Lindsey, landing support specialist, CLB-5, 1st MLG (Fwd). "You're not exactly nervous, but you've got that feeling of excitement. It's kind of unpredictable because there is no pilot, but you know you're not in danger."

Until recently, the UAV was only used to deliver loads to Forward Operating Bases Geronimo and Payne. Both FOBs have an aerial vehicle operator on site that take control of the UAV once it is within view.

"All the units in the area of operations are getting the word that we have this new platform," said Staff Sgt. Terry Palmer, landing support chief, CLB-5, 1st MLG (Fwd). "The goal is to be able to deliver to any area that sends a request."

"The external lift capability of transporting cargo is vital, and with [improvised explosive devices] being a huge threat to convoys, the UAV [avoids] the common threats of the battlefield," said Palmer.

After receiving training, the CLB-5 landing support Marines spent hours practicing the hook-ups as well as sending some loads out to FOBs.

"It was a little trying going in to the [landing zone] and coming back out, but they were very professional," said Palmer. "I don't think they could have conducted the helicopter support team [missions] any better."

Although only a small group received the new UAV helicopter support team training, they represent the first working with the platform that may become a vital asset to the Marine Corps.

"Landing support is a fairly small community so when we go back to [Camp Pendleton, Calif.], or wherever we came from, we can share the knowledge we learned," said Palmer. "Even though other Marines haven't done it yet, they will have a good understanding of how it works."



SGT. MICHELE WATSON

Lance Cpl. Mary Petric, left, and Sgt. Malcolm Biddles, landing support specialists with Combat Logistics Battalion 5, 1st Marine Logistics Group (Forward), conduct a hot hook-up to an unmanned aerial vehicle at Camp Dwyer, Afghanistan, May 23. The landing support Marines were the first group to conduct a helicopter support team mission with the unmanned helicopter.



LANCE CPL. RYAN JOYNER

# Wing shows off arsenal during fleet week New York

2nd Marine Aircraft Wing Marines and aircraft traveled to New York for fleet week New York 2012, May 23-30. Twenty-one U.S. and coalition ships and more than 6,000 troops participated in the 25th anniversary of Fleet Week New York, celebrating the Bicentennial of the War of 1812. The week was an opportunity for Marines, Sailors and Coast Guardsmen to show the people of New York who the Marine, Navy and Coast Guard team are, what they do, and how committed they are to serving this country.



LANCE CPL. RYAN JOYNER



LANCE CPL. RYAN JOYNER



LANCE CPL. RYAN JOYNER

# *Recon descends from Huey*



CPL. GENE A. AINSWORTH III

A Marine serving with the 11th Marine Expeditionary Unit's ground combat element, Battalion Landing Team 3/1 fast ropes out of a UH-1Y Huey onto the USS Makin Island at sea, May 31. The unit is deployed as part of the Makin Island Ready Group, a U.S. Central Command theater reserve force. The group is providing support for maritime security operations and theater security cooperation efforts in the U.S. Navy's 5th Fleet area of responsibility.

# Down the sights during day with dad



LANCE CPL. SCOTT L. TOMASZYCKI

Sgt. Joel W. Hurst, an airframe mechanic with Marine Attack Squadron 542, and Joel Jr., 4, engage targets with an M240 machine gun in Cherry Point's indoor simulated marksmanship trainer, May 23. VMA-542 hosted the event to educate families on how the squadron operates. Hurst said family days are valuable bonding experiences for the family because the children have a good time playing with the guns, looking through night vision goggles and seeing everything their dad does as a Marine.



SGT. JUSTIN M. MARTINEZ

**Maj. Gen. Andrew W. O'Donnell Jr., left, commanding general of 3rd Marine Aircraft Wing, congratulates 1st Lt. Zerbin Singleton, right, as the last CH-46 Sea Knight pilot upon the completion of his final check flight aboard Marine Corps Air Station Camp Pendleton, Calif., May 23. The CH-46 is phasing out, to be replaced by the versatile tiltrotor, MV-22B Osprey.**

## Last CH-46 Sea Knight pilot graduates

**LANCE CPL. MICHELLE PIEHL**

MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

**MARINE CORPS AIR STATION CAMP PENDLETON, Calif.** – First Lt. Zerbin Singleton qualified as the Marine Corps' last CH-46 Sea Knight pilot with Marine Medium Helicopter Training Squadron 164 aboard Marine Corps Air Station Camp Pendleton, Calif., May 23.

"[The CH-46 has] been the backbone of the Marine Corps assault support program since about 1966," said 1st Lt. Brian Heeter, a CH-46 pilot with HMMT-164.

"That proves that it's a workhorse, and that it has done great things for the Marine Corps and the United States as a whole."

The CH-46 has been used in military missions for nearly 50 years, and now is passing the torch to the Osprey.

"I think it's an honor to carry on the legacy of those before us whom have flown [the Sea Knight] into combat," said Heeter. "All the hard work it's done for the Marine Corps makes it an honor to fly."

The 3rd Marine Aircraft Wing is home to three remaining CH-46 squadrons.

With only a handful of squadrons left, all Sea Knight squadrons will eventually transition to Marine Medium Tiltrotor Squadrons.

Earning the title pilot was no small feat for Singleton. He dutifully worked to keep his dream alive amongst the struggle of a drug-addicted mother's arrest and the untimely death of his father.

Singleton would not be defeated. Despite unfortunate circumstances, he was a star athlete and valedictorian in high school. He continued his courageous jour-

ney while attending the Naval Academy in Annapolis, Md.

"It's just an amazing feeling," said Singleton. "I was in the right place at the right time and I was ready for the moment. But really I'm standing on the shoulders of so many before me. I know there are a lot of men and women who gave their life to make this the platform they did today."

Living his lifelong dream, Singleton can proudly claim a piece of history as the last CH-46 pilot.

## **ELECTRONIC** from page A1

"We ensured Libya was unable to use their surface-to-air missiles or their integrated air defenses to be able to target coalition or United Nations operations," said Seagraves. "We affected the entire battle space because our job was not just support Marines, but all coalition forces."

The squadron flies the EA-6B Prowler, which uses the high-tech Increased Capabilities III kit to accomplish its mission. According to an official Northrop Grumman website said it can jam enemy radars and communications, as well as detect

and destroy enemy radar installations with missiles built for this purpose.

In Afghanistan, VMAQ-1 flew in support of coalition troops by jamming enemy communications and preventing IED attacks.

"Communication is a huge piece of any modern army," said Capt. Timothy J. Kochman, an electronic countermeasures officer with VMAQ-1. "If the enemy can't talk to each other, it degrades their ability to effectively employ their weapons."

Capt. Dustin R. Stafford, an electronic counter measures officer with the squadron, said ground units regularly provide feedback saying Prowler actions make a difference.

"Prowlers provide a measure of protection to airborne assets and ground forces," said Stafford. "If Prowlers were not in theater, most operations would still continue but at increased risk to supporting units whether that's aircraft or troops on the ground."

# *Chaplain's Corner : A tale of two visits*

### **CMDR. CARL P. KOCH**

MCAS CHERRY POINT CHAPLAIN

My youngest daughter graduated from college a few weeks ago. So, I took her to Ireland as a graduation present. We spent most of our time in Dublin but went north to Belfast and south to some other interesting places. We had a great time.

The Irish people were great. The buildings dating back a few hundred years seemed relatively new compared to the churches dating back over a thousand years. The ancient burial grounds from a few thousand years before Jesus walked around in Jerusalem made the ancient buildings look new.

Right now I'm sitting in a lab at Johns Hopkins University. A friend of mine earned her PhD here and we're visiting some of the people she used to work with when she was

a grad student. I'm in a real lab where they do real molecular biology stuff.

I'm sitting in a corner surrounded by all sorts of lab equipment, a few doctoral students working on their research, and diagrams of cells with more acronyms than a Marine Corps PowerPoint presentation.

Some incredible research is going on here. The stuff that saves lives. The stuff that puts cancer in remission. If there were no advances in the means of doing research or in the research itself, some of you reading this would not be alive today.

My daughter and I went to Ireland because some of our family roots reach back there. I'm at Hopkins visiting where research is being done to give people a more healthy and promising future. The contrast between these two visits reminds me of

church as many people practice it.

Some of the church today wants to stay in the past, celebrating our roots and history, maintaining the ancient forms and structures. Others want to be on the cutting edge of what's happening now.

Historical societies and the government are involved in preserving Ireland's antiquity. Ancient libraries wouldn't be the same if they were reduced to a Kindle. Burial grounds wouldn't be the same if they were turned into water parks. Thank God for those who are smart enough to preserve the past.

If biologists and chemists weren't always pushing the envelope, challenging old assumptions, and developing new therapies, our life expectancy might be no better than it was when Trinity College was erected in

Dublin. There is something to be said for progress. Thank God for those who look to the future and don't stay stuck in the past.

How do we do the same with the church? How do we decide what's worth preserving? How do we make the changes we need to move the church into the future with some degree of relevance?

One place to start is to ask a simple question: What has been preserved from the church Jesus started? Not a building. Not a musical instrument. Not a hymnal. Not a suit and tie or clerical garb. Not even the King James Version of the Bible.

If we don't figure it out, someday an old historical society volunteer will be giving tours of where the church you currently belong to once met. It may be a great tour but it's a terrible testimony.

# *Ships parade through New York Harbor*



LANCE CPL. MARTIN EGNAH

Marines and Sailors aboard the USS Donald Cook enter the New York Harbor during the Parade of Ships as the Blue Angles, the U.S. Navy Flight Demonstration Squadron, fly above on the first day of Fleet Week New York 2012, May 23. During the Parade of Ships, 23 Tall Ships and Warships made their way from The Statue of Liberty, past the World Trade Center site to Manhattan's West side. Fleet Week has been New York's celebration of the sea services since 1984. It is an unparalleled opportunity for citizens of New York and the surrounding tri-state area to meet sailors, Marines and Coast Guardsmen and see the latest capabilities of today's maritime services.

# Life&Times

Facebook.com/MCASCherryPoint

June 7, 2012

## The Roadhouse honors Cherry Point volunteers, unveils new outdoor equipment



PHOTOS BY LANCE CPL. CORY D. POLOM

Pfc. Jeremy J. Hill, right, squares off against Pfc. Jason D. Launder, inside an inflatable boxing ring during a summer kick-off party hosted by the Single Marine Program at the Roadhouse, here, May 31. The event coincided with the SMP and Officers' Spouses Club co-hosting a volunteer appreciation dinner. Both Launder and Hill are students with the Center for Naval Aviation Technical Training.

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

FOLLOW @CORYPOLOM

The Roadhouse restaurant and recreation facility here unveiled an array of new outdoor recreation amenities, May 31, during a summer kick-off party, honoring Single Marine Program members

for their volunteer service in the community.

The upgrades include a new outdoor bar area and additional outdoor games that can accommodate the Single Marine Program's weekly mixers scheduled Thursdays during the summer, said Jen Krivohlavy, pro-

gram coordinator for Cherry Point.

The event included a volunteer appreciation dinner open to all who volunteered with the Cherry Point Single Marine Program. Krivohlavy said an important part of the evening was giving back to the many Marines and Sailors who give their

time in the community, highlighting more than 6,000 hours program members volunteered during 2011.

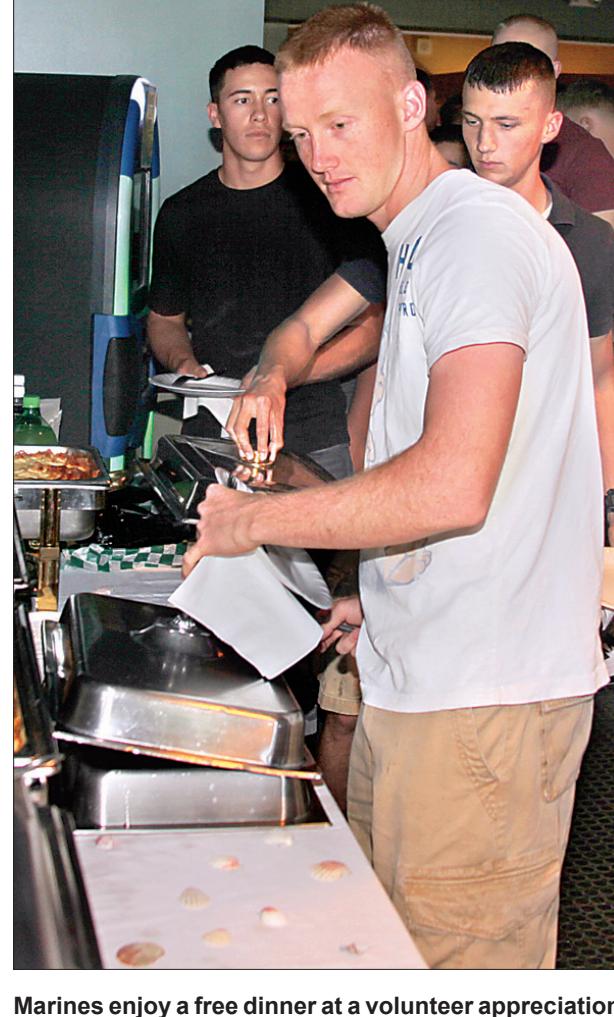
The Cherry Point Officers' Spouses Club sponsored the dinner.



Pfc. Tyler C. Willis, a student with Center for Naval Aviation Technical Training, jumps down from an inflatable obstacle course at a summer kick-off party, hosted by the Single Marine Program at the Roadhouse, here, May 31.



The Single Marine Program shows its appreciation with a cake for Cherry Point volunteers during a dinner sponsored by the Officers' Spouses Club at the Roadhouse, here, May 31. The dinner coincided with the SMP and Roadhouse hosting a summer kick-off party with the unveiling of a new bar and several more outdoor games.



Marines enjoy a free dinner at a volunteer appreciation dinner hosted by the Single Marine Program and sponsored by the Officers' Spouses Club at the Roadhouse, here, May 31. The Marines and Sailors gave more than 6,000 hours of their time in 2011 volunteering.

# 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/ Holiday Hours**

*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 31**

**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 June 1**

**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 June 2**

**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 June 3**

**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 28**

**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 noodles, islander's rice, lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

**Tuesday May 29**

**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 30**

**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**

Visit us at [www.mccscherriepoint.com](http://www.mccscherriepoint.com)

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NOW SHOWING**

**Thursday, June 7**

6:00pm - The Hunger Games PG 13



**Friday, June 8**

5:00pm - Think Like A Man PG 13



7:30pm - The Raven R



**Saturday, June 9**

2:00pm - The Pirates! Band of Misfits PG



4:00pm - Think Like A Man PG 13



6:00pm - The Raven R



**Sunday, June 10**

2:00pm - The Pirates! Band of Misfits PG



**Tuesday, June 12**

6:00pm - Twilight Saga: Breaking Dawn - Part 1 PG 13



**MOVIE SYNOPSIS**

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.

Think Like A Man - Starring: Michael Ealy, Jerry Ferrara, Meagan Good. Four interconnected and diverse men have their love lives shaken up after the ladies they are pursuing buy Steve Harvey's book and start taking his advice to heart.

The Raven - Starring: John Cusack, Alice Eve, Brendan Gleeson. Edgar Allan Poe joins forces with a young Baltimore detective to hunt down a mad serial killer who's using Poe's own works as the basis in a string of brutal murders.

The Pirates! Band of Misfits - Starring: Hugh Grant, Martin Freeman, Brendan Gleeson. With a rag-tag crew at his side, and seemingly blind to the impossible odds stacked against him, the Captain has one dream: to beat his bitter rivals Black Bellamy and Cutlass Liz to the much coveted Prize Of The Year Award.

Twilight Saga: Breaking Dawn - Part 1 - Starring: Kristen Stewart, Robert Pattinson, Taylor Lautner. Bella and Edward, plus those they love, must deal with the chain of consequences brought on by a marriage, honeymoon, and the tumultuous birth of a child... which brings an unforeseen and shocking development for Jacob Black.

*Movies are subject to change without notice*

MCAS Cherry Point HM Birthday Ball Committee

# Golf Tournament

Date: Saturday, June 9, 2012

Time: Shotgun start: 0800  
Check-in NLT: 0730  
Lunch/Prizes to follow

Place: MCAS Cherry Point  
Sound of Freedom Golf Course

Cost: \$50 per player. Includes green/cart fees and lunch.

Who: Open to all civilians and military.



**Registration POCS** [Register by: 2JUN12](#)

- NHC Cherry Point: HM1 Jason Sasser  
Phone: 466-0258 E-mail: [Jason.sasser@med.navy.mil](mailto:Jason.sasser@med.navy.mil)
- 2D MAW: HM1 Kip Johnson  
Phone: 466-6930 E-mail: [kip.johnson@usmc.mil](mailto:kip.johnson@usmc.mil)
- 2D MAW: HM1 Andrea Anderson  
Phone: 466-7227 E-mail: [andrea.anderson@usmc.mil](mailto:andrea.anderson@usmc.mil)

There will be prizes for Hole-in-One, Longest Drive, Closet to the Pin, and Top Team.

Mulligans & Tee Busters available \$5 each.

# From the clinic: Vaccines changed medicine

**Laurie A. Varner**

MCAS CHERRY POINT NAVAL HEALTH CLINIC

Vaccines have transformed the landscape of medicine over the course of the 20th century. Before vaccines, parents in the United States could expect that every year:

- Polio would paralyze 10,000 children.
- Rubella (German measles) would cause birth defects and mental retardation in as many as 20,000 newborns.
- Measles would infect about 4 million children, killing 3,000.
- Diphtheria would be one of the most common causes of death in school-aged children.
- A bacterium called Haemophilus influenzae type b (Hib) would cause meningitis in 15,000 children, leaving many with permanent brain damage.
- Pertussis (whooping cough) would kill thousands of infants.

Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations before. For most Americans today, vaccines are a routine part of healthcare.

However, the disappearance of many childhood diseases has led some parents to question whether vaccines are still necessary. Further, a growing number of parents are concerned that vaccines may actually be the cause of diseases such as autism, hyperactivity, developmental delay, attention deficit disorder, diabetes, multiple sclerosis, and sudden infant death syndrome (SIDS) among others. These concerns have caused some parents to delay vaccines or withhold them altogether from their children.

Please visit one of the following websites for more specific information on these concerns, visit <http://bit.ly/Ljq7dV> and <http://bit.ly/Kk03zg>.

### Who licenses, recommends and requires vaccines?

Vaccines are only given to children after a long and careful review by a number of different groups. These different groups either: license, recommend or require vaccines.

### Licensure

The first of three processes, licensure, involves gaining approval from the Food and Drug Administration (FDA). As a result, it is the longest of these processes. It can take years, even decades, before pharmaceutical companies can actually start providing the vaccine. For example, the varicella vaccine took about 11 years to be licensed by the FDA. Vaccines are usually made by first showing that they are safe and effective in animals. Once this is established, the vaccine becomes an Investigational New Drug (IND) and the company is given an IND license to further study the safety and effectiveness of the vaccine in adults, and eventually, children. Again, these trials

can take years, giving companies ample time to provide the FDA with proof of long-term safety and effectiveness.

### Recommendation

The recommendation process begins only after a vaccine is licensed by the FDA. Doctors don't just decide to start giving the vaccine on their own. They seek the recommendations of the Advisory Committee on Immunization Practices (ACIP), which is part of the Centers for Disease Control and Prevention (CDC), the Committee on Infectious Diseases of the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP).

While the FDA licensure process involves determining the risks versus the benefits of a particular vaccine, the recommendation process considers the costs versus the benefits. Here's the distinction:

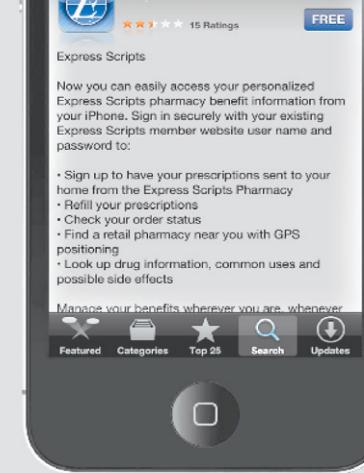
- The FDA examines vaccine safety by considering whether there are any risks (negative effects) associated with the vaccine. They ask: "Do these risks outweigh the benefits of the vaccine or vice versa?"
- In addition to considering the risks and benefits of a vaccine, the ACIP, AAP and AAFP also examine the costs associated with immunizing all or just a segment of the population. For instance, with the chickenpox (varicella) vaccine what is the cost of immunizing children compared with the potential savings in medical and non-medical costs from immunizing them? An example of non-medical costs would be money lost by parents who miss work taking care of their unvaccinated child.
- Another part of the recommendation process is determining which groups of people within the population would benefit from the vaccine, and on what schedule the vaccine should be given based on data previously presented to the FDA.

### Requirement

Just because a vaccine is recommended for use doesn't mean that it is required for use. State legislatures and health departments determine whether a vaccine is required. They examine the practicality of requiring it for every child within the state. Factored into this equation is whether a local or state government can afford to pay for the vaccines of children whose parents can't afford it.

However, from the parents' perspective, vaccine requirements shouldn't matter. If a vaccine is considered to be safe and effective by the FDA, and useful for children by the ACIP, AAP and AAFP, then the vaccine is of value and should be given. Local health care budgets, although they determine whether a vaccine is to be required for school entry, have little to do with whether a vaccine is safe, effective and useful.

# TRICARE ONLINE



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[www.twitter.com/tricare](http://www.twitter.com/tricare)  
<https://m.esrx.com>  
<https://m.humana-military.com>

# THE LOCAL BUZZ

## Announcements

► Indicates new announcement

### Tryon Palace a Look Into the Past

The North Carolina History Center invites preschoolers and parents to a class about how early colonists dealt with North Carolina Summers, Wednesday.

Children will decorate colonial fans to help keep them cool this summer.

Admission is \$6 for children.

For more information, call 639-3500 or visit <http://www.tryonpalace.org>.

The palace will also host a history summer camp on the colonial time era June 18 – 22, taking attendees into the past, to experience life before iPods and the Internet.

Advance registration is required, to register visit <https://tryonpalace.org> or call 639-3524.

### ► Celebrate World Oceans Day

Dive into oceans of inspiration with the North Carolina Aquarium at Pine Knoll Shores on World Oceans Day, Friday.

Have fun while learning more about how sharks serve an important role in the ocean ecosystem, and the threats they face.

World Oceans Day is free with admission or membership. Admission for ages 3-12 is \$6, ages 13-61 \$8.

For more information, call 467-4003.

### Kids Fishing Day

The Croatan National Forest and North Carolina Wildlife Resources Commission will host a free kid's fishing day at Cedar Swamp Pond in Newport, N.C., Saturday.

The event runs 8 a.m. to noon. Children 15 and under fish for free. Please have one adult for every two children participating. Limited tackle and cane poles will be available. A free lunch will be provided for all participants.

For more information, call 638-5628.

### ► Ghosts of New Bern

Walking tours of downtown New Bern's historic district have began and will continue through Sept. 2.

The tours will be under the theme of "Ghosts of New

## 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.cherrypointsc.org>

### Friday, Saturday Night Events for Children

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

### Sexual Assault

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

### Severe Weather and Force Protection Information

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

## Hotlines

### 2nd MAW Command Inspector General

466-5038

### Station Inspector

466-3449

### Fraud, Waste and Abuse

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

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

### Sexual Assault

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

### Severe Weather and Force Protection Information

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

- June 12, 1961** President John F. Kennedy signed a presidential proclamation calling for the American Flag to be flown at the Marine Corps War Memorial in Arlington, Va., "... at all times during the day and night." Discussions between the Attorney General's office and Marine Corps officials earlier in 1961 on improving the visibility and appearance of the monument led to the proposal to fly the flag continuously.
- June 20, 1993** The 24th Marine Expeditionary Unit returned to Mogadishu, Somalia, to assist United Nations forces in maintaining peace in the war torn country. Earlier that month, the 24th MEU had been ordered to cut short Exercise Eager Mace 93-2 in Kuwait to respond to possible contingency operations in Somalia.
- June 25, 1966** In Vietnam, Operation Jay began about 30 kilometers northwest of Hue, and lasted nine days. The 2nd Battalion, 4th Marines, landed North of the North Vietnamese 812th Main Force Battalion, and the 2nd Battalion, 1st Marines, landed south of the enemy's position. Caught between the two Marine units, the enemy suffered over 80 dead in nine days of fighting.

AP PHOTO/ JOE ROSENTHAL

## 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 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

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STUDENT ASSISTANCE COMPANY

JOSHUA EXPERIENCE/ CLUB ACCESS