

The Windsock

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September 20, 2012

MWSS-271 field exercise wraps up

CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

Marine Wing Support Squadron 271 practiced base recovery after attack and vehicle convoy techniques during an exercise at Marine Corps Auxiliary Landing Field Bogue, N.C., Sept. 16.

MWSS-271 can keep airfields operational through any circumstance, even after enemy mortars put craters in them.

The squadron simulated an attack with simulated artillery rounds detonating and medical emergency situations playing out to offer realism to the training. Marines reported to the nearest bunker for the duration of the attack.

When the attack ended and the Marines were accounted for, the squadron sent a damage assessment team to check the airfield and surrounding facilities for anything needing immediate repair. Their priority was to reopen the airfield for aircraft as quickly as possible.

"We make sure the aircraft are able to take off and still able to provide that first line of defense for us," said Staff Sgt. Michael Mallet, a damage assessment team member.

After the damages were assessed, the repair team fixed the problem areas.

"Emergency repairs are important because when you're in Afghanistan and take indirect fire, or when generators go down, you have to have it back up for the shock trauma treatment platoon, for example, to save lives," said Cpl. Logan Godfrey, who headed the repair team. "When it goes down, it needs to come back up. It's got to be back up to support (troops) on the ground."

At the same time as the base recovery after attack drill, other elements of the squadron practiced combat scenarios.

The motor transport section familiarized themselves with convoy operations. According to the scenario, the convoy was sent out to recover a vehicle that was separated from a convoy and stuck in a mud pit.

See FIELD EXERCISE page A9

Push for charity



Cpl. Matthew Aguilar, a supply administration and operations specialist with Marine Wing Headquarters Squadron 2, executes a push-up as part of a team competition during the Cherry Point Combined Federal Campaign kickoff party Sept. 13. The CFC is an annual charitable fundraising campaign for federal employees. For more than 50 years, the campaign has raised money for thousands of charities to help people, animals and organizations around the world. For story and photos see page A5.

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News Briefs

Company Grade Officer early out 2012 Court-Martial Manual

Marine Administrative Message 511/12, signed Friday, announced the Fiscal Year 13 company grade early out program.

The Deputy Commandant of Manpower and Reserve Affairs approved a program allowing active component officers who are within twelve months of their end of active service date to transfer to the reserve component. The program requires a minimum two-year obligation to the Selected Marine Corps Reserve.

This direct affiliation provides transitioning active component officers seamless continuation of their careers as reservists and an opportunity to guarantee a reserve billet prior to reaching their EAS.

Logistics Awards Submission

Marine Administrative Message 510/12, signed Friday, announced the schedule and submission criteria for the Marine Corps Awards for Logistics Excellence 2013.

The Marine Corps Awards for Logistics Excellence dinner annually recognizes the outstanding logistics achievements of individual Marines and Marine logistics organizations and teams.

Deadline for submissions is Oct. 13.

For more information see the MarAdmin at <http://bit.ly/logisticsaward>.

Marine Administrative Message 514/12, signed Sept. 14 announced the new manual for courts-martial, United States 2012 edition.

The new edition of the manual for courts-martial is a complete reprinting and incorporates all amendments to the rules for courts-martial, military rules of evidence and punitive articles made by the president in executive orders.

This edition also contains amendments to the uniform code of military justice made by the national defense authorization acts for fiscal years 2009 through 2012. The manual is available electronically at <http://bit.ly/courtsmartial2012>

Marine Corps League Awards

Marine Administrative Message 513/12, signed Friday, announced the 2012 Marine Corps League Enlisted Award winner.

Awards include Marine Corps Reservist of the Year, Drill Instructor of the Year, Recruit of the Year and Career Retention Specialist of the Year.

Recipients of the awards will be recognized at a ceremony at this year's 32nd Annual Modern Day Marine Military Exposition at Marine Corps Base Quantico, Va., Sept. 26.

For a full list of the award winners see the MarAdmin at <http://bit.ly/2012mclawards>.

MEB Receives Unit Citation



CPL. DANIEL WULZ
Secretary of the Navy Ray Mabus awards the Marines and Sailors of 2nd Marine Expeditionary Brigade with a Presidential Unit Citation Sept. 14.

MARINE CORPS BASE CAMP LEJEUNE, N.C.

– Marines and Sailors of 2nd Marine Expeditionary Brigade were awarded the Presidential Unit Citation during a ceremony held in honor of 2nd MEB at Marine Corps Base Camp Lejeune Sept. 14.

The 28,000 Marines and Sailors who served in Afghanistan in 2009 and 2010 earned the unit's second Presidential Unit Citation, the highest award given to a unit in the United States military. The unit earned their first award in 2003 in Iraq.

Honorable guests in attendance included Secretary of the Navy Ray Mabus, Commandant of the Marine Corps General James F. Amos and Sergeant Major of the Marine Corps Sgt. Maj. Michael P. Barrett.

Chaplain's Corner: Soul Food

CMDR. PHILIP KING

MAG-14

On Sept. 11, 2001, do you remember where you were? I was on the USS Antietam (CG-54) in the middle of the Indian Ocean with the Carl Vinson Battle Group, our ARG deployed on the USS Peleliu (LHA-5). But more than that, I remember that the 9-11 attacks left permanent marks in my memory of those news images of death and destruction. The years following have marked many of us forever.

How does someone cope with evil acts perpetrated on a global scale, across so many years of history? How do we heal souls savaged by the suffering we sacrificed to stop?

Souls and belief are not just the province of chaplains and the church. They are a human construct that speaks to the deep idealism that has taken humanity from caves to footsteps on the moon and rover tracks on Mars. And have also taken us from the most inhuman wars, to the altars of peace and reconciliation.

It has been my experience that while souls are made of some pretty resilient stuff and can withstand an incredible amount of abuse, the soul still needs to feed. Many feed on "hope." Not the shallow and phony sugar-frosted unreality hope of a strip club or Publishers Clearing House winners. Souls need something more substantial.

See CHAPLAIN page A9

LANCE CPL. JOSEPH F. STABILE

Job Title: Avionics Technician

Unit: Marine Transport Squadron 1

Hometown: Perth Amboy, N.J.

Age: 24

Date Joined: March 21, 2011

From the beginning of their military careers, Marines have the core values of honor, courage and commitment instilled in their hearts. It is those values that inspire Lance Cpl. Joseph F. Stabile, an avionics technician with Marine Transport Squadron 1, to do his best while working on the flight line and during his personal time.

Stabile said he enjoys troubleshooting electrical issues on the squadron's HH-46E Sea Knight helicopters affectionately referred to as "Pedro."

He is mainly responsible for repairing wires and computer components.

"It is vital that we keep the aircraft maintained, so we can fulfill our search and rescue role," said Stabile.

Being part of a search and rescue squadron inspires Stabile to help others when he is off duty.

While headed to Myrtle Beach on liberty Aug. 17, he witnessed an accident on Highway 17. Just after impact, one of the vehicles involved caught fire. Stabile said he quickly ran to the car to provide assistance to a woman trapped inside the burning car. He was not able to get her door open, but directed her out of the vehicle to safety.

"I always put myself in others' shoes," he said. "If I was in a dangerous situation, I would want someone to help me."

Highlight Your Marine or Sailor Superstar

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466-3542

Fly Highlighting Cherry Point's Warriors



LANCE CPL. ANDREA CLEOPATRA DICKERSON

The Windsock

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REMEMBER TO RECYCLE

Run, bike, run:

Competitors display their fitness at Cherry Point duathlon

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

FOLLOW @GESANTYUSMC

The Cherry Point duathlon began with a three-mile run up and down Roosevelt Boulevard, beginning at the Marine Corps Air Station Cherry Point Hancock Pool Sept. 15.

The more than 100 participants returned to Hancock Pool to board bikes for a 10-mile ride across the base and back.

Dropping their bikes, the racers left nothing in their metaphorical gas tanks, pushing through a second three-mile run to complete the 16-mile course to the finish.

"I think my shop would have given me a hard time if I didn't win," said first place winner, 1st Lt. Mark Hardman, a judge advocate at Marine Corps Base Camp Lejeune. "Winning wasn't easy; we were all suffering out there. I just kept the mindset of, 'don't get caught.'"

Hardman finished the race in 1 hour, 3 minutes and 49 seconds.

Retired Gunnery Sgt. Kevin Kelly said having events like the duathlon aboard Cherry Point is ideal because of its central location.

"Health is too much of a blessing to let go to waste," said Kelly. "A lot of us old guys who retire from the military think, 'well that's it, I'm done,' and they give up their active-duty bodies. But it's not about coming out here and getting first, it's about finishing."

The Duathlon was a part of the Semper Fit Grand Prix '12 Series, Ultimate Fitness Challenge.

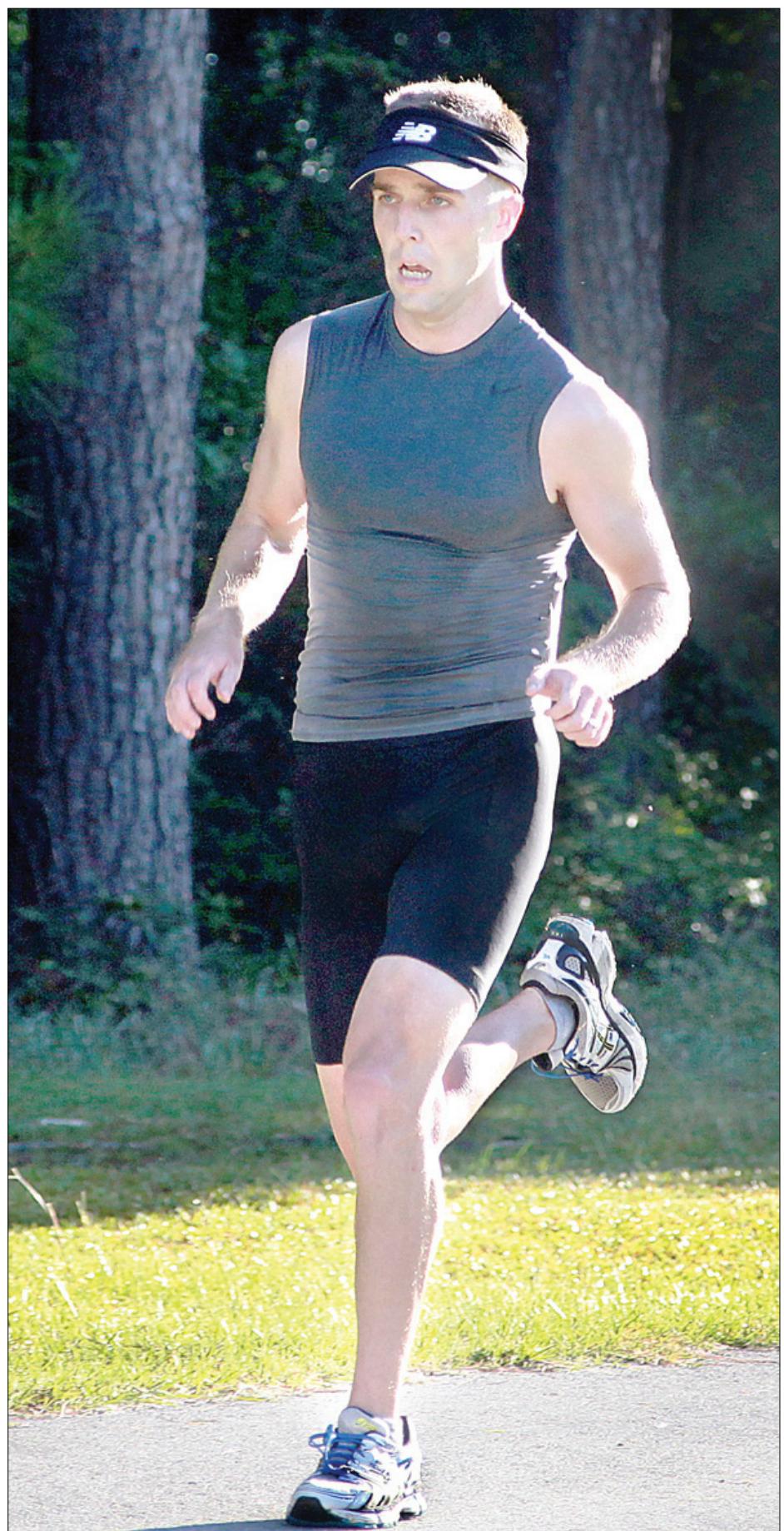
The next event will be a half marathon at Marine Corps Base Camp Lejeune, Sept. 22.

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



PHOTOS BY LANCE CPL. GLEN E. SANTY

Volunteers handed red, white and blue medals to participants of the Cherry Point duathlon as they crossed the finish line Sept. 15. The course included two three-mile runs and a 10-mile bike ride stretching across the air station. (Right) First place overall champion 1st Lt. Mark Hardman, a judge advocate at Marine Corps Base Camp Lejeune, begins his second three-mile run during the Cherry Point duathlon. Hardman took first place overall finishing at 1 hour, 3 minutes, 49 seconds.





PHOTOS BY LANCE CPL. CODEY UNDERWOOD

Large fuel hoses connecting the USS Bonhomme Richard to the USNS Pacos pump more than 800,000 gallons of fuel during a replenishment at sea operation Sept. 4. FA-330J Puma helicopters transferred more than 260 pallets of food and supplies which was broken down and placed throughout the ship by a 100-man working party. The 31st MEU is the only continuously forward-deployed MEU and is the Marine Corps' force in readiness in the Asia-Pacific region.

31st MEU helps USS Bonhomme Richard refuel, transfer cargo at sea

LANCE CPL. CODEY UNDERWOOD

31ST MARINE EXPEDITIONARY UNIT

USS BONHOMME RICHARD, At Sea – Three large ships moving at the same speed, pumping fuel, and transferring cargo can be a tricky operation. However, through meticulous practice and logistical planning, the USS Bonhomme Richard (LHD-6) paid testament to the efficiency of its crew during the resupply operation.

Marines and Sailors from the 31st Marine Expeditionary Unit helped the crew of the Bonhomme Richard in conducting replenishment at sea here, Sept. 4.

A RAS takes place while a ship is conducting maneuvers at sea. RAS operations allow ships to be resupplied and refueled simultaneously without stopping or sacrificing the time it would take to dock.

“Everything we do on this ship, whether it is a full-scale exercise or just a RAS, we are constantly coordinating and working together with the Navy,” said Sgt. Adrian Brown, an administration specialist with the 31st MEU command element. “There are two different branches (of service) on one ship, getting along, working together and accomplishing the mission as a team.”

The Bonhomme Richard came between two other ships, the United States Naval Ship Pacos and the USNS Washington Chambers.

The Pacos used large hoses connected to the Bonhom-

me Richard by cables between the ships to deliver more than 800,000 gallons of fuel.

FA-330J Puma helicopters brought supplies from the Washington Chambers, hooking cargo externally and flying aboard with their payload.

“I enjoyed getting work to alongside the Navy during the RAS,” said Lance Cpl. Jonathan Rice, a rifleman with Battalion Landing Team 2nd Battalion, 1st Marine Regiment, 31st MEU. “This was a good chance for us to help out in something other than the exercises.”

Once all the cargo was transferred from one ship to the other, a 100-man Marine working party stripped the crates into single boxes and unloaded it all, placing everything into its respective area on ship.

“The crew did an all around good job, unloading over 260 pallets,” said Capt. Daniel P. Dusek, commanding officer of the Bonhomme Richard as he addressed his crew. “That was the best RAS that I have seen from this crew so far.”

The embarked MEU will continue its regularly scheduled deployment throughout the Asia-Pacific region, conducting theater security operations and bilateral exercises.

The 31st MEU is the only continuously forward-deployed MEU and is the Marine Corps’ force in readiness in the Asia-Pacific region.



An FA-330J Puma helicopter drops off pallets of food and supplies during a replenishment at sea operation Sept. 4. More than 260 crates of food and supplies were transferred.

Combined Federal Campaign kicks off aboard Cherry Point

LANCE CPL. SAMANTHA H. ARRINGTON

MCAS CHERRY POINT

[FOLLOW](#)  @SHARRINGTONUSMC

Cherry Point hosted a kickoff party for the Combined Federal Campaign at the station theater Sept. 13.

The event included a performance by the 2nd Marine Aircraft Wing Jazz Combo, a car and motorcycle show, an athletic competition, a silent auction and a karaoke competition.

"This event is an opportunity to help out charities and it's always good to donate when we have guaranteed pay checks," said Staff Sgt. Royce D. Kelley, the adjutant for Headquarters and Headquarters Squadron. "I participated in the CFC Cup and entered my vehicle into the car show this year."

The CFC is an annual charitable fundraising campaign for federal employees. For more than 50 years, the campaign has raised money for thousands of charities to help people, animals and organizations around the world.

"The Combined Federal Campaign is one of the easiest and most efficient ways federal employees can support charitable organizations or causes they believe in," said Maj. William F. Klumpp, the CFC fund drive manager. "In a matter of minutes, in your office or work space, you can give cash or set up an allotment that will help fund the organization of your choice."

"This event was just the beginning," he said "Now it's time to make sure everyone knows that the campaign is underway and has a chance to contribute to their select charities."

Contributions through a one-time donation are welcome as well as unit fund raisers for the campaign.

"The kickoff was a lot of fun for a great cause," said Cpl. Aaron J. Rayburn, an air frame mechanic with Marine Transport Squadron 1. Rayburn was a member of "Major Payne," the team that won the CFC Cup challenge, an athletic competition that included an arm wrestling tournament, tug-of-war, egg toss and relay race.

This year's campaign will conclude Nov. 29.

"Our goal this year is 100 percent contact, not a dollar figure," said Pamela Hacker, the Cherry Point civilian manpower officer. "Each unit has key workers that they have designated to go out and reach individuals with information about the campaign."

For more information, or to donate to a CFC charity, see your unit CFC representative.



LANCE CPL. SAMANTHA H. ARRINGTON

(Above) The Marines of the winning CFC Cup team, "Major Payne," compete in the tug-of-war competition Sept. 13. Four-person teams competed in the event, which included an arm wrestling tournament, tug-of-war, egg toss and relay race. (Left) The 2nd Marine Aircraft Wing Jazz Combo plays for the CFC crowd.



LANCE CPL. SAMANTHA H. ARRINGTON



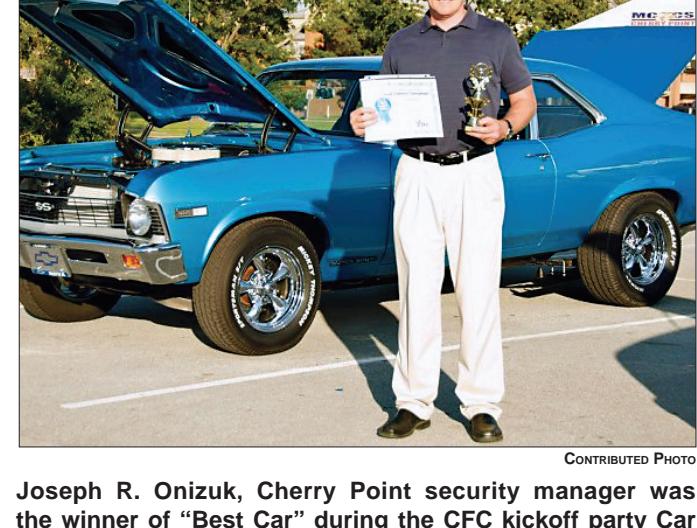
LANCE CPL. SAMANTHA H. ARRINGTON

CFC Cup winners "Major Payne" receive the Combined Federal Campaign Cup trophy during the kickoff party at the station theater Sept. 13.



CONTRIBUTED PHOTO

Gunnery Sgt. Shaun R. Carlson, the transportation chief with Headquarters and Headquarters Squadron, won the karaoke competition at the kickoff party.



CONTRIBUTED PHOTO

Joseph R. Onizuk, Cherry Point security manager was the winner of "Best Car" during the CFC kickoff party Car Show.

CFC
Combined Federal Campaign
MCAS Cherry Point
Fund drive ends
Nov. 29

Combined Federal Campaign

2011 donations total - \$200,098

2012 goal - 100% contact

Contact information for donations:

CFC Campaign Office

Civilian Manpower Office

Station Headquarters Building 1

MCAS Cherry Point, N.C., 28533

Bobbie Whitbeck 466-4237

MARSOC Marines soar with 2nd MAW

LANCE CPL. SAMANTHA H. ARRINGTON

MCAS CHERRY POINT

FOLLOW @SHARRINGTONUSMC

MARINE CORPS AUXILIARY LANDING FIELD BOGUE, N.C. — Speeding over the North Carolina coastline, the back ramp of the KC-130J Hercules lay open and mist from the Atlantic Ocean dampened the air.

The load master of the KC-130J gives the wind call on the ground and holds up his hands, showing six gloved fingers. This signal communicated to the Marines on the plane that they would jump in six minutes. Five Marines with 2nd Marine Special Operations Battalion, Marine Corps Special Operations Command from Camp Lejeune, N.C., stood and shuffled toward the open ramp.

More than 50 Marines with the battalion conducted freefall and static air borne sustainment training from a Marine Aerial Refueler Transport Squadron 252 KC-130J Hercules above Marine Corps Auxiliary Landing Field Bogue, N.C., Sept. 12.

"We do this training to maintain parachute operations and to continue to build and enhance capabilities for both low level and free-fall jumps," said a captain with

A Marine with 2nd Marine Special Operations Battalion, Marine Corps Special Operations Command from Camp Lejeune, N.C., jumps from a Marine Aerial Refueler Transport Squadron 252 KC-130J Hercules, above Marine Corps Auxiliary Landing Field Bogue, N.C., Sept. 12. The MARSOC Marines conducted free-fall and static air-born sustainment training from a Marine Aerial Refueler Transport Squadron 252 KC-130J Hercules as part of routine quarterly training.



PHOTOS BY LANCE CPL. SAMANTHA H. ARRINGTON

MARSOC. "This prepares us for any potential future operational commitments where we may need this skill."

As the East Coast's Marine aviation component, 2nd Marine Aircraft Wing conducts air operations in support of the Marine Forces based on the East Coast. This regularly involves training alongside those units in a variety of scenarios.

"I'm helping them accomplish their mission even if it's one that may happen down the road," said Cpl. Brian C. Surels, a loadmaster with VMGR-252. "We do this pretty regularly, and I've done it multiple times."

The MARSOC Marines leapt from the back of the aircraft in groups of five to seven and parachuted down to MCALF Bogue. In working with the aircraft wing, the MARSOC operators were able to increase their familiarity with Marine Corps air assets.

"We are always seeking opportunities for interoperability between MARSOC and conventional Marine Corps units," said a MARSOC captain. "This is a great way to do that."



A Marine with 2nd Marine Special Operations Battalion, Marine Corps Special Operations Command from Camp Lejeune, N.C., jumps from a Marine Aerial Refueler Transport Squadron 252 KC-130J Hercules, above Marine Corps Auxiliary Landing Field Bogue, N.C., Sept. 12. "We are always seeking opportunities for interoperability between MARSOC and conventional Marine Corps units," said a MARSOC captain. "This is a great way to do that."



A Marine with 2nd Marine Special Operations Battalion, Marine Corps Special Operations Command from Camp Lejeune, N.C., jumps from a Marine Aerial Refueler Transport Squadron 252 KC-130J Hercules, above Marine Corps Auxiliary Landing Field Bogue, N.C., Sept. 12.



Marines with 2nd Marine Special Operations Battalion, Marine Corps Special Operations Command from Camp Lejeune, N.C., sway from deployed parachutes above Marine Corps Auxiliary Landing Field Bogue, N.C., Sept. 12.



Cpl. Nicolas J. Mouriski, a loadmaster with Marine Aerial Refueler Transport Squadron 252, watches Marines with 2nd Marine Special Operations Battalion, Marine Corps Special Operations Command from Camp Lejeune, N.C., conduct freefall and static air-born sustainment training, Sept. 12, as part of routine quarterly training.

MCB Hawaii welcomes aboard HMLA-367 'Scarface'



CPL. JAMES SAUTER

MARINE CORPS BASE HAWAII, Kaneohe Bay. – Brig. Gen. Christopher Owens, commanding general of 1st Marine Aircraft Wing, speaks during a welcome aboard ceremony for Marine Light Attack Helicopter Squadron 367 “Scarface” at Marine Corps Air Station Kaneohe Bay Sept. 17. The squadron was activated in 1943 as Marine Observation Squadron 351 and supported campaigns in both Peleliu and Okinawa. The squadron was designated HMLA-367 in 1969 and adopted its call sign “Scarface.” Since then, HMLA-367 has supported missions during Operations Desert Shield, Desert Storm, Iraqi Freedom and Enduring Freedom. The squadron flies UH-1Y Super Huey and AH-1Z Viper helicopters. “The hangar that we’re operating out of, Hangar 101, bears scars from the infamous attack on Dec. 7, 1941, and that serves as a daily reminder to us why we’re here,” said Lt. Col. Victor Maduka, HMLA-367 commanding officer. “Scarface is very humbled to train here in the remarkable Hawaiian island chain. I can’t wait to push out and contribute to this ‘ohana’ as we move along.”

CHAPLAIN from page A2

With the conclusion of the Democratic and Republican conventions, the firestorm of our national election will go into full swing for the next 60 days or so, and will seek to consume our attention, attract our contributions and seduce our allegiance. There are few times we are more divided as a people than Sunday mornings or at elections – two of the primary times when our ideals should unequivocally unite us. Patrick Henry's prophetic warning of "United we stand, divided we fall," echoes up from history into these days of division. Our souls can feel crushed under the weight of that discord.

Despite our strong feelings one way or another, our martial discipline teaches us to serve our unity and subordinate our personal feelings to the greater calling of America. Such discipline and faith in our Nation and her principles feeds the soul as much as any deep religious conviction or devotion.

On September 11, 2001, America was united in the witness to what evil perpetrates under the mantle of belief, and we were also united in our response guided by belief. Our greatness as a Nation and people is not measured in the defeat of our enemies, be they Taliban or Al Qaeda. I think our souls are manifested, and our greatness and victory defined, by the unity of our people in war, in elections, in service and hope.

So remember 9-11... where you were, and what you suffered, but also what you believed. In the darkness of our human struggle with difference, have hope that what we fight for, among many things, is the better day when we are not defined by division but by belief.

FIELD EXERCISE from page A1

The Marines kept their eyes peeled for ambushes and IEDs, and coordinated their actions against these threats.

"It's great training," said Sgt. Jamison Michael Jr., the convoy commander during the mission. "It's getting these Marines into this muscle memory of what we do upon contact or actions upon objectives once we get to where we're going."

When the convoy discovered an IED, Marines dismounted the convoy and cordoned off the area as they searched for possible suspects. Master Sgt. Tyrone D. Davis, the air base ground defense coordinator for MWSS-271, walked the Marines through basic infantry tactics in the scenario.

"I teach security posture," said Davis, who described his role as the infantry adviser for the squadron. "I think it's extremely valuable. They have to know this because they're not always going to have (infantry) as security for them. They need to learn to do this themselves."

The Marines said the training is all about preparedness.

"The recovery at the dig pit gave the wrecker operators an opportunity as well to go out there and train on different types of recoveries," said Master Sgt. Eric Holt, the motor transport chief for the squadron. "The more we train, the better we are in the event we deploy as a squadron."

RETURN from page A1

cess, and it is something that will continue in Afghanistan."

Buchan said the Marines performed notably during the deployment despite setbacks they faced, including the fact that the squadron was split between two different locations throughout their time there.

"All-in-all everything went seamlessly," he said. "We were very transparent to the Marines on the ground."

Buchan added the members of the squadron are glad to be back home and ready to get back to their jobs.

"I'm excited to be home with my family," said Sgt. Efrain Ordóñez, an unmanned aerial vehicle operator with VMU-2.

In addition to getting back to their daily routines, the squadron is looking forward to supporting a Weapons and Tactics Instructor Course in the spring.

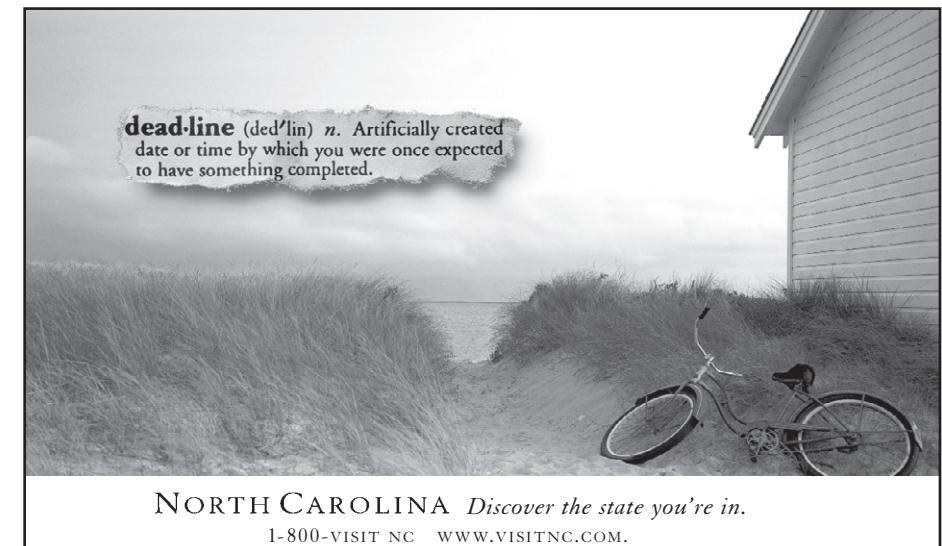
PROCESS IMPROVEMENT from page A1

fleet readiness, and a 40 percent increase in supply effectiveness.

"We are doing major work in a short amount of time," said Hernandez. "We just removed and reinstalled an aircraft's engine in one day. That was a major accomplishment for us."

The CPI process is beneficial to VMR-1 because it is cost effective, said Esquivel.

"When you look at it closely, we are reducing the amount of man hours wasted, therefore we are reducing costs."



Realistic Training Saves Lives

LANCE CPL. CODEY UNDERWOOD

31ST MARINE EXPEDITIONARY UNIT

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. – A mounted convoy is traveling down the road when unexpectedly – “BOOM” – the lead vehicle sets off an improvised explosive device. Once the noise from the explosion subsides, all that can be heard are groans from the passengers, screaming in agony and yelling for help.

Straight ahead, a cloud of smoke billows out furiously from under the now mangled Humvee. Glancing right, one of the passengers is lying on the ground, motionless, but still crying out in pain. Then to the left, the vehicle driver stumbles out from the cloud of smoke, covered in blood from head to toe.

This is not a scene from a movie.

This was the scenario simulated for the Marines and Sailors of Combat Logistics Regiment 2, 2nd Marine Logistics Group during their first responder training at Enhanced Mojave Viper, here, Sept. 6.

The purpose of this training evolution is to provide both a realistic environment and experience in order to ensure Marines and Sailors are physically, mentally and emotionally prepared to react and provide medical aid in the event of an IED attack during a convoy.

“This is some of the most realistic training we can provide these men and women before they leave for deployment and possibly encounter the real deal,” explained Scott Wheeler, a counter IED subject matter expert. The most prominent threat for a convoy in Afghanistan is an IED.

The troops’ primary objective was to proficiently act as first responders – to safely approach the downed vehicle and utilize their combat lifesaver training to assess, relocate and treat the casualties – with the ultimate outcome of saving lives.

In order to maintain the unknown factor and the realistic training value, each group of 15 to 20 Marines and Sailors went through the scenario only once, unaware beforehand of the number of casualties or the types of injuries they were going to treat.

Many individuals commented about how real it all seemed, causing them to momentarily freeze-up when they reached the downed vehicle and saw the injured passengers with fake blood everywhere.

“I didn’t expect the effects to be so awesome,” said Lance Cpl. Jessica Soberon, a Marine with Transportation Support Company.

“It looked too real,” continued Soberon, referring to the casualties and their simulated injuries. “My mind initially went blank [when I saw them].”

The wounded passengers were trained actors made up by professional make-up artists to replicate various injuries an individual could sustain if their vehicle were hit by an IED.

Injuries ranged in severity to include burns, embedded shrapnel, lacerations, head trauma, sucking chest



SGT. ANTHONY ORTIZ

Marines with Combat Logistics Regiment 2, 2nd Marine Logistics Group, undergo realistic combat training for first responders during Enhanced Mojave Viper at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Sept. 6. The Marines participate in EMV in order to build unit cohesion and tactical proficiency in preparation for deployment in support of Operation Enduring Freedom.

wounds, and even limb amputations.

“This is probably the most valuable training, medically, that these Marines are going to go through,” explained Petty Officer 2nd Class Matthew Chrobot, a hospital corpsman and instructor who evaluated the groups as they went through the drill. “There are not many other places around that they can get the training that is going to be as effective.”

“This is the only time at Mojave Viper that these units are going to be able to go through, have these actors, in this exact situation,” continued Chrobot. “This is very effective, as in, they can actually see how to properly triage and effectively take care of those patients.”

The tension and stress the troops endured was apparent as hands continued to shake uncontrollably even after the drill was complete.

“It was chaotic and hard to think,” said Lance Cpl. Ryan Avery, a Marine from Transportation Support Company, still shaken-up from when his group went through.

Avery, explained how he had to really focus on one thing at a time and rely on his previous training,

methodically going step-by-step, to treat the various injuries.

The role players did not hold back, but were very dynamic – yelling, constantly moving, being uncooperative, and pretending to go into shock – making it more difficult to treat their injuries.

“This is a very high pressure situation,” said Chrobot. “Our actors are very well trained, and they are going to be putting pressure on these Marines, yelling at them. That puts pressure on the Marines to go back to their training, develop that muscle memory, and effectively take care of those patients, get them back to the [casualty collection point], triage them, treat them, and then get them up to the [landing zone] for higher care.”

Overall, this training puts troops outside their comfort zones and affords them the opportunity to utilize their training to see what areas need more work and practice.

“This was good training,” said Soberon. “It was a really big eye-opener for how I need to prepare myself because I may be put in that situation in the future.”

Hercules escort Ospreys to Arabian Sea, USS Iwo Jima

SGT. JOHN JACKSON

REGIONAL COMMAND SOUTHWEST

HELMAND PROVINCE, Afghanistan

— Marines with Detachment A, Marine Aerial Refueler Transport Squadron 352, primarily spend their day patrolling the skies of Afghanistan as an in-flight gas station for other aircraft. However, a five-man crew successfully completed a slightly different mission, Sept. 6.

The KC-130J team spent the morning escorting four MV-22 Ospreys with Marine Medium Tiltrotor Squadron 261, Raging Bulls, from Helmand province, Afghanistan, to the USS Iwo Jima in the Arabian Sea.

"Our primary mission in Afghanistan is aerial refueling," said Capt. G. O. Ryberg, a pilot with VMGR-352. "But today, we were a contingency for the Ospreys."

The Lockheed Martin KC-130J, Hercules, aircraft is able to carry several thousand gallons of fuel while in flight. Additionally, with multiple radios, the plane is able to act as an on-scene commander in the event an aircraft makes an emergency landing.

Although the Ospreys did not require aerial refueling on their movement from Afghanistan to the ship, having the VMGR-352 aircraft leading the way allowed them the utmost support during the approximate hour and a half flight.

During the flight, Lance Cpl. Christopher Jones, and Jamie Nadeau, were the pilots' eyes in the rear of the plane. The Marines ensured the Ospreys maintained enough separation and had no obvious



SGT. JOHN JACKSON

Four MV-22 Ospreys with Marine Medium Tiltrotor Squadron 261 follow a KC-130J with Detachment A, Marine Aerial Refueler Transport Squadron 352, from Helmand province, Afghanistan, to the USS Iwo Jima in the Arabian Sea Sept. 6. The KC-130J provided an escort for the Ospreys to the ship.

mechanical issues.

"These guys are instrumental," said Capt. John Brampton, a pilot with VMGR-352. "On these flights, they sit in the window and make sure there is not excessive closure. It's a very important job."

"I haven't done a mission like this

before," said Jones. "This was pretty cool. It's always nice to see the different sites."

After ensuring the Ospreys made it to the USS Iwo Jima, the KC-130J made a quick turn and headed back to Camp Bastion to prepare for another day of supporting Regional Command Southwest.

Doing the escort mission was a nice change of pace for the crew, and it was completed flawlessly.

"The mission went extremely well," Ryberg said. "The transit south was easy, and linking up with the Ospreys went very smooth. Overall, it was a great day."

Life & Times

Facebook.com/MCASCherryPoint

September 20, 2012

Cape Lookout National Seashore

The jewel of Carteret County

CPL. SANTIAGO G. COLON JR.

MCAS CHERRY POINT FOLLOW @USMC_SANTCOLON

CAPE LOOKOUT NATIONAL SEASHORE, N.C. — The solitude of Cape Lookout National Seashore, the undeveloped islands off the coast of eastern North Carolina, can be a welcome break for Marines from Cherry Point.

The seashore is less than 50 miles from the air station, can only be reached by private ferries located on Harkers Island and boasts an abundance of activities for families along more than 60 miles of scenic beaches.

More than 150 Marines and spouses from Cherry Point and Marine Corps Base Camp Lejeune got the opportunity to spend a day at the Cape Lookout lighthouse area Friday as part of Down East Military Fun Day. Participants spent the day lounging at the beach, fishing off the shore, walking the nature trails surrounding the lighthouse and touring the Cape Lookout Light Station.

The military fun day, hosted by the air station and base Single Marine Programs in coordination with the Carteret County Military Affairs Committee, was an effort to give Ma-

rines an opportunity to visit areas they may not otherwise have the opportunity to see, said Diane Warrender, the program manager for Carteret County Military Affairs Committee.

Although they did not get an opportunity to take advantage of everything Cape Lookout has to offer, the trip exposed the Marines and spouses to something new, said Sgt. Michael A. Brawn, an ordnance instructor with the Center for Naval Aviation Technical Training aboard Cherry Point.

"Military Fun Day was a huge success," said Warrender. "This was our largest group ever to attend Fun Day, and for many, it was their first opportunity to travel down east and visit the cape."

Activities on the island include camping or renting a cabin in the park, kayaking or canoeing, fishing and viewing wildlife. Visitors can also receive a park ranger-guided tour and view wild horses on Shackleford Banks.

At the visitor center, visitors can find all the information they need to decide whether to see the wild horses or climb the steps of the 150-foot Cape Lookout lighthouse.

The light station, which includes the actual lighthouse and supporting structures like the keeper's quarters, oil house, cisterns, and coal and wood sheds, played a big part in the history of the area, according to Bob Hare who spent the month of August living in the light keeper's house.

"There were a lot of wrecks at sea because the sand bars go out so far," said Hare.

According to the National Park Service website, construction of the original lighthouse was completed in 1812. The original plans called for an octagonal lighthouse with a brick interior, wood exterior and stone foundation. It was to be 95 feet from the ground to the floor of the lantern room.

After numerous complaints that the lighthouse was too short and the light too weak, a second lighthouse was built in 1859 and stands to this day. The lighthouse is operated by the U.S. Coast Guard and serves as a tourist attraction.

For more information about Cape Lookout National Seashore, visit <http://bit.ly/capelookout>.



The Cape Lookout National Seashore Light Station, which includes the lighthouse and supporting structures including the keeper's quarters, oil house, cisterns, and coal and wood sheds, plays a big part in the history of the area. The lighthouse is operated by the U.S. Coast Guard and serves as a tourist attraction.



Lance Cpl. Aaron D. Cruz, a tactical data systems administrator with Marine Tactical Air Command Squadron 28, and his wife, DeAnna, look at a map of Cape Lookout National Seashore Sept. 14.

Lance Cpl. Aaron D. Cruz, a tactical data systems administrator, and his wife, DeAnna, wave at friends atop the lighthouse at Cape Lookout National Seashore Sept. 14. More than 150 Marines and spouses from Cherry Point and Marine Corps Base Camp Lejeune got the opportunity to spend a day at the Cape Lookout lighthouse area as part of Down East Military Fun Day. Participants spent the day lounging at the beach, fishing off the shore, walking the nature trails surrounding the lighthouse and touring the Cape Lookout Light Station.



Sgt. Jesse T. Cody (left), and Michael A. Brawn, ordnance instructors with Center for Naval Aviation Technical Training at Marine Corps Air Station Cherry Point, ride aboard a boat from Shell Point, Harkers Island to a passenger ferry landing at Cape Lookout National Seashore Sept. 14.



Marines and spouses from Marine Corps Air Station Cherry Point listen to a safety brief given by Nicole Pivka, a Cape Lookout National Seashore park guide, before ascending the steps of the 150-foot lighthouse Sept. 14.

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 & Blendz

Tuesday and Thursday Lunch (Blendz) - Banana-strawberry yogurt, banana-blackberry yogurt, banana-peach yogurt, banana-pineapple yogurt, banana-mango yogurt, banana-blueberry yogurt, Asian chicken chopped salad, Asian beef chopped salad, Savannah fried chicken salad, Southwest chicken strip salad, chef salad bowl, buffalo chicken salad, turkey club salad, beef fajita salad, BLT club salad, Southwest flank steak salad, chicken caesar salad, Chinese chicken salad, antipasto salad.

Monday - Pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, meatballs, baked Italian sausage, boiled rigatoni, boiled spaghetti, simmered ziti, simmered linguine, simmered fettuccini, simmered penne rigate, simmered rotini, Italian meat sauce, alfredo sauce, caesar salad, toasted garlic bread and breadsticks.

Wednesday - Chicken enchiladas, taco beef filling, burritos, Mexican rice, refried beans with cheese, Mexican corn, shredded lettuce, diced tomatoes, chopped onions, sliced jalapeno peppers, taco shells, flour tortillas, taco sauce, salsa, sour cream.

Friday - Wings of fire, honeyed barbecue wings, teriyaki wings, French fried chicken wings, French fried garlic fries, corn on the cob, baked beans, carrot sticks, celery sticks, blue cheese dressing, ranch dressing.

Weekly Menu

Thursday September 20

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

Friday September 21

Lunch - Roast turkey, French fried shrimp, French fried fish, dirty mashed potatoes, green beans, calico cabbage, hush puppies, tartar sauce, cocktail sauce, New England clam chowder
Dinner - Tater-tot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms and Manhattan clam chowder

Saturday September 22

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

Sunday September 23

Lunch - Baked fish with butter crumb topping, herbed baked chicken, potatoes au gratin, confetti rice, herbed roasted carrots, balsamic roasted vegetables and tomato soup
Dinner - Pork chops with smothered onion, chili macaroni, roasted sweet potatoes, French cut green beans, cauliflower combo and Wisconsin cheese soup

Monday September 24

Lunch - Pepper steak, turkey Monterey roasts, rosemary red potatoes, steamed rice, wax beans Creole, stewed chick peas and zucchini, southwestern corn chowder
Dinner - Veal parmesan, tex-mex chicken and rice, penne rigate noodles, scalloped cream corn, broccoli and red peppers, Spanish chorizo and potato soup

Tuesday September 25

Lunch - Linguini with clam sauce, bayou chicken, rissole potatoes, mashed cauliflower, sautéed green beans and mushrooms, beef with vegetables and barley soup
Dinner - Country fried steaks, baked turkey with noodles, smashed potatoes, creamed ground beef, peas, squash and carrot medley and bean with bacon soup

Wednesday September 26

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



Movie Hotline: 466-3884

Visit us at www.mccscherpoint.com

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

Thursday, September 20

No Movie

Friday, September 21

7:00pm - The Watch R

Saturday, September 22

2:00pm - Ice Age: Continental Drift PG

5:00pm - Moonrise Kingdom PG 13

7:30pm - The Watch R

Sunday, September 23

2:00pm - Diary of A Wimpy Kid: Dog Days PG

Tuesday, September 25

6:00pm - Beverly Hills Chihuahua G

MOVIE SYNOPSIS

Diary of A Wimpy Kid: Dog Days - Starring: Zachary Gordon, Steve Zahn, Robert Capron. During his summer vacation, "Wimpy Kid" Greg Heffley, the hero of the phenomenally successful book series, hatches a plan to pretend he has a job at a ritzy country club -- which fails to keep him away from the season's dog days, including embarrassing mishaps at a public pool and a camping trip that goes horribly wrong.

Moonrise Kingdom - Starring: Bruce Willis, Edward Norton, Bill Murray. Two twelve-year-olds fall in love, make a secret pact, and run away together into the wilderness. As various authorities try to hunt them down, a violent storm is brewing off-shore -- and the peaceful island community is turned upside down in more ways than anyone can handle.

The Watch - Starring: Ben Stiller, Vince Vaughn, Rosemarie DeWitt. Four everyday suburban guys come together as an excuse to escape their humdrum lives one night a week. But when they accidentally discover that their town has become overrun with aliens posing as ordinary suburbanites, they have no choice but to save their neighborhood -- and the world -- from total extermination.

Beverly Hills Chihuahua - Starring the voices of: Drew Barrymore, George Lopez, Andy Garcia. A pampered Beverly Hills Chihuahua named Chloe finds herself accidentally lost in the mean streets of Mexico without a day spa or Rodeo Drive boutique anywhere in sight.

Ice Age: Continental Drift - Starring the voices of: Ray Romano, John Leguizamo, Denis Leary, Manny, Diego, and Sid embark upon their greatest adventure after calamity sets an entire continent adrift. Separated from the rest of the herd, they use an iceberg as a makeshift ship, which launches them on an epic seafaring quest.

Movies are subject to change without notice



PHOTO BY LARRY CONLEY

Sgt. Francisco Rodriguez Hernandez Jr., an AV-8B Harrier mechanic with Marine Attack Squadron 223, and his wife Jessica Rodriguez listen to speeches during the Family of the Quarter award ceremony Sept. 13 at the New Bern Golf and Country Club. The family has dedicated countless hours at the Religious Community Services soup kitchens and building houses for Habitat for Humanity.

Rodriguez Hernandez family named New Bern Family of the Quarter

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

FOLLOW @GESANTYUSMC

NEW BERN, N.C. – Humbly approaching the podium, Sgt. Francisco Rodriguez Hernandez Jr. took one last look at his wife Jessica Rodriguez before starting his speech. He started by thanking God for his abilities and for the support from his family, friends and the local community.

He said when people thank him for his actions or his service he always says "thank you" back for the support and the encouragement he receives from those around him. Before stepping down he and the audience observed a brief moment of silence to remember U.S. Ambassador to Libya J. Christopher Stevens, who was killed in the line of duty Sept. 11, and all service members who have lost their lives.

The Rodriguez Hernandez family was named the New Bern, N.C., Family of the Quarter by the New Bern Board of Directors, Chamber of Commerce, Military Affairs Committee and other local leaders at the New Bern Golf and Country Club Sept. 13.

The pair has spent countless hours volunteering at the Religious Community Services soup kitchens where hundreds of volunteers come together from Craven, Jones and Pamlico Counties to serve hot meals seven days a week to anyone who needs it. They also spend time volunteering with Habitat for Humanity building houses for the homeless and families in need.

"It's overwhelming, we don't ever expect anything like this when we volunteer," said Jessica. "This is our community and they give so much to us, so why can't we give back to them?"

"With the economy the way it is, there are a lot of people who need help and need volunteers, and we like to volunteer and lend a hand where it's really needed," she said.

The family spoke about finding inspiration through the children they serve at the soup kitchen and how little things, like a small piece of cake, are so com-

monly taken for granted.

"They'll melt your heart," said Jessica. "You'll see them pass the green beans and other vegetables then come to the desserts and their jaws will just drop, speechless at all the cakes and cookies. Sometimes they'll come up for seconds and say 'ma'am can we please have another,' and I just want to give it all to them."

The couple is driven by the idea that one person can change the world. They work together as a team to meet their self-imposed obligations.

Jessica remembered the first time she went to volunteer at one of the soup kitchens. She said she felt nervous, anxious and found herself wondering, "Can I do this?"

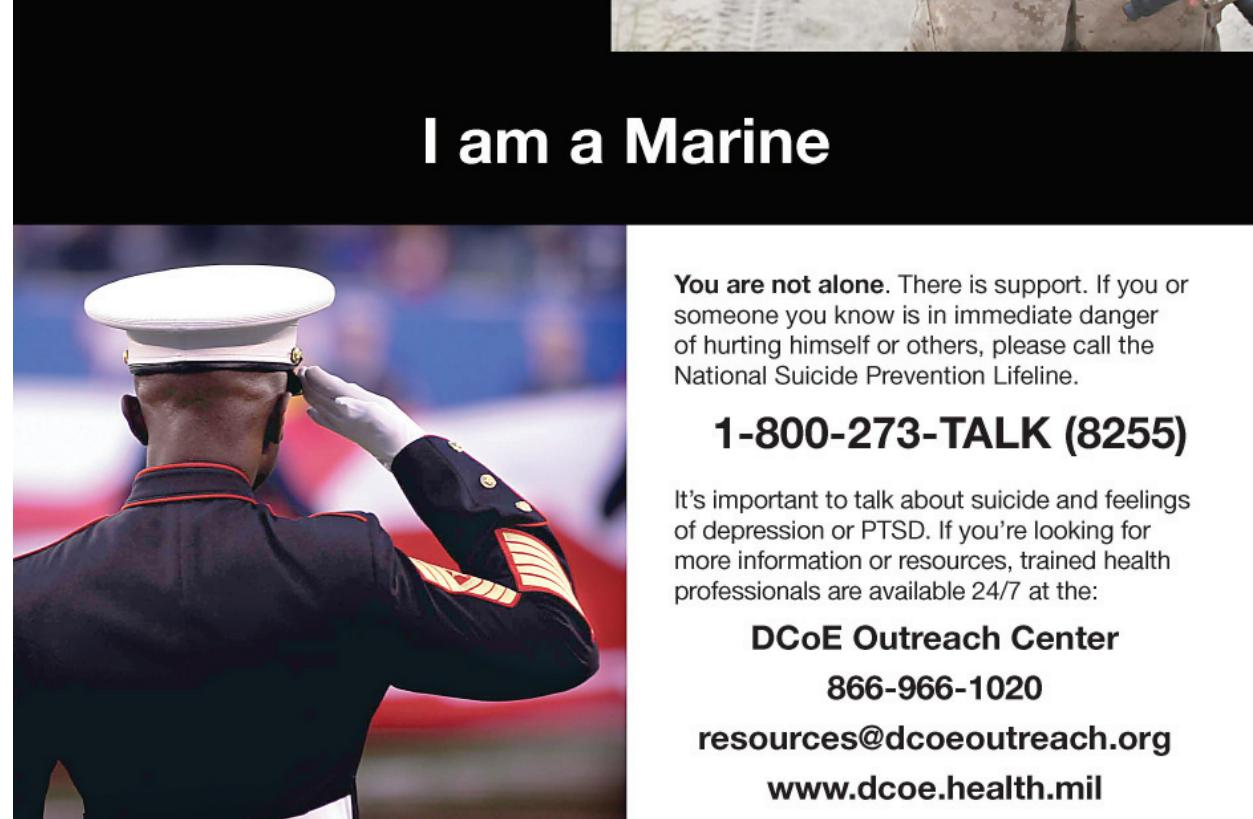
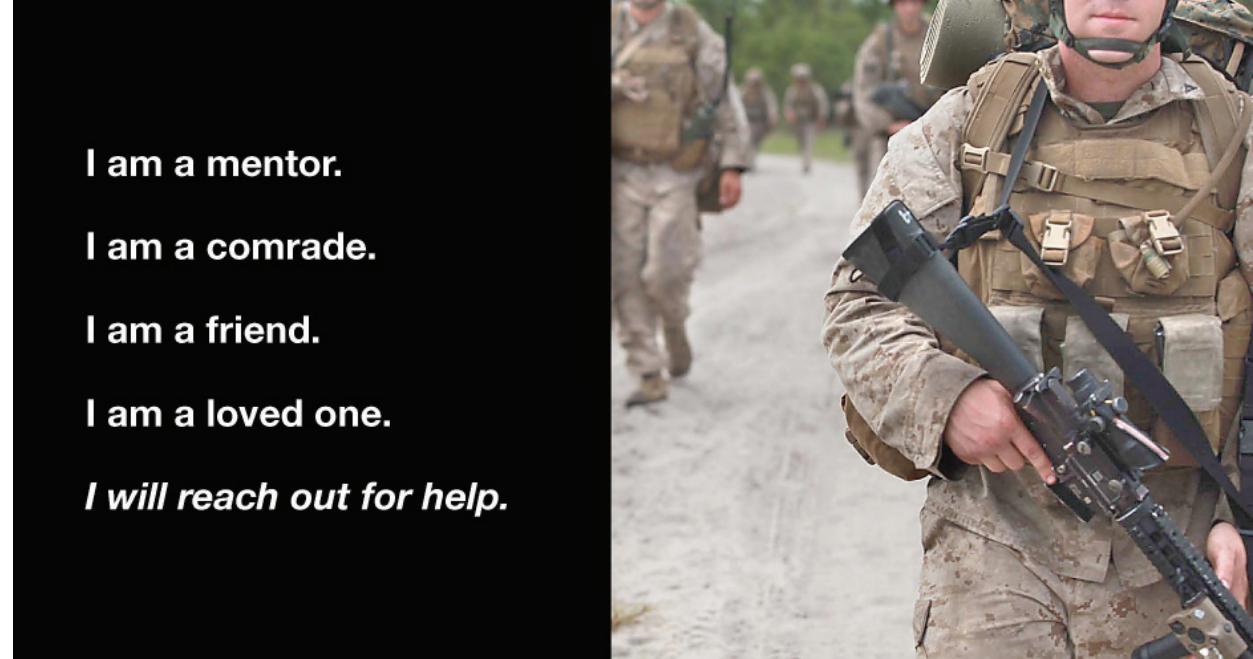
"All it took was getting out there and doing it," she said. "Do it no matter how scared you are. At least try it once."

One supporter, Maj. Keith Warren, the logistics officer for Marine Aircraft Group 14, said he was personally inspired by the young couple to keep up with his volunteer hours as well.

"He's an outstanding Marine and he has given more than I could ever have expected," he said. "Hearing about him getting out and volunteering re-started the fire for me to get out and keep me going, so I've been getting to the RCS and helping with the soup kitchens as well."

The family received more than \$2,000 worth of awards ranging from a tool set to \$250 gift cards to local department stores.

"One thing I failed to mention in my speech was as a Marine Corps, we live by our core values of honor, courage and commitment," said Francisco, an AV-8B Harrier mechanic with Marine Attack Squadron 223. "As Marines we give that to the Marine Corps, but we also give that back to the community. We're selfless and give up our time to expand those core values."



You are not alone. There is support. If you or someone you know is in immediate danger of hurting himself or others, please call the National Suicide Prevention Lifeline.

1-800-273-TALK (8255)

It's important to talk about suicide and feelings of depression or PTSD. If you're looking for more information or resources, trained health professionals are available 24/7 at the:

DCOE Outreach Center

866-966-1020

resources@dcoeoutreach.org

www.dcoe.health.mil

THE LOCAL BUZZ

Announcements

► Indicates new announcement

► Country Concert at the Roadhouse

The Roadhouse on Cherry Point will host a free concert with country rock singer Stephen Cochran tonight from 9 – 11 p.m.

Cochran joined the Marine Corps after 9/11 and served in Iraq and Afghanistan before receiving combat injuries that broke his back and left his legs paralyzed. He worked hard to regain full mobility and now performs for service members throughout the country.

For more information, call Jen Krivohlavy the Single Marine Program Coordinator at 463-7351.

► Cycling for the Coast

Celebrate National Estuaries Day with a bicycle ride along Bogue Banks to raise awareness for North Carolina's coastal estuaries and beaches Saturday. Funds raised will benefit the federation's restoration and protection projects.

For more information, email Sally Steele at sallys@nccoast.org

► Military Service Academy Day

Sen. Kay Hagan is inviting all 7th – 12th grade students and middle and high school counselors to Military Service Academy Day 2012 at Forsyth Tech Community College in the West Campus Auditorium on 1300 Bolton Street in Winston-Salem, N.C., Saturday. Registration is 8:30 – 9:30 a.m. For more information, contact Chris Sgro or Jennifer Johnson at 336-333-5311 or Chris_sgro@hagan.senate.gov or Jennifer_johnson@hagan.senate.gov.

► Raleigh Irish Fest

The Ancient Order of Hibernians and friends will gather in Downtown Raleigh's Moore Square for Raleigh's Irish Fest Saturday, 11 a.m. – 7 p.m. The event will include traditional Irish music with special guests from Ireland, a host of local Irish musicians, champion Irish dancers and the skirl of Raleigh's favorite pipe band.

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

New Bern Battle of the Bands

Twin Rivers YMCA, New Bern Parks and Recreation and Port Human Services have teamed together to bring New Bern's inaugural battle of the bands Saturday. Specifically highlighting teen bands, musicians, singers and other performers, the festival will be held at the Twin Rivers YMCA.

For additional details about the battle of the bands see <http://www.facebook.com/nbbattleofthebands>.

Operation Ball Gown Accepting Dresses

Gently used gowns are being accepted for "Operation

Ball Gown" scheduled for Sept. 28. Drop-off locations are Marine Corps Family Team Building and the Whistle Stop Thrift Shop aboard the air station, and Intimate Bridal in Morehead City.

For more information, call 466-4637.

► Smithsonian Magazine Museum Day Live

Museum Day Live is an annual event hosted by Smithsonian Magazine in which participating museums across the country open their doors to anyone presenting a free Museum Day Ticket, Sept. 29, 10 a.m. – 5 p.m. The nearest participating museum is Tryon Palace in New Bern.

For more information or to get tickets visit <http://bit.ly/tryonpalace>.

► Craven Arts Festival

New Bern Riverfront Convention Center will host the Craven Arts Festival Sept. 29 – 30. The event will include artist booths displaying handmade jewelry, paintings, drawings, mixed media, photography, sculpture, pottery, fiber arts and furniture.

Fees apply to workshops and wine tasting.

For more information, visit <http://www.cravenarts.org>.

AMTRAK Service Reaches Havelock

Amtrak will establish two new bus service routes to Eastern North Carolina, one serving the communities of Greenville, New Bern, Havelock and Morehead City, and a second serving Goldsboro, Kinston, Jacksonville and Wilmington. Both routes will connect with the Amtrak Palmetto train service at the Amtrak Station in Wilson, starting Oct. 3.

For more information, schedules or fares, call 800-USA-RAIL, or follow on <http://www.facebook.com/Amtrak> or <http://www.twitter.com/Amtrak>.

MumFest

The 32nd annual MumFest celebration is coming to the restored streets and waterfront of historic downtown New Bern, Oct. 13 – 14. New this year: model car show and the Indy Tour exhibit, the Sea Fair floating art gallery and New Bern's own version of "Dancing with the Stars."

For more information, call Swiss Bear Downtown Development Corporation at 638-5781 or visit website at <http://www.mumfest.com>.

Onslow Oktoberfest

Along with mouth watering beer and bratwurst, Onslow Oktoberfest will also host its fourth annual 5K run or walk at the Riverwalk Crossing Park in Jacksonville, Oct. 27. Register online at <http://www.onslowco.org> or for more information call 910-455-5733.

Tours of Cedar Grove Cemetery

Monthly and Weekly Events

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.

Cycle Classes

Cycle classes are held every Tuesday and Thursday at the Semper Fit Center aboard the air station at 11 and 11:50 a.m.

For more information, call 466-1147.

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 7 p.m.

For information, call 241-6155.

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.

Dart Tournament

Weekly dart tournaments at the Road House restaurant and recreation facility are held Saturdays at 8 p.m. For more information, call 241-6155 or 466-3044.

Disabled Veterans

Chapter 26 of the Disabled American Veterans meets the third Tuesday of the month at the Senior Center in Havelock at 7 p.m. For information, contact Ancil Jones at 622-5245.

Domestic Violence Support

Support groups for victims of domes-

tic violence are provided by the Carteret County Domestic Violence Program.

The group meetings are held Wednesdays at 6 p.m. For more information, call 728-3788.

Basic Budgeting

Learn basic financial management skills in room 159 of the Training and Education building.

The classes for 2012 will be held Oct. 11, Nov. 6 and Dec. 6, at 9 a.m. For more information, call 466-4201.

Zumba

Zumba exercise classes are held every Monday, Wednesday and Thursday at the Fitness Connection aboard the air station at 5 p.m.

For more information, call 466-1147.

The Craven Chapter of Questers International and the New Bern Historical Society will provide tours of Cedar Grove Cemetery through November. Tours offer glimpses into the lives of more than two centuries of New Bernians. Tickets are \$10 and can be purchased at the New Bern Historical Society, Monday through Friday, 9:30 a.m. – 4:30 p.m. or at the gate prior to the tour.

All tours begin at 4 p.m.

- Sept. 22, 29
- Oct. 6, 13, 20, 27
- Nov. 3, 10, 17, 24

For more information, call 635-1374.

Education Fairs

The Cherry Point Education office will host monthly career and education fairs, for authorized air station patrons. Fairs are held from 10 a.m. – 2 p.m. at the Jerry Marvel Training and Education building, room 171b. The next fairs are scheduled for Sept. 28, Oct. 19, and Nov. 30.

For more information call, Dana Bayliss, at 466-2046.

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.
- Library – 466-3552.
- LifeLong Learning – 466-3500.
- Military Family Life Consultant – 876-8016.
- Retired Activities – 466-5548.

Now in Building 286

- 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.

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.

Marine Corps Family Team Building

Educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. Located in Building 87. For more information, email family.readiness@usmc.mil

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 AND NEW BERN)

TWIN RIVERS (NOT THE MALL)

WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

BELL AUTO SALVAGE II

DASH-IN

DISCOUNT TOBACCO

D'S DRIVE THRU

D'S QUICK MART

EXPRESS WAY

KINGS DRIVE THRU

LAIRDS AUTO & TRUCK CENTER

Moe's MART

NEW YORK TOBACCO CENTER

ONE STOP SHOP

SMART BUY

SMITTY'S R&R

TOBACCO FOR LESS

TOBACCO HOUSE CIGARETTE CENTER

TOBACCO LEAF

VETERANS AFFAIRS SERVICES

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 meant 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

Cherry Point personnel call 466-3093.

FRC East personnel call 464-8333.

DLA personnel call 466-4083.

Signs of Terror