

The Winds

ock

Happy 237th Birthday
Shipmates!



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Prowler Marines depart for aerial combat training evolution in Alaska

CPL. TYLER J. BOLKEN

MCAS CHERRY POINT

A detachment of more than 220 Marines and six EA-6B Prowlers departed eastern North Carolina Sept. 27, heading north to Alaska for a few weeks of aerial combat training at Eielson Air Force Base.

The Marines, from Marine Tactical Electronic Warfare Squadrons 1 and 4, are participating in RED FLAG-Alaska 13-1, a series of field training exercises for U.S. and coalition forces to provide joint offensive and counter-air interdiction, close-air support and large force employment training in a simulated combat environment.

The training is taking place over an area of more than 67,000 square miles throughout Alaska and western Canada through Oct. 19. As many as 70 aircraft will operate in the airspace simultaneously during the peak of the training. Eielson AFB hosts multiple iterations of the exercise throughout the year that regularly involves armed services from countries around the world.

"The level of complexity is intense," said EA-6B Prowler pilot Capt. Byron Drader. "There are so many more players. Dog fights are going on, (simulated) bombs are being dropped, and we're also executing our mission."

The Prowlers' mission includes suppressing enemy radar and surface-to-air missiles, utilizing electronic jamming and high-speed anti-radiation missiles and collecting tactical electronic intelligence. During the exercise, the Marines plan to fly five to six missions a day.

"This gives us an opportunity to actually practice our real-world missions in a joint environment with foreign partners," said Drader. "For a new aircrew, it's a great opportunity to be exposed to this to see what it's going to be like before we actually do it."

The exercise will be high tempo, said Gunnery Sgt. Ryan Straub, the maintenance control supervisor for VMAQ-1. Straub's maintenance expertise on the Prowler goes back more than 12 years.

During the compressed training

See ALASKA page A5



Two F-35B Joint Strike Fighters conduct the first aerial refueling of its kind with a KC-130J Hercules in the sky above Eglin Air Force Base, Fla., Oct. 2. Previous aerial refueling operations with the F-35 had been conducted with test aircraft.

'Warlords' execute first Lightning II midair refuel

Landmark training operation brings together 2nd MAW elements

CPL. BRIAN ADAM JONES

MCAS CHERRY POINT

EGLIN AIR FORCE BASE, Fla., — In the sky above the Gulf of Mexico near Eglin Air Force Base, Fla., the future of Marine aviation punched through the warm Florida air Oct. 2. F-35B Joint Strike Fighters with Marine Fighter Attack Training Squadron 501 from Eglin conducted the first air-to-air refuel of an operational aircraft in the program's history. Previous aerial refueling operations with the F-35 had been conducted with test aircraft.

Four Joint Strike Fighters, two at a time, on two separate sorties, took fuel midair from a KC-130J Hercules from Marine Aerial Refueler Transport Squadron 252 based at Cherry Point.

Both aviation platforms belong to the 2nd Marine Aircraft Wing, the Marine Corps' East Coast aviation component. VMFAT-501 wields the only F-35Bs in the Marine Corps. As the newest aircraft in the American military, the F-35 represents the cutting edge of aviation warfare. The Joint Strike Fighter's capabilities include stealth technology, vertical and short take off and landing, electronic warfare, and a new helmet interface that displays all of

the pilot's data internally and allows for 360-degree views of the aircraft.

“It’s great to start to expand our operational capability in the context of working with the Marine Air-Ground Task Force.”

Lt. Col. David Berke
Commanding Officer
VMFAT-501

Leaders in the F-35 community said the Oct. 2 training mission represented an important step for a program that promises to improve the Marine Corps' ability to serve as America's expeditionary force in readiness.

“It’s great to start to expand our operational capability in the context of working with the Marine Air-Ground Task Force,” said Lt.

Col. David Berke, VMFAT-501 commanding officer.

Aerial refueling operations like the one conducted in Florida are a mainstay of Marine aviation and occur regularly in war zones like Afghanistan. The ability for aircraft to gas up without having to land increases the scope and range of Marine aviation operations.

“Almost every combat mission that happens in the Marine Corps involves aerial refueling,” said Maj. Paul Holst, one of the F-35B pilots on the mission. “We just demonstrated that we can do that, so we’re now one step closer to this airplane being operational. We’re doing exactly what we came here to do.”

For one KC-130J pilot on the mission, the landmark training operation with the F-35 was the first aerial refuel of her career. Capt. Courtney Slafter served as the co-pilot for the mission. A former CH-46E Sea Knight Pilot who switched to KC-130Js within the last year, she found herself on the precipice of the future of military aviation in the sky above Eglin.

“To be a part of the first aerial refuel of the Joint Strike Fighter is exciting.”

See AERIAL REFUEL page A5



LANCE CPL. CORY D. POLOM

Maj. Gen. Glenn M. Walters, right, hands a web book to Sgt. Christopher J. Kandybski, left, and his wife, Tara, Oct. 3. Dozens of families will benefit from the donation of web books from Operation Homelink. Kandybski is an aviation technician with Marine Attack Squadron 231, and Walters is the commanding general of 2nd Marine Aircraft Wing.

Operation Homelink helps deployed service members keep in touch

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

Families around Cherry Point and in hometowns across the nation are going to have an easier time staying connected with their service members during deployments after a generous donation from Operation Homelink, an initiative from First Lady Michelle Obama to encourage all Americans to step up in support of the military.

The organization donated 102 web book computers to 2nd Marine Aircraft Wing, and family readiness officers aboard Cherry Point began passing them out to families Oct. 3. Parents or spouses of deploying service members E-5 and below who do not have a home com-

puter of their own are eligible to receive one of the computers, helping them to stay connected via email, internet video calling and social media sites.

“This is going to help me sleep a little easier at night,” said Tara Kandybski, wife of Sgt. Christopher J. Kandybski, an aviation technician with Marine Attack Squadron 231. “This is the first deployment I have had to deal with, and this will help me know he’s OK.”

More than 50 2nd Marine Aircraft Wing families at Cherry Point will benefit from the web books and about 30 more will go to other 2nd MAW families at MCAS New River and

See OPERATION HOMELINK page A5

Cherry Point Officers' Spouses Club accepting applications for community assistance

CPL. BRIAN ADAM JONES

MCAS CHERRY POINT

The Cherry Point Officers' Spouses Club is set to accept applications Monday for its financial assistance for the fall season.

Every year, the OSC gives thousands of dollars to the local community. In the spring of 2012, the club donated more than \$16,000 to local organizations.

According to the club's website, the mission of the Officers' Spouses Club is "to promote goodwill, friendship and cultural opportunity, and to provide a social setting

for its members."

The club does this by donating money to local nonprofit organizations. This past spring, among its many projects, the club purchased new band uniforms for Havelock High School, funded anti-bullying campaigns for several local schools and contributed to the Injured Marine Semper Fi Fund.

“These are programs that may not be able to function as well without the

See OSC page A5

MAG-14 welcomes new commanding officer, sergeant major

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

Marine Aircraft Group 14 at Cherry Point experienced a complete change in senior leadership over a two-day period. Sgt. Maj. David L. Bradford took over as the senior enlisted advisor of the group from Sgt. Maj. Timothy King Oct. 4. The next day, Col. Robert B. Sofge assumed command of the group from Col. Andrew G. Shorter.

Shorter will become the 2nd Marine Aircraft Wing operations officer, and King will move on to duties as the sergeant major of Marine Air Control Group 28.

Shorter said he leaves the group with a

bittersweet feeling saying, “It has been a great experience, but as every commanding officer knows will eventually come, it is my time to move on.”

Now, Sofge will lead the more than 4,200 Marines and 11 squadrons that fall under MAG-14. As he assumed command he addressed the Marines and said he is looking forward to leading the group.

Sofge said he is excited to take on the challenges to follow and lead the Marines in their continuous success as one team. As their new commanding officer, he will de-

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Upcoming Event:



Something for everyone at 32nd Annual Mumfest in New Bern See B1 for photos and story



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

News Briefs

Smartphone-like devices to Steer UAVs JTF stands up for Inauguration

ARLINGTON, Va. – The Office of Naval Research awarded contracts to Lockheed Martin and Aurora Flight Sciences Sept. 28 to develop robotic rotorcraft capable of supporting rapid autonomous aerial cargo delivery to the battlefield.

ONR is initially providing \$28 million to the industry-led teams to develop prototype concepts in the Autonomous Aerial Cargo Utility System (AACUS) program.

The system would support Navy and Marine Corps units under hostile conditions and could be operated by any warfighter on the ground with a smartphone-like device.

AACUS, an ONR Innovative Naval Prototype, will produce artificial intelligence and autonomous sensing and perception technologies, including threat- and obstacle-detection and avoidance systems and automatic landing capabilities.

The system is designed to allow robotic helicopters to take off, fly and deliver supplies on their own without a human robotics expert physically controlling them.

Ultimately, these technologies could transition not just to unmanned vertical takeoff and landing aircraft, but also to manned rotorcraft that currently experience problems with landing in brown-out conditions.

WASHINGTON – The Joint Task Force - National Capital Region 57th Presidential Inaugural Staff began preparations in support of the presidential inauguration. The task force is charged with coordinating all military ceremonial support for the inaugural period. As a joint component, it includes members from all branches of the armed forces, including Reserve and National Guard components.

Military involvement in the presidential inauguration dates back to April 30, 1789, when members of the U.S. Army, local militia units and Revolutionary War veterans escorted George Washington to his first inauguration ceremony. Military support to the inauguration honors the commander in chief, recognizes civilian control of the military and celebrates democracy.

Participation by the armed forces traditionally includes musical units, marching bands, color guards, salute batteries and honor cordons. Soldiers, Sailors, Airmen, Marines and Coast Guardsmen also provide invaluable assistance to the Presidential Inaugural Committee, a not-for-profit, partisan organization representing the president-elect, and the Joint Congressional Committee on Inauguration Ceremonies.

31st MEU arrives for exercise

SUBIC BAY, Republic of the Philippines – More than 1,000 Marines and Sailors of the 31st Marine Expeditionary Unit arrived aboard the USS Bonhomme Richard (LHD 6) and USS Tortuga (LSD 42) to conduct the 29th iteration of the Amphibious Landing Exercise Oct. 6.

The 31st MEU will conduct bilateral exercises alongside their Philippine Marine counterparts to further improve the two forces' interoperability and maintain their long standing relationship.

The training conducted by the U.S. and Philippine forces includes: medical and dental capability operations, community relations projects, live-fire training exercises, flight operations, parachute insertion training, artillery live-fire training, jungle warfare training, and amphibious raids.

The operations conducted during PHIBLEX help Marines and Sailors to become more proficient by gaining the experience of completing missions alongside an allied force.

Chaplain's Corner:

Memo: Marriage is daily work

Lt. DEANN C. COLEMAN

MCAS CHERRY POINT

Everyday we wake up and automatically play out our routine which may include showering, brushing teeth, getting the children ready, feeding them breakfast, placing the dishes in the dishwasher, cleaning up any mess, rounding everyone up in the vehicle, dropping the children off at child care or school and going to work out or straight to work. Or perhaps you have to get up early to drop off a spouse, clean the house, cook, spend quality time with family and friends, buy groceries, attend medical and dental appointments for you and the children, and let's not forget the sporting activities and practices you or the children are involved in. Life gets very busy, and sometimes in the midst of our doing we forget to be grateful and thankful for all we have and those we have.

When life gets busy and we grow weary, we forget that we chose and wanted our spouse and children, and someone forgot to send us the memo explaining that maintaining a healthy marital relationship takes intentional effort from both. Marriage is a beautiful relationship that consists of romance, love, great communication, quality time, and words of affirmation

See CHAPLAIN page A5

SGT. SEAN A. WALKER

Job Title: Administration specialist personnel chief

Unit: Fleet Readiness Center East

Hometown: Port Lavaca, Texas

Age: 27

Date Joined: July 2002

Sgt. Sean A. Walker, a native of Port Lavaca, Texas, provides administrative services to more than 40 Marines attached to Fleet Readiness Center East aboard Cherry Point.

FRC East is a stand-alone unit from the air station, and because of that, Walker said he is required to have a much broader spectrum of knowledge of the administrative field than the average sergeant.

"It was challenging initially," he said.

But by being the catch-all for the FRC East Marines' administrative needs, he is able to build a tight one-on-one customer service relationship.

"I see most of these guys every day, they're not just a number," he said. "I'm able to tailor the support I need to provide for the individual."

Building those relationships with the Marines is what Walker enjoys the most about his job, but the traveling opportunities aren't bad either.

"I like dealing with Marines, I like taking care of them, and the added perk is we are literally worldwide assignable," he said. "I've been to Bangkok, Thailand, the Great Wall of China, Singapore and Germany."

**Highlight Your Marine or
Sailor Superstar**

Call or email The Windsock

cherry.point.windsock@gmail.com

466-3542

237th Navy Birthday message from MCIEAST CG

On behalf of all Marines and civilians of Marine Corps Installations East-Marine Corps Base Camp Lejeune, I extend my warmest congratulations on the occasion of your 237th birthday. Throughout our nation's history, the men and women of the U.S. Navy distinguished themselves through their dedication, courage, and selfless service across the globe in defense of this great nation.

As you celebrate, know U.S. Marines the world over are proud to serve with you in every clime and place. Today, the Navy and Marine Corps presence around the globe remains a vigilant reminder of our nation's strength and is a source of inspiration and comfort to the American people.

To all of our Sailors, past and present, and their families, happy birthday, with fair winds and following seas.

**Semper Fidelis,
Brig. Gen. Thomas A. Gorry
Commanding General
Marine Corps Installations East**



The Windsock

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REMEMBER TO RECYCLE



Getting fired up about safety, prevention

Cherry Point Fire and Emergency Services to share life-saving information with families



CPL. SANTIAGO G. COLON JR.
MCAS CHERRY POINT

As part of Fire Prevention Week, this week, the Cherry Point Fire and Emergency Services will open its doors for a second Open House at Fire Station 3 from 10 a.m. - 2 p.m. Saturday.

Geared toward children, the event is a way to use fun activities to teach life-saving information about fire safety and prevention said Ronald Waniewski, a Cherry Point firefighter.

"We've got their full attention with these big fire trucks and this gear," Waniewski said. "There is only so much that parents can tell their children. This is one way to get that message across to the kids."

During the event families will tour Cherry

Point's newest fire house, see firefighting equipment up close and learn about how it is used, and meet Sparky the Fire Dog and Freddie the Fire Truck.

Children will receive free informational coloring books and toy firefighter hats.

Waniewski added that it is part of every firefighter's job to share knowledge with families and they look forward to interacting with the children.

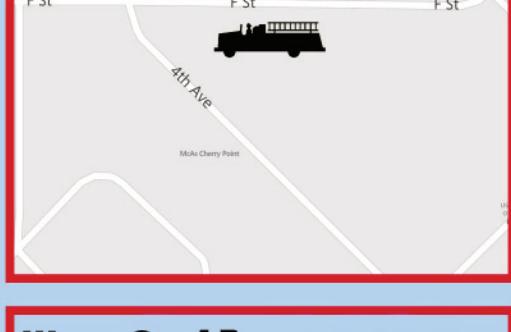
"The firefighters are very knowledgeable," said Waniewski. "We take our job seriously, and with the kid in all of us, we are able to relay safety to the kids."

OPEN HOUSE
2012 FIRE PREVENTION WEEK

- Meet Sparky the Firedog and Freddie the Firetruck
- Firehouse and Firetruck tours
- Try on real fire gear
- Free giveaways

WHEN: OCT 13
10 AM - 2 PM

WHERE: STATION 3
INTERSECTION OF F STREET & 4TH STREET





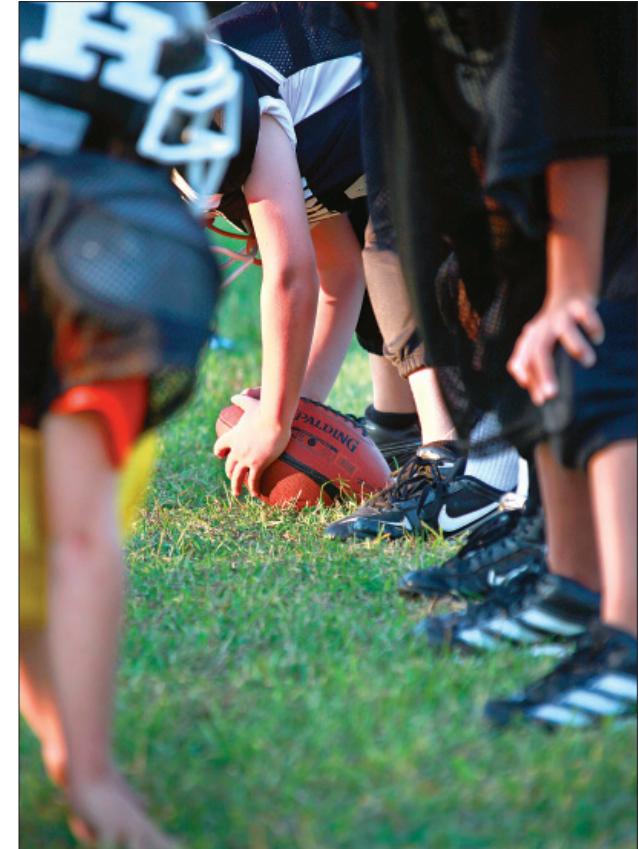
(All Photos) Cherry Point fire fighters guide a 5-year-old boy through a tour of Fire Station 3 Oct. 6 during the first of two open house events scheduled at the station. The goal of the open house is to educate families about fire safety and prevention in a fun environment. Families can meet and interact with Sparky the Fire Dog, Freddie the Fire Truck and take home free coloring books and a toy firefighter hat.





Staff Sgt. Kevin Randall (left), the maintenance control chief with Marine Tactical Electronic Warfare Squadron 1, and Cpl. Corey Gauldsberry, a customer liaison at Fleet Readiness Center East, coach the Havelock Rams Tiny Mite Black Pop Warner team Sept. 26 at Havelock Park.

PHOTOS BY LANCE CPL. STEPHEN T. STEWART



The Havelock Rams Tiny Mite Black Pop Warner team lines up to face the Tiny Mite Gold team Sept. 26 during a scrimmage at Havelock Park. The two teams are part of Pop Warner Little Scholars, a program dedicated to providing a safe and fun way for youth to participate in sports.

Marines share passion for sports with youth football team

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

It is officially fall, and each week just outside the front gate of Cherry Point, three Marines carve time from their busy schedules at the air station to spend time behind a whistle teaching young Lawrence Taylors and Joe Montanas the fundamentals of tackling and touchdowns.

For the Marines, the transition from the flight line to the Pop Warner turf is subtle. Much like being a Marine, football revolves around discipline, commitment and teamwork.

"I have no problems using up what free time I have for these kids," said Cpl. Corey Gauldsberry, who works as a customer liaison at Fleet Readiness Center East aboard the station.

So why does a single twenty-something Marine choose to send his time off with easily distracted 5 to 8-year-old dandelion-picking children? It's a shared passion for pigskin, hard hits and gridiron strategy.

Gauldsberry, a native of Lisbon, Ohio, and die hard Cleveland Browns fan, said he recalled his football playing days growing up and realized how much influence his coaches had on him.

"Now, I feel like I am helping guide the next generation," he said. "I am shocked every day when I see how much these little kids learn."

Starting off the season, the young players tested the Marines' patience. But with time, the reward was overwhelming as the coaches watched the team grow and begin to act as one.

This season is the first time most of the players have played a team sport, said fellow coach Staff Sgt. Kevin Randall, a maintenance controller with Marine Tactical Electronic Warfare Squadron 1. Randall and the third Marine coach on the team, Capt. Eric Albright, an AV-8B Harrier pilot with Marine Attack Squadron 223, both have sons on the team. For them coaching is another way to forge that father-son bond,

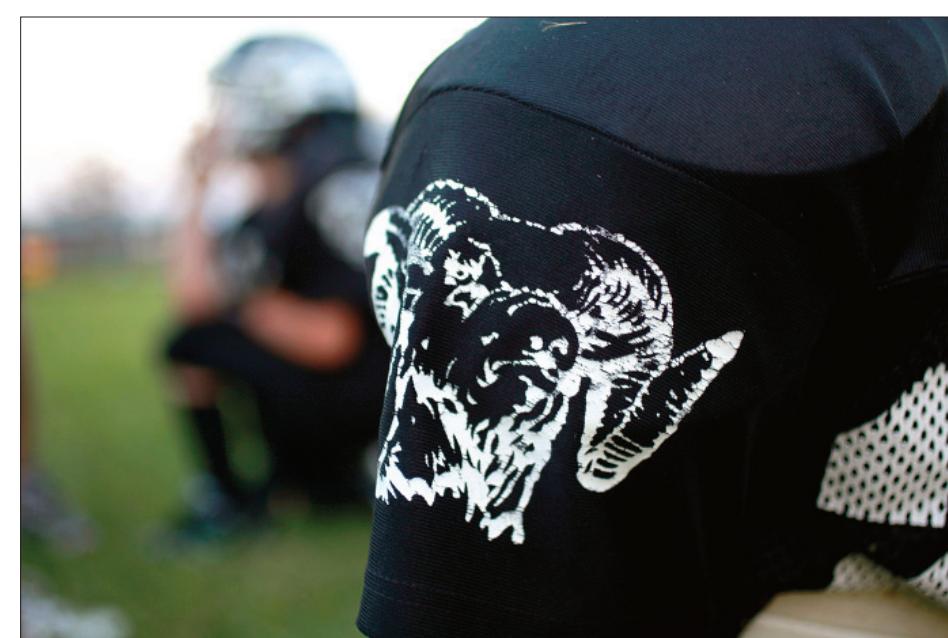
they said.

The shared spirit of unity on the football field is nearing culmination for the young football players and the Marines with less than a month left in the season. Despite the demands of everyday life as Marines, these three coaches are willing to dedicate their free time to instilling traits they hope will stay with the team throughout their lives.

"I hope more Marines will start volunteering and getting out here with the kids," said Randall. "It shows maturity and dedication to give up your free time to help guide these children."



Cpl. Corey Gauldsberry holds a heavy bag for the Havelock Rams Tiny Mite Black Pop Warner team to practice tackling Sept. 26, in Havelock, N.C.



One of the team members on the Tiny Mite Black Pop Warner team wears the team jersey Sept. 26, during a scrimmage at Havelock Park. The team is made up of 5 to 8-year-old children from the local community and coached by three Marines from Cherry Point.

ALASKA from page A1

window the Marines will experience in Alaska, they'll be able to accomplish far more than they'd be able to in the same time at Cherry Point, Straub added.

"The demand will definitely be there," said Drader. "We'll be flying as much as we can."

The training in Alaska is being conducted with an eye toward a future deployment to Afghanistan and allows the squadron to train over a variety of terrain and elevations.

"Afghanistan is mountainous and desert. We're excited to take advantage of this training," said Drader. "It's not something we're able to do a lot."

OPERATION HOMELINK from page A1

MCAS Beaufort.

Operation Homelink is a Chicago-based non-profit organization whose mission is to support U.S. service members and their families through the use of donated computers.

"Receiving this web book will help me know my family is OK," said Sgt. Kandybski. "Thanks to Operation Homelink I will be able to stay in touch with my family through Facebook and Skype."

The families who receive these web books do not have to return these upon completion of the deployment; the computers are theirs to keep.

"This is a huge cost saver to have these web books given to these Marines at no cost," said Mark Laughton, the 2nd MAW family readiness officer. "I hope this goes to show all Marines the support this nation has for those who wear the uniform and their families."

For more information, contact your unit family readiness officer.

CHAPLAIN from page A2

and praise.

Can you honestly say this is what marriage feels or looks like for you every day? I know reality set in and now you think something is wrong with your spouse because things aren't perfect. Well, please receive this as your memo titled, "Marriage is daily work." As Nike has encouraged us through their corporate slogan, "Just Do It," I want to go a step further and say not only should you put forth the effort and just do it, but your reward will be great when you do. What is that reward? A happy marriage.

Remember the moment your child was born and you held him or her in your arms for the first time. Can you recall the tears of joy in your eyes when they called you mama or dada for the first time? Do you remember these special celebratory moments when your children are experiencing their terrible twos and everything is a fight and must go their way? Do you remember that joyous feeling when you as a parent know nothing because your teen thinks you are too old? Do you remember that moment of elation when instructing your child on simple tasks like "take out the garbage" or "make your bed" feels like you are trying to pull a wisdom tooth with your bare hands? Remember how you couldn't wait to have a child and some of you even prayed for them? Regardless of these challenging moments, children truly are a blessing. I like to think of children as gifts from God.

Marriage and raising children are work but a rewarding work that can perpetuate love, joy and happiness. Regardless of trying times or difficult moments I want to encourage you to look at your spouse and your child and be grateful for the imperfect individuals that they are. Start with a heart of humility recognizing you too are imperfect. It is a beautiful gift from God to bring imperfect people together, procreate more imperfect people while cultivating and nurturing potentially loving relationships.

So, my prayer for married couples and parents is that God will change your perception so that no matter what is going on in your life, you are able to see your child(ren) and your spouse as gifts from God that need to be loved, nurtured and cared for. May your focus be to satisfy their needs as well as your own and may God give you wisdom to successfully do the work!

AERIAL REFUEL from page A1

Slafter said. "But to me, the resonance lies in the amount of pride our squadron takes in the missions we are assigned. The resonance lies in our ability to fly halfway across the country to execute this mission and fly back the same day."

The enlisted crew on the KC-130J described the mission as typical for the squadron. The behemoth aircraft play an instrumental role in the Marine Air Ground Task Force, conducting refueling operations, cargo and passenger transport, battlefield illumination and close air support.

"It was great to see the F-35 up and in the early phases of their operations," said Sgt. Shawn Parks, a crewmaster with the KC-130J. "I was taking a good look at it since I had never seen one up close before, but besides that, it was business as usual for us today."

But the mission represented more than a routine operation for a KC-130J Hercules. The two aircraft coming together from duty stations more than 600 miles apart underscored how Marine aviation harnesses the capability to project power anywhere in the world.

"We proved that capability is not just accessible, but that our guys are well trained to do it," Berke said.

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mand the same determination from his Marines that Shorter spoke so highly about.

"It has been a challenge, but it has been rewarding as well," said Shorter. "The Marines within the group are an outstanding group of Marines, and I know they will continue to be outstanding under Col. Sofge's leadership."

Both sergeants major said that this is the best way to change the leadership within a unit. It allows the new sergeant major and commanding officer to grow together and learn about the group as a team.

"Sgt. Maj. Bradford is coming to us from (Marine Aviation Logistics Squadron 14), so he already knows how the group works, and he knows the sergeants major he will be working with," said King. "This is good for the group to have a leader that they know is familiar with the squadrons that fall under the group."

King said he is happy to remain on Cherry Point and praised his Marines outstanding work during his time as the group sergeant major.

"I am sad to have to leave my Marines, but I know they are in good hands," said King. "I couldn't be happier with the way my Marines performed. The Marines that worked under me always did their best and worked hard at accomplishing the mission."

Bradford said he will be depending on those very Marines who worked hard for King. "I will be relying primarily on my (staff noncommissioned officers) to show me how the group is run and to teach me so I can become a better leader."

OSC from page A1

grants that we give them, so we're very happy to be able to do this kind of thing," Jen Krivohlavy, who co-chairs the OSC committee that designates funding.

Krivohlavy said she wants all organizations who may qualify for funding to be aware of the program so the OSC can continue to make a difference in the Cherry Point community.

"We want to reach so many more people. If you're a nonprofit school, if you're a nonprofit organization, if you're looking to do certain things in the community, please apply to us because we want to be able to help you," she said.

The OSC raises money for the giving program, and for its annual scholarship program, through contributions to the Whistle Stop, a thrift store on the air station.

"Our huge motivation is that we're so grateful for everything our Marine Corps families and Sailor families donate to the Whistle Stop we want to give all this money back to them in the form of helping their schools, their community organizations and their sports teams," Krivohlavy said.

For more information on the assistance program, or any function of the Officer's Spouses Club, e-mail the Cherry Point OSC at cherrypointosc@gmail.com or visit cherrypointosc.org.



PHOTOS BY CPL. TYLER J. BOLKEN

A Marine with 2nd Marine Special Operations Battalion, Marine Corps Forces Special Operations Command, jumps out the back of a KC-130J Hercules, parachuting into Camp Atterbury Joint Maneuver Training Center in Indiana Sept. 30. Marine Aerial Refueler Transport Squadron 252 transported the Marines to Indiana to conduct urban environment training for two weeks.

Sunday skydive: Wing Marines send MARSOC soaring into Midwest

CPL. TYLER J. BOLKEN

MCAS CHERRY POINT

Never mind watching football or pulling out the barbecue to finish up the weekend on a sunny Sunday afternoon. Marines with Marine Aerial Refueler Transport Squadron 252 fired up two of the squadron's KC-130J Hercules transport planes on the Cherry Point flight line Sept. 30 to make a trip to the Midwest for the day to dump 21 parachuting special operations Marines into Indiana airspace.

The Marine Corps Special Operations Command troops hit their designated landing zone after a plummet of 13,000 feet into the Camp Atterbury Joint Maneuver Training Center.

In the back of the humming aircraft a Marine at the exit put up two hands, signaling the jumpers 10 minutes to jump, then one hand for five, until finally slapping them out with a firm pat on the back.

"It's definitely the best day at the office and one of the more exciting things we do," said Lance Cpl. Benjamin Lockyer, a loadmaster with VMGR-252 "Otis," and the eyes in the back of the aircraft ensuring the parachutists were on point.

Benjamin, a Wilmington, N.C., native, leaned out the back of the garage door-sized opening at the rear of the

aircraft, looking for an orange 10 by 15-foot "T" on the ground, indicating where the troops needed to be dropped. Rarely do they land outside 100 meters of the mark, according to a MARSOC team chief.

"Precise," said the team chief. "It's absolutely critical that we're on the same page."

Lockyer and another loadmaster coordinate with the pilots, calculating wind, elevation, weight and the speed of the Hercules before giving the green light to jump.

Other factors include changes in weather and proximity of other aircraft, which they saw this day. A crop duster was in the vicinity of their drop zone, requiring them to circle the landing zone again until it was clear.

Once the jumpers were out, the jobs of the Marines aboard the aircraft were done, leaving the MARSOC Marines soaring to their training area below.

"It always boils down to how we work together as a team," said the team chief.

The Marines conduct this training once or twice a month, said Lockyer. "It becomes second nature for both sides."

Landing back at the air station around 7 p.m., it was another day at the office for the Marines at VMGR-252, who still happened to make it home in time for the Sunday night football game.



While in flight on a KC-130J Hercules, a team chief with 2nd Marine Special Operations Battalion, Marine Corps Forces Special Operations Command, looks over a map of the landing area at Camp Atterbury Joint Maneuver Training Center in Indiana that he and his Marines parachuted into Sept. 30. Marine Aerial Refueler Transport Squadron 252 transported the Marines. "It's absolutely critical that we're on the same page," said Olson.



PHOTOS BY LANCE CPL. SAMANTHA H. ARRINGTON

Marine Dome reopens

The Marine Corps Air Station Cherry Point Marine Dome reopened Monday at 1 p.m., following a floor resurfacing project. Basketball, volleyball, racquetball, Marine Corps Martial Arts Program training, Zumba exercise dance classes and saunas are among the activities and services provided at the dome. "Typically you'll see 700 to 800 Marines a day coming in here, doing training, playing basketball, you name it," said Bryant Searcy, the Semper Fit athletic director. Operating hours are Monday – Thursday, 5 a.m. - 9 p.m.; Friday, 5 a.m. - 6 p.m.; weekends and holidays, 1 - 5 p.m.



LANCE CPL. SAMANTHA H. ARRINGTON

Pamlico County Heritage Day

The 2nd Marine Aircraft Wing Band jazz ensemble plays at Pamlico County Heritage Day Oct. 6. The seventh iteration of the annual event included a blacksmith shop, an old-time barber shop and a one-room school house. The Pamlico County Historical Association event was cancelled last year due to Hurricane Irene cleanup requirements, but made a comeback this year as the largest in the event's history.

Marine pilot presents award to World War II veteran after 68 years

COURTESY STORY

MARINE FORCES CENTRAL COMMAND

MARINE CORPS FORCES CENTRAL COMMAND, MacDill Air Force Base, Tampa, Fla. — Maj. Josh Vance, a KC-130 pilot currently stationed at Combat Development Directorate, Combat Development and Integration, Marine Corps Combat Development Command, Quantico, Va., has just seen the reward of more than 13 months of research and effort in the town of Brooksville, Fla.

On Jan. 31, 1944, Operation Flintlock commenced when U.S. forces invaded Kwajalein Atoll – the 4th Marine Division in the North at Roi-Namur and the 7th Infantry Division in the south at Kwajalein, both members of the V Amphibious Corps. At 3:22 p.m., an OS2N-1 "Kingfisher" observation/scout float plane from the USS New Mexico (BB-40) was hit by enemy anti-aircraft fire from Ebeye Island, an enemy float plane base at the time.

The Kingfisher suffered serious damage and was forced to make an emergency landing in the lagoon due to high octane aviation fuel leaking into the bilges in the cockpit, filling it with fuel fumes and presenting a critical fire hazard.

The pilot, Navy Lt. Forney O. Fuqua, was mortally wounded by the enemy fire and instructed the radioman in the rear cockpit of the Kingfisher, Petty Officer 2nd Class Harrison Miller, to bail out. Miller elected to stay with the plane and to attempt a water landing himself from the rear cockpit. With no prior flying experience, no flight instruments and only an emergency control stick in the rear cockpit, he successfully made a water landing from the back seat of the Kingfisher.

After landing, Miller got out of the rear cockpit onto the wing, made his way to the front cockpit, turned off the Kingfisher's engine and started to unbuckle the pilot's parachute and harness; but before he could get him unbuckled, the plane capsized due to the loss of the outboard pontoons during the landing. Miller made numerous attempts to rescue the pilot and remove him from the cockpit, diving under the gasoline covered waters but was unsuccessful. Miller later received the Distinguished Flying Cross for his actions that day aboard the USS New Mexico.

While transiting via KC-130 from Okinawa, Japan, to Hawaii, Vance made overnight stops at Kwajalein Atoll for fuel, remaining overnight. While out for a run, he noticed battle site plaques commemorating the actions that took place during the battle of Kwajalein which sparked his research about the battle.

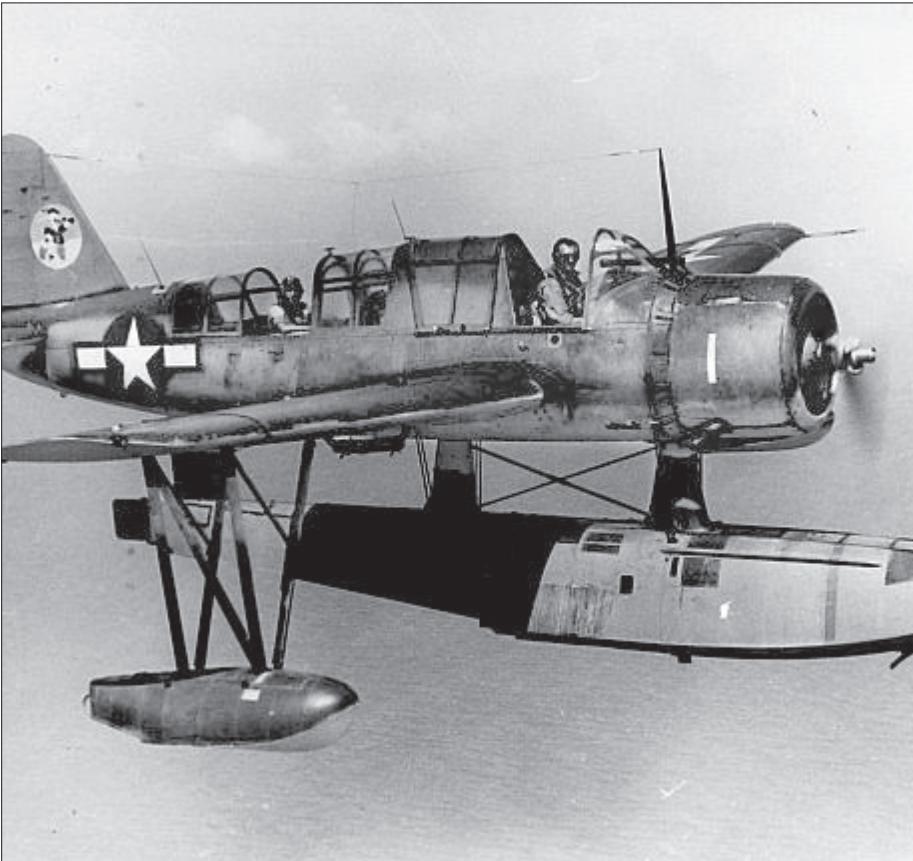
On one of his trips, he met a "local" from Kwajalein, Dan Farnham, a Navy veteran who has worked and lived on Kwajalein

for several years as a civilian fire fighter, internet technician and avid scuba diver like Vance. Both were very interested in WWII history, particularly the actions on Kwajalein and in the Pacific and have kept in touch over the years.

Last August, Vance contacted Farnham asking what he was currently researching. Farnham told him about a scout/observation float plane that was lost from the USS New Mexico while on a gunfire spotting mission on the first day of the battle.

with "H" on board the USS New Mexico, Vance caught a break in the case.

A muster report from the USS New Mexico listed a Harrison D. Miller, ARM2C with a place of enlistment as West Palm Beach, Fla. Vance had the scent but was still not 100 percent sure if this was "the guy" and had no way to verify his current contact information. He knew that people at that time, and to some extent today, do not move far from where they grew up.



MASTER SGT. CHAD MCMEEN

An OS2N-1 "Kingfisher" observation/scout float plane in flight, the same model as the one in which Petty Officer 2nd Class Harrison D. Miller, a radioman, successfully made an emergency water landing with no prior flying experience, no flight instruments and only an emergency control stick in the rear cockpit.

Farnham was in the middle of a survey using a side-scan sonar, along with Bill Remick and Barbara Buchanan of Wreck Diving Magazine.

Vance asked how he could assist with the project and took on the task of seeing if he could locate and confirm whether the radioman was living as he might be able to provide some insight on where the plane was lost. The radioman was listed in the ship's logs obtained from the National Archives as H.D. Miller and was picked up by the Yard Mine Sweeper (YMS) 383.

Vance set to work with nothing but H.D. Miller from the USS New Mexico to go by. He spent hours of his own time and resources researching the event and scouring through recently released U.S. Navy WWII muster reports.

Narrowing his search by inserting common first names for the period that began

He isolated his search to Florida, utilizing on-line phone directories and found an H. Miller in Floral City, Fla.

"I called him up," Vance said. Worried that Miller would hang up, thinking he was a telemarketer, he jumped right in after giving his name and asked "Did you serve on the USS New Mexico and fly as air crew on a Kingfisher?" Miller replied with, "I did." Relieved to finally find the Kingfisher radioman, Vance replied with "Sir, I've been searching for you for a while."

After speaking with Miller on several occasions and obtaining detailed accounts on where Miller estimated the plane was lost, he set out trying to locate crew members of the YMS-383 who might have witnessed the rescue and have more information on where the plane might have sunk.

After conducting more research, he ob-

tained crew muster reports for the YMS-383. He started with some of the uncommon last names listed on the reports and utilizing the same methods, tracked down two living crew members of the YMS-383. The unbelievable part was that of the two crew members Vance had located, one was Louis Sonner, the man who jumped in the water and pulled Miller back to the YMS-383 from his capsized Kingfisher and the other was Burl Sousa, the man who assisted Miller onto the YMS-383; they both remembered the event like it was yesterday.

Vance put all three veterans in touch with each other. Additionally, Vance has coordinated a reunion of the Veterans in Floral City over Veterans Day weekend which will be the first time they've seen each other since the day Miller was shot down.

Vance wasn't done yet. After a detailed review of Miller's WWII service record, he discovered that he was missing many of his WWII medals and was never awarded the Air Medal for the combat missions he flew during the war. Vance then set out to ensure Miller received the recognition he deserved. He spent hours sifting through Miller's service record and researching the WWII award criteria for each medal. With the help of both the Marine Corps and Navy personal awards sections, he was able to assist Miller in applying for correction of his record. Rep. Rich Nugent was critical in this effort and assisted Miller in the expediting of the processing of his awards.

After all the research and coordination, Vance wanted to see this through to the end. Once he confirmed the medal and citation had been approved, he flew to Brooksville to present the Air Medal (1st through 3rd awards) to Miller at Congressman Nugent's office. This was his chance to meet the radioman he had learned so much about during his research.

"It's an honor to work with these veterans; they have sacrificed so much and put their lives on hold when called defend our country and the world at the time," Vance said. "They did what they needed to do without hesitation. A lot of people say that the heroes are the ones who didn't come back, and while I understand that kind of thinking, there are a lot of heroes who came back, too."

Though Vance has seen the fruit of his labor, he is a long way from closing the book on his original history project. He plans to help Farnham find the wreckage of the Kingfisher. "I'm not finished yet. She (the Kingfisher) rests somewhere in a two to four square-mile area 50-150 feet below the surface, and Dan and I will find her. The search continues," Vance said.

Aircraft maintenance aboard amphibious ships keeps 24th Marine Expeditionary Unit mission ready

CAPT. ROBERT SHUFORD

24TH MARINE EXPEDITIONARY UNIT

5th FLEET AREA OF RESPONSIBILITY –

With non-stop flying comes non-stop maintenance for aviation mechanics of the 24th Marine Expeditionary Unit.

The maintenance crews of the 24th MEU's aviation combat element, Marine Medium Tiltrotor Squadron 261 (Reinforced), have stayed busy over the past six months of their deployment ensuring the MV-22B Ospreys, AV-8B Harriers, CH-53E Super Stallions, UH-1N Hueys and AH-1W Cobras are always mission capable while embarked at sea.

In August alone the maintenance crews for each type of aircraft tallied a combined total of 9,823 man hours of work doing things as simple as checking wires and tightening screws, to replacing entire engines using cranes and lifts.

An average work day for these crews begins an hour before their daily maintenance meeting when the day crews and night crews conduct a shift turnover – one crew completing their 12-hour shift, as another crew comes on.

From the start to the end of their shift each crew is busy.

"Without the dual shift, 24-hour maintenance effort, the daily mission readiness of the 24th MEU's aviation assets would fall apart. Aviation mechanics are the unsung core of that effort," said Maj. Dale Behm, the maintenance officer for the squadron.

Behm, who has been with the squadron since 2011, explains the intensity and thoroughness of the 24th MEU's aviation maintenance efforts with a comparison to normal automotive maintenance:

"Aviation maintenance is much more complex than having your car inspected once a year and the oil changed every 3,000 to 5,000 miles. Aircraft maintenance strives to maintain balance between the multitude of hourly inspections that are unique to specific types of aircraft and parts. Instead of just sending the car in for a 60,000 mile transmission check, an aircraft maintainer tracks the age (component life) of any one of the many bolts that are part of that transmission. During a daily inspection all of those bolts on an aircraft's transmission need to be torque checked and inspected for evidence of integrity, fatigue, and wear."

And that's just the small stuff.

The amount of work needed to keep the aircraft up and running against constant wear and tear, and the harsh environmental elements can be likened to

your car if, after every 200 hours of driving, you did a frame off restoration and replaced the entirety of the suspension and drive train, said Behm.

What makes their work more impressive is that these Marines don't have the luxury of using a full hangar facility like they do stateside at an air station. Their work is performed underway at sea aboard amphibious assault ships USS Iwo Jima and USS New York, two of the three ships belonging to the Iwo Jima Amphibious Ready Group.

"At a dedicated automotive shop, your frame off restoration might take months, while our maintenance Marines complete these types of overhauls in seven to 10 days," said Behm, a Strausstown, Pa., native.

Such checks are just part of the daily, and nightly, grind for the 320 maintainers of the unit who can be found on the flight deck performing their job in temperatures consistently reaching more than 110 degrees throughout the summer months in the Middle East.

Other factors unique to the expeditionary environment of performing maintenance on ship includes working on a moving ship in rough seas, working under the dim, green lighting in the hangar at night, and balancing the limited work space available with flight operations and the daily routine of the ship's crew.

Since the 24th MEU deployed in late March their aircraft have flown to support exercises in Morocco, Jordan, Kuwait, and Djibouti. The squadron also executes a continuous flight schedule that supports the movement of personnel and equipment between ship and shore, and supports requirements of the pilots and crews to maintain qualifications and required flight hours to stay proficient.

"Day in and day out these young Marines dedicate countless hours to the repair and preventative maintenance on completely unique, different types of aircraft, which keep the 24th MEU ready to support missions anywhere in the world. It's humbling to be a part of this team," said Behm.

The 24th MEU is currently embarked with the Iwo Jima Amphibious Ready Group on a regularly scheduled deployment to the U.S. Navy's 5th and 6th Fleets, serving as a crisis response force for the U.S. European and Central Commands. They began their deployment in late March when they left their home base of Camp Lejeune, N.C.



CAPT. ROBERT SHUFORD

Aviation maintenance Marines with Marine Medium Tiltrotor Squadron 261 (Reinforced), 24th Marine Expeditionary Unit, perform maintenance on an MV-22B Osprey on the flight deck of USS Iwo Jima, Sept. 11. Maintenance crews are constantly working on the various aircraft belonging to the 24th MEU to ensure they are mission ready whenever called on. The 24th MEU is deployed with the Iwo Jima Amphibious Ready Group as a theater reserve and crisis response force in U.S. Central Command and the Navy's 5th and 6th Fleets area of responsibility.

SMMC puts one across home plate



SGT. PRISCILLA SNEEDEN

Sergeant Major of the Marine Corps Sgt. Maj. Micheal P. Barrett throws the ceremonial first pitch at Marine Corps Day in Nationals Park Sept. 24. The event featured the Marine Corps Base Quantico Band playing the national anthem, the Marine Barracks Washington color guard and a heartwarming salute to wounded warriors in attendance.

Life & Times

Facebook.com/MCASCherryPoint

October 11, 2012

Mums and more

*Thousands expected to attend
32nd Annual New Bern Mumfest*

SPECIAL TO THE WINDSOCK

MCAS CHERRY POINT

Mumfest 2012 staff members were serious when they said they would have something for everyone.

From magicians to Roller City Girls to live music of various genres, the 32-year-old event will please children, teenagers and parents alike with events running both Saturday and Sunday in New Bern.

The award-winning fall festival will commence at 10:30 a.m. with musical performances on the main stage in front of Galley Store at East Front and Pollock St. The main stage will be busy both days with musical performances from gospel to country music to rock and roll.

Other events through the weekend include a dog show, BMX stunt show, Roller City Girls demonstration, magic shows for children, wine tasting, canine handling demonstrations, 5K run and 1-mile fun walk.

One of the newest attractions of Mumfest is "Seafair," a 228-foot mega yacht. The yacht has three decks of 28 galleries filled with art, jewelry and sculptures from national and international artists. The yacht will remain docked at the New Bern Grand Marina for Mumfest weekend.

Celebrating New Bern's reputation as an art center, local artists will showcase their talents at the

ArtZone located downtown on the 300 block of Pollock St. Visitors are encouraged to engage the artists as they create their pieces.

"We are expecting anywhere from 85,000 to 90,000 people at Mumfest," said Susan Moffat Thomas, festival director. "It was originally a strategy to bring in people to the downtown area and only covered a couple of blocks."

Thomas added that every year the festival has grown in size.

"This year the festival will cover eight blocks," said Thomas.

She said a detailed map of the festival is now available for download on their website <http://bit.ly/mumfest>. Also, attendees with smartphones can scan QR codes at Mumfest venues to see a list of scheduled performances.



LANCE CPL. CORY D. POLOM

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 October 11

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

Friday October 12

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 - Tatertot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms, Manhattan clam chowder

Saturday October 13

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

Sunday October 14

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

Monday October 15

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 October 16

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

Wednesday October 17

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



Movie Hotline: 466-3884
Visit us at www.mccscherrypoint.com

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

NOW SHOWING

Thursday, October 11
6:00pm - Bourne Legacy PG 13

Friday, October 12
5:00pm - ParaNorman PG

7:30pm - The Expendables 2 R

Saturday, October 13
2:00pm - ParaNorman PG

4:30pm - ParaNorman PG

7:00pm - The Expendables 2 R

9:30pm - Bourne Legacy PG 13

Sunday, October 14
2:00pm - ParaNorman PG

MOVIE SYNOPSIS

Bourne Legacy - Starring: Jeremy Renner, Rachel Weisz, Edward Norton. To become an elite government operative, a man hands himself over to the same agency that birthed the likes of Jason Bourne, but he's eventually forced to go on the run.

The Expendables 2 - Starring: Sylvester Stallone, Bruce Willis, Chuck Norris. The Expendables are back and this time it's personal. With newest members Billy the Kid and Maggie aboard, they are reunited when Mr. Church enlists the Expendables to take on a seemingly simple job.

ParaNorman - (Animation) - Starring the voices of: Casey Affleck, Kodi Smit-McPhee, Tempestt Bledsoe. When a small town comes under siege by zombies, who can it call? Only misunderstood local boy Norman, who is able to speak with the dead. In addition to the zombies, he'll have to take on ghosts, witches and worst of all, grown-ups, to save his town from a centuries-old curse. But this young ghoul whisperer may find his paranormal activities pushed to their other worldly limits.

Movies are subject to change without notice

Substance Abuse Prevention Month:

The drug we drink

GUNNERY SGT. MELINDA MUÑOZ

MARINE AND FAMILY PROGRAMS

The Department of Defense defines a drug as any chemical compound which may be used on, or administered to humans or animals, that modifies their physiological or psychological behavior or function. Despite the fact that alcohol is legal for those 21 or over, it is a depressant that fits squarely within this definition.

Navy and Marine Corps policy states that alcohol abuse and the distribution, possession, or use of illegal drugs is contrary to the effective performance of our Sailors, Marines and to the mission, and will not be tolerated.

Learning some of the myths and facts concerning alcohol can help you make wise decisions when it comes to responsible use of this mind-altering drug.

If you or someone you know is experiencing problems related to alcoholism or alcohol abuse, contact your unit Substance Abuse Control Officer, Substance

Abuse Counseling Center, Drug Demand Reduction Coordinator or chaplain. Help is also available 24 hours a day from the Military OneSource military crisis line at 800-273-TALK (8255).



Myth VS. Fact

Myth: Some think that people are being anti-social when they refuse an offer for a drink. Others think there is something wrong if people don't drink under certain circumstances like weddings or parties.

Fact: Drinking is an individual choice, not a social requirement for acceptance. If you are in a social situation where self-control, appropriate behavior and social etiquette really are an issue, overindulging in alcohol is probably the last thing you want to consider.

Myth: Alcohol is not an addictive drug.

Fact: Physical and psychological addiction can be medically diagnosed and recognized by the presence of withdrawal symptoms. When a drinker becomes physi-

cally dependent on alcohol, they may experience agitation, insomnia, loss of appetite, nausea, pain, uncontrollable shakes or tremors when alcohol is not readily available to them.

Myth: Alcohol is a stimulant.

Fact: Alcohol may make you feel more social, assertive or even aggressive, but it is not a stimulant. Alcohol is a depressant that reduces brain and body functions and can cause adverse effects when consumed beyond the drinker's tolerance.

Myth: Alcohol is digested like any other food.

Fact: Most nutrients in food are absorbed over a period of hours, primarily in the small intestine. Alcohol enters the bloodstream within minutes of ingestion because most is absorbed directly

by the stomach tissue. Drinking alcohol with carbonated beverages can speed this process further.

Despite the inherent dangers posed by alcohol abuse, millions of people around the world use alcohol safely. Consider the following tips when you choose to drink to help ensure a positive experience:

- Be aware of and stay within your limits.
- Understand the risks associated with alcohol use and abuse.
- Avoid making alcohol a habitual experience.
- Never use alcohol as a way to cope with life's problems.
- Never drink and drive or operate machinery under the influence of alcohol.

Cooking Safety:

Keep family safe with these tips from Cherry Point Fire and Emergency Services

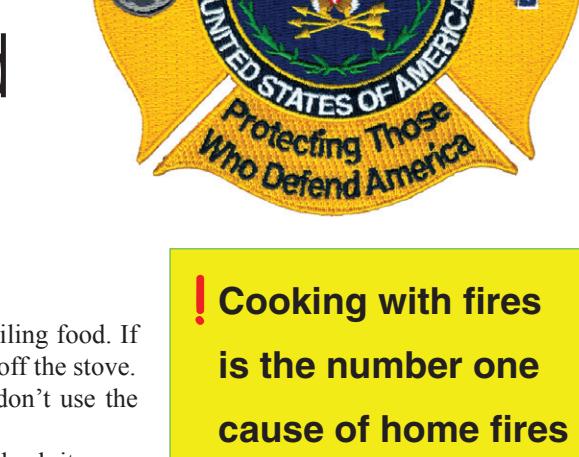
Cook with caution

• Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

• Be alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.

• If you are simmering, baking, roasting or boiling food, check it regularly, remain in the home while food is cooking and use a timer to remind you when food is done.

• Keep anything that can catch fire – oven mitts, wooden utensils, food packaging or towels – away from your stovetop.



! Cooking with fires is the number one cause of home fires and home injuries.

! The leading cause of fires in the kitchen is unattended cooking.

! Most cooking fires in the home involve the stovetop.

AND DON'T FORGET...

Have a "kid-free zone" at least three feet around the stove and areas where hot food or drink is prepared or carried

For more information about fire safety visit

<http://www.nfpa.org>



THE LOCAL BUZZ

Announcements

► Indicates new announcement

Haunted Hayrides

Ghosts of New Bern and Carolina Carriage Tours will host "haunted hayrides" every Friday and Saturday in October starting today.

The hour-long ride starts at 7:30 p.m. at Morgan's Tavern and Grill.

Guests ride in the rustic comfort of a tractor-drawn hay wagon and hear tales of strange occurrences, unusual happenings and ghosts that haunt some of New Bern's homes and buildings. The stories are based on the book "Ghosts of New Bern" by Joseph and Joyce O'Callahan. Guests are treated to an entertaining and "spirited" evening as they celebrate more than 300 Years of New Bern ghost stories.

Space is limited.

For more information and to purchase tickets call 571-4766.

Flu Shots

The Naval Health Clinic is offering Saturday seasonal flu vaccine rodeos for all eligible beneficiaries from 8 a.m. – noon at the immunizations department on the following dates: Oct. 13, 20, 27.

Eligible beneficiaries may also receive the flu vaccine during regular immunization hours, Monday-Friday, 8 a.m. - 3 p.m.

New Bern MumFest

The 32nd annual MumFest celebration will come 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 the website at <http://www.mumfest.com>.

Fire and Emergency Services Open House

Cherry Point Fire and Emergency Services will open its doors to the Cherry Point community Saturday, as part of Fire Prevention Week. The open house will take place at Cherry Point's newest fire station, Station 3, located at the intersection of F St. and 4th Ave.

There will be activities for people of all ages, especially children. The open house will feature tours of the firehouse and trucks, a chance to meet Sparky the Fire Dog and Freddie the Fire Truck, stop, drop and roll lessons, free fire hats, coloring books and stickers, and the chance to try on real fire suits.

Cherry Point Fire and Emergency Services hopes to promote an understanding of fire safety among children and the entire Cherry Point community.

Fire Prevention Week is Oct. 7 – 13 commemorating the Great Chicago Fire of 1871.

Naval Health Clinic Breast Cancer 5K

The 7th Annual Breast Cancer Awareness 5K run will take place at Sunset Park across from the flight line aboard Cherry Point Oct. 20.

Shirts for the event are now on sale at the surgery clinic aboard the Health Clinic.

Prices are \$10 for short sleeve and \$12 for long sleeve. Shirt payments are due no later than Oct. 12. No registration needed.

For more information contact Petty Officer 2nd Class Noceda at 466-0915.

MARSOC Screening Team Visit

The Headquarters Marine Corps Special Operations Command Screening Team will visit Cherry Point Oct. 22, New River Oct. 23, and Camp Lejeune Oct. 24 - 26.

For more information, contact Karlee Loch at 910-440-0282, 910-915-6745, or Karlee.loch@usmc.mil, or visit <http://www.marsoc.marines.mil>.

► Maritime Museum Fright Night

Spooky storytelling and a haunted exhibit hall will highlight the many activities of "Fright Night" at the North Carolina Maritime Museum in Beaufort Oct. 26, 5:30-8 p.m.

There will be fun and frights for all ages. Performers from the East Carteret High School Drama Club and the museum's staff and volunteers will help visitors get in the Halloween spirit.

Tickets are \$6 for adults and \$3 for ages 18 and under. The museum is open Monday-Friday, 9 a.m.-5 p.m., Saturday, 10 a.m.-5 p.m., and Sunday, 1-5 p.m.

Visit <http://bit.ly/museumfrightnight> or call 728-7317 for more information.

► NC Aquarium "A-scare-iun" costume party

The North Carolina Aquarium at Pine Knoll Shores introduces the A-scare-iun, a new Halloween costume party for grown-ups, Oct. 27, 7-11 p.m.

Win great prizes for great disguises, including a Dahon Mu P8 eight-speed folding bicycle and gift certificates to the area's top restaurants.

Costumes are compulsory, so indulge your creativity or your alter ego for this masquerade among marine life.

Wine and beer made in North Carolina will be sold. Also enjoy complimentary food, soft drinks, music,

dancing, giveaways and a cauldron full of other activities in an appropriately eerie ambiance of haunted waters.

Advance tickets are available now online for \$18 per person, \$35 per couple. Tickets at the door are \$20 per person. Daily admission passes and tickets do not apply.

The bewitching evening is limited to guests ages 21 and up.

Proceeds go to the Aquarium's sea turtle conservation and research program.

Onslow Oktoberfest and 5K

Along with mouth-watering beer and bratwurst, Onslow Oktoberfest will also host it's 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.

Marine and Family Programs

Marine, Family Programs Office Numbers

Now in Building 298

- Library – 466-3552.
- Retired Activities – 466-5548.

Now in Building 286

- Exceptional Family Member Program – 466-3305.
- Child Development Resource and Referral – 466-5490.

Now in Building 87

- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.
- Military Family Life Consultant – 876-8016.
- Families Overcoming Under Stress Representative – 466-7137.

Now in Building 4335

- Lifelong Learning – 466-3305.
- The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

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
LAIRD'S 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.

Announcements

► Indicates new announcement

Haunted Hayrides

Ghosts of New Bern and Carolina Carriage Tours will host "haunted hayrides" every Friday and Saturday in October starting today.

The hour-long ride starts at 7:30 p.m. at Morgan's Tavern and Grill.

Guests ride in the rustic comfort of a tractor-drawn hay wagon and hear tales of strange occurrences, unusual happenings and ghosts that haunt some of New Bern's homes and buildings. The stories are based on the book "Ghosts of New Bern" by Joseph and Joyce O'Callahan. Guests are treated to an entertaining and "spirited" evening as they celebrate more than 300 Years of New Bern ghost stories.

Space is limited.

For more information and to purchase tickets call 571-4766.

Flu Shots

The Naval Health Clinic is offering Saturday seasonal flu vaccine rodeos for all eligible beneficiaries from 8 a.m. – noon at the immunizations department on the following dates: Oct. 13, 20, 27.

Eligible beneficiaries may also receive the flu vaccine during regular immunization hours, Monday-Friday, 8 a.m. - 3 p.m.

New Bern MumFest

The 32nd annual MumFest celebration will come 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 the website at <http://www.mumfest.com>.

Fire and Emergency Services Open House

Cherry Point Fire and Emergency Services will open its doors to the Cherry Point community Saturday, as part of Fire Prevention Week. The open house will take place at Cherry Point's newest fire station, Station 3, located at the intersection of F St. and 4th Ave.

There will be activities for people of all ages, especially children. The open house will feature tours of the firehouse and trucks, a chance to meet Sparky the Fire Dog and Freddie the Fire Truck, stop, drop and roll lessons, free fire hats, coloring books and stickers, and the chance to try on real fire suits.

Monthly and Weekly Events

AI-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.

Table Talk Bible Study

The Cherry Point Chaplain hosts a weekly bible study at Miller's Landing Thursdays at 6 p.m.

For more information, call the Chaplain's office at 466-4000.

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

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Severe Weather and Force Protection

Cherry Point personnel call 466-3093.

FRC East personnel call 464-8333.

DLA personnel call 466-408

NEXT UP...**SPRINT CUP**

Race: Bank of America 500
Where: Charlotte Motor Speedway
When: Saturday, 7 p.m. (ET)
TV: ABC

2011 Winner: Matt Kenseth (right)

**NATIONWIDE SERIES**

Race: Dollar General 300
Where: Charlotte Motor Speedway
When: Friday, 7 p.m. (ET)
TV: ESPN

2011 Winner: Carl Edwards

CAMPING WORLD TRUCKS

Race: Kroger 200
Where: Martinsville Speedway
When: Oct. 27, 1:30 p.m. (ET)
TV: SPEED

2011 Winner: Denny Hamlin

NASCAR INSIDER

By RICK MINTER / Universal Uclick



Sunday's big crash in the final lap of Sunday's race at Talladega Superspeedway. (NASCAR photo)

Talladega becomes 'bumper cars at almost 200 mph'

The 24-car "Big One" crash on the last turn of the last lap at Talladega Superspeedway on Sunday ramped up the debate about the kind of racing that goes on at the giant track these days.

Despite NASCAR rules changes intended to eliminate it, drivers routinely push each other, since that's the fastest way around. That often leads to major melees, such as the one triggered Sunday when Tony Stewart, running at the front of the pack, cut in front of Michael Waltrip, who was fast closing with a push from the cars behind him.

The two cars collided and Stewart ended up in the air, bouncing off oncoming cars, while Matt Kenseth sped away to victory.

Jeff Gordon, who emerged from the mess to finish second, said fans should love the slam-bang style of racing, and he doesn't understand why there still are plenty of empty seats at Talladega. The official attendance estimate was 88,000, the lowest in years.

"From an entertainment standpoint, they should be lined up out to the highway out there," Gordon said. "That makes no sense to me."

He said that if he was a fan, he'd like to see a race like the one Sunday at Talladega.

"I want to see guys shoving one another," he said. "I want to see the Big One at the end of the race, because guys are being so aggressive, and knowing that is not something that as a fan you could ever imagine putting yourself into and sort of defying danger."

As a driver, he's on the other side of the fence.

"I remember when coming to Talladega was fun," Gordon said. "I really do, and I haven't experienced that in a long, long time."



Kurt Busch spins out in the No. 51 Toyota during the Good Sam Roadside Assistance 500 at Talladega Superspeedway on Sunday. (NASCAR photo)

I don't like coming here. I don't like the type of racing that I have to do."

He said balancing the desires of fans and drivers puts NASCAR in a tough spot, but he does long for the earlier style of restrictor-plate racing.

"I don't have to be happy and be all excited about coming to Talladega ... but I do remember times when the draft, and the thought that you had to put into it, the strategy working the draft and the cars in the lines, was fun," he said.

Instead he described the racing of the present as "bumper cars at almost 200 miles per hour."

"I don't know anybody that likes that," he said.

His Hendrick Motorsports teammate Dale Earnhardt Jr. indicated he doesn't.

"If this is how we raced every week, I would find another job," he said. "That is

what the package is doing. It's really not racing."

Kenseth had to recover from a mid-race incident in which he was knocked off the track to even be in contention at the end. He said there's no way for drivers to avoid big wrecks.

"As you saw today and you've seen a lot of times, there is no safe place," he said.

His car owner Jack Roush said he expects to lose lots of equipment when the circuit visits Talladega and Daytona, the two tracks where restrictor plates are used to slow speeds but also lead to the kind of tactics that drivers generally loathe.

"This car's a write-off when you load it up in the truck to bring it to one of these restrictor-plate races," Roush said.

The wrecks like those at Talladega also have a way of scrambling the points standings because drivers who wreck out early end up far behind in the points standings.

For instance, Gordon, despite finishes of second, third and second in the past three races, is still 42 points out of the lead because of a crash in the Chase opener at Chicagoland. In the past three weeks, he's only gained five points on leader Brad Keselowski.

Still, he's not giving up on his bid for a fifth Cup title.

"Our team is doing a great job," he said. "We've been performing really, really well. We can sit there and really get mad about what happened in Chicago, but the reality of it is all we can do is go each and every week and keep trying to put ourselves in position to win and get top fives."

"It is certainly not over yet," he said. "If we keep doing this, I really think we might have a shot at it."

NOTEBOOK**Busch makes last race in No. 51**

Kurt Busch had an interesting ending to his time driving the No. 51 Chevrolet owned by James Finch. Busch ran with the leaders most of the day, and was out front when he ran out of fuel and was knocked off the track. Then he was parked by NASCAR for driving off with a safety worker's equipment on the back of his battered car.

"I got out of the car and surveyed the damage, saw that it could still roll, so I jumped back in," Busch said. "I remembered with these engines they will run at 20 percent of fuel pressure to get it back to the garage. So I tried like heck."

He said the incident doesn't surprise him.

"This is the way my life works," he said. "I am leading, I wreck, I run out of gas, I'm still that competitive guy that tried to get back in the race, and now NASCAR is yelling at me because I don't have my helmet on and I'm trying to get it to the garage so the guys can work on it ..."

"This is my life. I'm not complaining I put myself in a lot of these situations, but it's on to good things now moving forward. I got all the bad luck out of the way. This year has been a great year to test me in every way."

Busch takes over the No. 78 Furniture Row Chevrolet this week at Charlotte, N.C., while its current driver, Regan Smith, gets into the No. 51 vacated by Busch.

Sponsorship deals announced

Two top-tier Sprint Cup drivers had announcements on the sponsorship front last week.

Tony Stewart revealed that Bass Pro Shops will join Mobil 1 as the primary co-sponsor of his No. 14

Chevrolet beginning next season. Bass Pro Shops will be the main sponsor for 18 races, while Mobil 1 will be on the hood for 11 races, leaving nine races without primary sponsorship at this point.

Stewart has had a relationship with Bass Pro Shops since 2001, beginning with his dirt Late Model car and branching out to his World of Outlaws sprint car team. He's also had Bass Pro Shops as an associate sponsor of his Cup team since 2009.

Bass Pro Shops has been the primary sponsor of the No. 1 Chevrolet driven by Jamie McMurray for car owner Chip Ganassi.

Also last week, AARP announced that it has extended its sponsorship of Jeff Gordon's No. 24 Chevrolet at Hendrick Motorsports through the 2014 season. For the past two seasons, AARP has used its NASCAR involvement to promote its "Drive to End Hunger" program.

The AARP says the program has led to the donation of 13 million meals for hungry older Americans and has raised more than \$17 million.

"It's been a privilege to work with them and learn about such an important cause and the fact that they are really making an impact," Gordon said. "I think from the beginning of this relationship, we knew it's not going to happen in one year or even two years ..."

"I think this is a great sign that momentum is still building and they know they need to continue to further that work. I love the fact that they've chosen our team and Hendrick to do that."

Busch apologizes to Toyota

Kyle Busch issued an apology to the engine builders at Toyota Racing Development in the aftermath of his scathing criticism of the engine crew after he ran short of fuel and finished sev-

enth after leading 302 of 400 laps at Dover International Speedway.

Toyota officials expressed displeasure at Busch's remarks. His crew members explained that they chose to tune their car for speed instead of fuel efficiency, and the way the race played out went against their strategy.

"I made some remarks out of frustration on my radio at the end of last weekend's race in Dover that were very misguided," Busch said in his statement. "I owe my friends at Toyota and TRD an apology. We have a great partnership with TRD, and they built me a motor that helped me lead over 300 laps and nearly lap the field."

"It's just frustrating that the caution fell where it did and suddenly it became a fuel mileage race and we were set up for maximum horsepower."

Kligerman: Long road to victory

Camping World Truck Series driver Parker Kligerman has made the most of a mid-season team switch. He was released by Brad Keselowski Racing after 11 races, then signed on with Red Horse Racing and owner Tom DeLoach. Since he has responded with two fourth-place finishes, two runner-up runs and now his first major NASCAR victory, at Talladega last Saturday.

"As you know, it's been a long road to get to this victory," Kligerman said in his winner's interview. "Two different teams and a lot of adversity, but I was put with some of the best people I've ever worked with and some of the best people I've ever raced with. And, it starts at the top with Tom DeLoach (team owner) and this whole Red Horse Racing team."

His race-winning truck was a proven one, the same one that John King drove to victory at Daytona back in February.

NUMERICALLY SPEAKING

793 Laps led by Kyle Busch in the past 15 Sprint Cup races at Charlotte, tops among drivers

488 Fastest laps run by Jimmie Johnson in the past 15 Cup races at Charlotte, the most of any driver

34 Points separating the top four drivers in the Truck Series standings: Ty Dillon leads; James Buescher -1; Timothy Peters -26; Talladega winner Parker Kligerman -34

9 Chase drivers involved in Sunday's crash at Talladega (Dale Earnhardt Jr., Kevin Harvick, Denny Hamlin, Jimmie Johnson, Kasey Kahne, Brad Keselowski, Martin Truex Jr., Clint Bowyer and Greg Biffle)