

The Windsock

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An Army radio team with the 18th Fires Brigade maintains communications with Marine Heavy Helicopter Squadron 366 as the squadron delivers an M777 howitzer during an artillery raid exercise at Fort Bragg, N.C., March 13. The training familiarized both units with each other's training procedures to enhance interoperability.

HMH-366 heavy helicopters lift M777 howitzers

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

The steady beat of CH-53E Super Stallions in flight reverberated through the sky over Fort Bragg, N.C., during joint training missions here March 10 through 15.

Marine Heavy Helicopter Squadron 366 worked hand in hand with the Army's 18th Fires Brigade, conducting artillery raids through most of the week. During an artillery raid, helicopters

pick up artillery and fly them to a new location where soldiers set up, respond to fire support requests, and then withdraw via helicopter within hours. During the training, a total of 29 artillery lifts took place.

Both units are required to maintain their ability to carry out the raids. With the nature of today's warfare environment, both soldiers and Marines benefit from familiarizing themselves with the others' operational procedures.

"Oftentimes, when we're in combat, we never know who's going to show up to move our guns for us," said Command Sgt. Maj. William Bauer, of 1st Battalion, 321st Field Artillery Regiment. "It could be our own aircraft or it could end up being the Marines, and we need to be able to understand the way they do things. We need to understand what they'll need from us to

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2nd MAW (Fwd) assistant commander to get first star

LANCE CPL. S. T. STEWART

MCAS CHERRY POINT

Col. Kevin Iiams is forward deployed to Afghanistan one of the most dynamic, rapidly changing environments in the world.

Soon, he will adapt to another big change as he accepts the rank and responsibility of brigadier general.

As the assistant wing commander, Iiams provides Brig. Gen. Gary L. Tomas, commanding general of 2nd Marine Aircraft Wing (Forward), a means to organize, energize and enable staff and subordinate commands in their missions as the U.S. continues to transition toward full Afghan control in the region.

Iiams said despite his desire to see the deployment through to the end, he must make way for other capable, deserving Marines to have their moment in the sun.

When Iiams is promoted, Col. Scott S. Jensen, commanding officer of Marine Aircraft Group 29, will assume responsibility under Thomas.

"There will be some change for me, but no impact for the role of assistant wing commander," said Iiams in a recent email. "Although I feel I am in my element with the Marines here in combat and do not

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Col. Iiams

COL. KEVIN IAMIANS

MARFORCOM sergeant major passes guidance to 2nd MAW leaders

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

Sgt. Maj. Michael Jones, U.S. Marine Corps Forces Command sergeant major, visited Cherry Point to meet with 2nd Marine Aircraft Wing leadership and tour the air station March 13 and 14.

MARFORCOM acts as a global force provider for the Commandant of the Marine Corps. 2nd MAW is a service-retained element for the commandant of the Marine Corps and MARFORCOM, which is primarily made up of II Marine Expeditionary Force commands, including 2nd

Marine Division and 2nd Marine Logistics Group.

Jones has been the senior enlisted advisor of MARFORCOM for nine months and set a goal to visit each of its major subordinate commands in the same capacity.

Jones organized the motives for his visit into three categories.

His primary mission was to pass on messages and guidelines from Gen. James F. Amos, Commandant of the Marine Corps. Jones also talked about sequestration and what individuals and units can do to maintain mission

capability while cutting back on limited resource use.

"I'm here to carry on institutional values, policies and thoughts that come from our commandant and sergeant major of the Marine Corps, to give my perspective to those things and talk through suicide, sexual assault and leadership," said Jones.

He also said he was able to get the "pulse" of the air station by getting a chance to hear from Col. Peter D. Buck, 2nd MAW chief of staff.

See JONES page A9

'271 Marines 'break backs' to replace flight line



Marine Wing Support Squadron 271 engineers lift a 155-pound piece of aluminum matting on the flight line at Marine Corps Auxiliary Landing Field Bogue March 18. The Marines will replace approximately 200,000 square feet of matting during the upgrade.

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

Working in 10-man crews, Marine Wing Support Squadron 271 engineers began making way for a new amphibious assault ship practice landing pad on the Marine Corps Auxiliary Landing Field Bogue flight line March 18.

Capt. David Thomas, Bogue airfield operations company commander, said the project is a multi-faceted operation replacing roughly 200,000 square feet of AM-2 matting currently used for Bogue's simulated LHA deck. LHA and LHD are amphibious assault ship hull classifications; the matting design replicates the ship's deck, offering pilots valuable training options when actual ships are not available.

The aluminum matting, used on expeditionary airfields worldwide, is nearing the end of its service limitations.

Contractors will pour fresh asphalt in the exposed area and lay sod on dead or grassless areas reducing the amount of potential foreign object debris near the airfield. FOD can be harmful to aircraft that frequent Bogue Field.

Once new matting is in place, Bogue personnel will repaint the surface with the LHD design.

"LHDs are the modern replacement to the LHAs," said Thomas. "So when the pilots do their field carrier landing practices, they will be getting as realistic training environment as possible."

Thomas said the difference between the current deck and the new one is the size, shape and scheme of the paint markings.

Despite having a section of the flight line temporarily

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Squadron gets HITT hard

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



News Briefs

Small Business Outreach

Marine Corps Installations East and Naval Facilities Engineering Command hosted two Small Business Outreach events targeting firms wishing to do business with Camp Lejeune and Cherry Point.

The events were held at Coastal Carolina Community College in Jacksonville, N.C., Tuesday and Joslyn Hall at Carteret Community College in Morehead City, N.C., Wednesday.

Small Business and Acquisition representatives from Camp Lejeune and Cherry Point provided an update on current procedures and contract opportunities in the Navy and Marine Corps.

The representatives highlighted the station's mission, readiness requirements and the Federal Acquisitions System.

Representatives also discussed the changes Congress passed in the fiscal year 2013 National Defense Authorization Act as well as the federal government Strategic Sourcing Initiative.

Journalism Awards Announced

Per MarAdmin 138/13, the following Cherry Point Marines will receive 2012 Marine Corps Combat Correspondent Association and Division of Public Affairs Merit Awards for professional excellence in print and broadcast journalism.

- Open photography, first place, Lance Cpl. S.T. Stewart, MCAS Cherry Point Joint Public Affairs Office
- Television spot production, second place, Cpl. Hector DeJesus, MCAS Cherry Point Combat Camera
- Television spot production, honorable mention, Steven Barber, MCAS Cherry Point Combat Camera
- Metro format newspaper, honorable mention, The Windsock, MCAS Cherry Point Joint Public Affairs Office

For a full list of winners, visit <http://bit.ly/maradminmerit>.

Operational Support Airlift

Marine Administrative Message 128/13 announced the publication of Marine Corps Warfighting Publication 3-27, Operational Support Airlift.

MCWP 3-27 provides the doctrinal basis for the employment of Operational Support Airlift during war and times of crisis.

The publication is a reference guide on the use of OSA for all Marines at all levels of command in the operating forces and supporting establishment.

This publication defines OSA, highlights capabilities and limitations, recommends structure for command and control and discusses employment and scheduling considerations.



Combat engineers with Marine Wing Support Squadron 274 line up alongside a building aboard Camp Lejeune Feb. 27 during a week-long course at Basic Skills Training School.



PHOTOS BY LANCE CPL. DEVIN NICHOLS

The Windsock

Weekly Photo Competition

March 14 - March 21, 2013

Vote on Facebook - <http://bit.ly/measchptfb>
Vote on Google+ - <http://bit.ly/CherryPointPlus>
Vote on Flickr - <http://bit.ly/cpflickr>

Lt. Col. Sarah M. Deal

Job Title: Reserve support officer
Unit: Recruiting Station Lansing, Mich.

Hometown: Pembererville, Ohio
Date Joined: May 1992

Two decades ago, Lt. Col. Sarah M. Deal became the first female Marine selected for Naval aviation training, and subsequently the Marine Corps' first female aviator in 1993.

Deal had already earned her pilot's license the year before while attending Kent State University where she earned Bachelor of Science degree in aerospace flight technology.

Deal began her career as an air traffic control officer, but in 1993 when U.S. military policy changed to allow women to fly combat aircraft, she requested a school seat.

That July, Deal was selected for training at Naval Air Station Pensacola, Fla., where she began flight training in the T-34C Turbo Mentor. She moved on to helicopter training in the TH-57 Sea Ranger and earned aviator's wings on April 21, 1993.

Deal was later assigned to Marine Heavy Helicopter Squadron 466 as a CH-53E Super Stallion pilot. She completed her active duty service in 2004 and transferred to the Marine Corps Reserve.

In May of 2006, she joined Marine Heavy Helicopter Squadron 769 where she served as reserve CH-53E pilot.

Deal currently serves as a reserve support officer at Recruiting Station Lansing, Mich.

Highlight Your Marine or Sailor Superstar

Call or email The Windsock
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Fly

Highlighting Cherry Point's Warriors



The Windsock

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REMEMBER TO RECYCLE





PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

Chemical, biological, radiological and nuclear defense specialists with Marine Wing Headquarters Squadron 2 work to mitigate leaks on a release cylinder during an assessment and consequence management course aboard Cherry Point March 13. The purpose of the course, which teaches hazardous material decontamination, was to train and certify Marines as HAZMAT technicians.

Marines qualify as HAZMAT techs

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAF CHERRY POINT

Chemical, Biological, Radiological and Nuclear defense specialists with Marine Wing Headquarters Squadron 2 participated in an assessment and consequence management course at Cherry Point March 13.

The purpose of the course was to train and certify Marines as hazardous material technicians. Before participating in the course, the Marines completed the HAZMAT Operations and Awareness prerequisite.

"This course gave us the opportunity to get the training and certifications we need so we can go out and support 2nd Marine Aircraft Wing," said Sgt. Jeremy Wright, the course noncommissioned officer in charge. "The CBRN

Marines who help sustain subordinate units and Marine Expeditionary Units require this level of training and expertise to operate. The certification and follow on training enhances their overall skill sets."

During the course's culminating event, the Marines responded to a simulated hazardous materials incident where they were required to take lifesaving steps for contaminated casualties, identify the source of contamination, mitigate the hazard and render it safe, move through a decontamination line, and give a site debrief to the incident commander.

Wright said the Marines faced physical and mental challenges during the exercise. One obvious challenge was the "Class A" HAZMAT suit the Marines donned.

Being enclosed in the suit imposes physical limitations, but they worked through the stress and stayed focused on the task at hand, said Wright.

"Overall, the Marines performed well," said Wright. "They were able to incorporate everything they've learned up to this point."

The CBRN Marines will participate in more scenario-based HAZMAT exercises in the near future. They are expected to take the skills they learn and put them in practice when they deploy, said Wright.

"The HAZMAT technician certification is just a starting point," Wright said. "From there, we will refine our skills and get more efficient as we go along."



A CBRN defense specialist with MWHS-2 attempts to stop a leak on a release cylinder.



Two CBRN defense specialists with MWHS-2 help each other put on protective suits.



A CBRN defense specialist with MWHS-2 tightens a release cylinder hood while attempting to stop leaks as part of a HAZMAT technician certification course here. Before participating in the course, the Marines completed the HAZMAT operations and awareness prerequisite.

CBRN defense specialists with MWHS-2 use chains to secure a release cylinder hood.



COURTESY PHOTO

Sandy L. Lawrence and her husband, Lt. Col. Roy E. Lawrence, prepare for the 2008 Marine Corps Birthday Ball at their home at Cherry Point, N.C. In 1975, the Marine Corps opened all military occupational specialties to women except for those whose mission it is to engage in direct combat. Two years later, Sandy became the first female aviation mechanic at Marine Corps Air Station Yuma, Ariz.

Lawrence family holds place in women Marines' history

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

In 1975, the Marine Corps approved female Marines to serve in every military occupational specialty except those whose mission is to engage in direct combat. Two years later, Sandy L. Lawrence became the first female Marine mechanic on the flight line at Marine Corps Air Station Yuma, Ariz.

At the age of 18, she was the second woman to graduate from the ejection seat mechanic course. She began working on A-4 Skyhawks with Marine Attack Training Squadron 102. She said that at the time, she was breaking gender boundaries that had been institutionalized by American culture.

"A long time ago, they didn't think women could do the job," she said. "They didn't think women were smart enough to learn how to turn a wrench or technical enough because women stayed at home, did the laundry, did the cooking, did the cleaning, they did all that stuff. They thought women were second-class citizens."

Despite what others may have thought, Lawrence

succeeded at her job. Three pilots safely ejected from their aircraft on seats she worked on, and she was promoted to sergeant meritoriously.

Since then, Lawrence said the Marine Corps has made a lot of progress in equality. Military recruitment commercials often target a young man's sense of adventure, which Sandy says women possess in abundance.

"When I first joined, I think I would have liked to go to Afghanistan," said Lawrence. "Not that it's a glamorous thing, but when you're young, I think it's a good thing."

"I'm glad to see (the Marine Corps) is finally becoming a more equal opportunity place for women," she said. "When I first came in, my squadron was getting ready to go on deployment on a ship, and I couldn't go because I was a female."

Today, female Marines serve in Afghanistan and on amphibious ships around the globe.

When the Skyhawks were phased out of the service and VMAT-102 deactivated, Lawrence was reassigned as a parachute rigger with Marine Aerial Refueler Transport

Training Squadron 253 at Cherry Point.

While America's philosophy on gender roles was still evolving, Lawrence said there was no doubt she was just as much of a member of the squadron as anyone else.

"It was like having 200 big brothers because they always picked on me, but they always protected me," Lawrence said. "Like when we went on a deployment, if I was picked on (by someone outside the squadron), I'd have 200 brothers come to my defense."

Sandy felt her personal family was just as important. She married Roy E. Lawrence, who retired from the Marine Corps as a lieutenant colonel in September 2011. After she became a gunnery sergeant, they decided it would be best if she left active duty to give their three children a more stable life.

Sandy still maintains her Marine Corps ties through her retired husband and her son, Sgt. Jeffrey A. Lawrence, who carries on the family tradition as a communications and navigation equipment instructor at the Center for Naval Aviation Technical Training Marine Unit Cherry Point.

MAG-16 throws Desert Tantrum

LANCE CPL. CHRISTOPHER JOHNS

MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

EL CENTRO, Calif. – More than 100 Marines with Marine Aircraft Group 16 participated in Exercise Desert Tantrum outside El Centro, Calif., March 14.

The operation involved 27 aircraft including 12 MV-22B Ospreys, 10 CH-53E Super Stallions, two UH-1Y Venoms, two AH-1W Super Cobras and a KC-130J Super Hercules setting up a forward area refueling point.

Ospreys left Marine Corps Air Station Miramar, Calif., to transport infantry Marines with Company I, 3rd Battalion, 1st Marine Regiment, to the desert for the first phase of the operation – seizing a landing zone.

“We clear the potential site of any threats, such as improvised explosive devices and enemy forces,” said 1st Lt. Edward Miller, the executive officer of Co. I, 3rd Bn., 1st Marines. “Afterward, we provide security for the aircraft, both those providing fuel and those being refueled, so they can get in and out as quickly as possible. The security we provide allows aircraft to stay in the field longer without having to return to the forward operating base to refuel, giving us crucial support.”

Support could be anything from providing ground vehicles fuel and carrying supplies to close-air support and casualty evacuations.

Once the infantry Marines swept the area and secured the site, CH-53 Super Stallions entered the zone to land and set up a FARP.

The Super Stallions delivered 5,000 gallons of fuel for AH-1W Super Cobras and UH-1Y Venoms with Marine Light Attack Helicopter Squadron 369.

Crew chiefs packed up the site after refueling the helicopters, then performed aerial refueling training of their own with a KC-130J Super Hercules from Marine Aerial Refueler Transport Squadron 352.

“The planning that goes into this, the mindset and the drills we perform will prepare us for when we get to do this in a (combat environment),” said Col. Patrick Gramuglia, MAG-16 commanding officer.

Maj. Scott Trent, MAG-16 executive officer, expressed a sense of pride in his unit’s ability to prepare and execute the training in such a short time.

“We haven’t done an exercise of this size in more than three years,” explained Trent. “All of our squadrons’ weapons and tactics instructors had nothing but a shell of a plan that I gave them and four days to plan this exercise. They went at the task I presented them and made it possible for Desert Tantrum to happen. I couldn’t be more proud of the professionalism of the (instructors) who made this mission executable and safe.”



LANCE CPL. CHRISTOPHER JOHNS

A UH-1Y Venom, top, and AH-1W Super Cobra, both with Marine Light Attack Helicopter Squadron 369, land at a forward area refueling point March 14 during Exercise Desert Tantrum outside of El Centro, Calif.

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move our equipment and find out all the different intricacies of what the Marines do when we work with them."

The Marines also appreciated an opportunity to work in a realistic scenario, a luxury not always available during squadron-level training. When training with the limited resources, the pilots and aircrew often practice lifting concrete blocks and steel I-beams.

Lance Cpl. Douglas R. Resendiz, a CH-53E crew chief with the squadron, said it encourages crew chiefs to make the margin of error as small as possible because, while it is not a big deal if a concrete block takes damage, no one wants to drag a multi-million dollar artillery piece through the dirt.

Resendiz also said the exercise built cohesion with the Army because he was able to work with soldiers at the pick-up point to make sure the artillery took off safely. Of the squadron, four pilots and seven aircrew executed their first-ever lifts of an M777 howitzer.

The training also challenged the pilots. In a training exercise with so many moving parts, factors like weather, miscommunication, and mechanical failures can throw a monkey wrench into the plan, forcing leaders to adapt and change course on the fly.

"You learn more when it doesn't go your way," said Capt. Shawn J. Piner, a pilot with the squadron. "When you're planning, you're secluded, you have people helping you, you have time to think of what you want to happen, then if everything happens the way you want it to happen, it's easy."

Piner said that if the plan goes astray, leaders must think quickly about the aircraft's capabilities, available fuel, possible changes to the operational timeline and more. Piner earned his section leader qualification March 12, meaning he is qualified lead a flight of two aircraft.

Pilots, aircrew and artillery troops planned and conducted the training with responsible use of taxpayer dollars in mind..

"Participating units have been able to lean on one another's resources to 'do more with less,'" said Capt. Thomas L. Nicholson, the assistant operations officer of the squadron. "Having space in [the 18th Fires Brigade's] barracks and transportation to offer our Marine air crews, the brigade created an opportunity for HMH-366 to travel to Fort Brag with almost zero cost above what would normally be spent for flight operations at Cherry Point."

HMH-366 Marines provides a valuable resource to the 18th Fires Brigade at a time when many Army squadrons are deployed, said Command Sgt. Maj. Roger Jacobs, the sergeant major of the 18th Fires Brigade.

"With the Army aircraft being deployed to Afghanistan, we would have very limited training of this type if it weren't for the Marine Corps," Jacobs. "It's been a huge asset to continuously work with them, so we can continue to train on this type of mission that we have to do."

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"I see many of the 16,000 Marines and Sailors who make up 2nd MAW are either deployed for training, deployed or carrying out some other requirements," he said. "There is about 30-35 percent of the air station deployed throughout the globe."

Jones said he wanted to come to thank the Marines and Sailors aboard the air station, starting with senior enlisted Marines.

"I've thoroughly enjoyed the privilege of seeing the Marines of 2nd Marine Aircraft Wing in action, listening to them and talking to them," said Jones. "When I go back up north, I can brag about the Marines, Sailors and their leaders."

He said his visit reinforced existing leadership, which he described as sound, standards-based, engaged and caring.

Jones will return to Naval Station Norfolk, Va., before next visiting Chemical Biological Incident Response Force based at Naval Support Facility Indian Head, Md.

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want to leave, I was informed by the Commandant (of the Marine Corps) during his visit with the Marines here last month, that my new job will be waiting for me at the Pentagon."

The colonel did not elaborate on the specifics of what his new role will entail, but he said he is scheduled to return to the states sooner than anticipated.

"It looks like I will have to depart Afghanistan much earlier than planned and leave Cherry Point early this summer," he said. "While I would like to think the command needs me here, much like my selection to brigadier general, there are always Marines just as capable and just as deserving who are ready to step forward."

Iiams' inspiration throughout his Marine Corps career has been the junior Marines.

"From my father who was a corporal in the reserves, to Marines who are out here in Afghanistan with me today, it has always been these junior Marines and their selfless service, determined work ethic and indomitable fighting spirit that are the most inspiring for me," said Iiams. "Being around them, watching them and leading them gives me the motivation to continue to serve. I am humbled by their tireless daily efforts and very thankful that my selection to brigadier general will now give me the opportunity to continue to serve them as dutifully as they serve our nation."

According to Iiams, the Marines currently serving the nation dutifully in Afghanistan under 2nd MAW (Fwd.) are settled into their combat battle rhythms.

"Chow and billeting are above standard, and morale is high," he said. "The Marines are busy ensuring that the enemy understands that we are a force to be reckoned with and that our Afghan counterparts know we are here to support and assist their efforts as they step further forward into their security and governance roles."

He finds it meaningful and rewarding to look back across the years and know that he has been a part of something bigger than himself. "I would do it all again in a heart-beat," said Iiams.

No matter what changes are in store, no matter where the Corps takes him, Iiams will always have love for the Corps and attributes his decision to make a career in the Marine Corps to the Marines he has served with.

"My faith and trust in the Corps leadership has never been predicated on whether I was selected for any rank, billet or opportunity," said Iiams. "Rather, my trust in the leadership has always been reaffirmed by all the great Marines from which we have to choose. Due to the professional caliber of those who were selected on this board with me, those who have been selected in the past, and the great many who were not selected but are every bit as capable, I know that I have an ultimate responsibility to all of them to live up to this new rank."



Cherry Point staff noncommissioned officers listen to Sgt. Maj. Michael Jones, U.S. Marine Corps Forces Command, speak about sequestration, sexual assault, leadership and numerous other topics March 14 at the station theater.

LANCE CPL. GLEN E. SANTY

Life&Times

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March 21, 2013



PHOTOS BY LANCE CPL. CORY D. POLOM

Marines with Marine Air Control Squadron 2 conduct Spiderman crawls during a squadron-wide High Intensity Tactical Training class conducted here March 15. "The purpose behind HITT is to help all service members develop into greater warrior athletes," said Anthony Woodfolk, a strength and conditioning coach with HITT. "This workout program helps improve the function of the Marine and is developed around sports science."

Squadron gets HITT hard



Marines with MACS-2 conduct star jumps during a squadron-wide HITT class.



Cpl. Jerome C. Lewis Jr., a navigational aids technician with MACS-2, jumps during a squadron-wide HITT class conducted on the squadron's physical training field.

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

More than 100 Marines with Marine Air Control Squadron 2 spent the morning sweating on their physical training field, where Semper Fit instructors led them in a squadron-wide workout designed to boost Marine Corps warrior athletes' skills.

High Intensity Tactical Training, implemented on Marine Corps installations Oct. 1, uses a variety of strength and cardio workouts to improve multiple aspects of Marines' athletic abilities, said Anthony Woodfolk, a strength and conditioning coach with the HITT program.

"The purpose behind HITT is to help all service members develop into greater warrior athletes," said Woodfolk. "This workout program helps improve the function of the Marine and is developed around sports science."

The MACS-2 Marines split into 10-man teams and performed a circuit course that included Spiderman crawls, frog jumps, buddy push-ups and ladder drills.

"Each exercise is used to create a more functional flow of movement and sharpen skills needed for quicker movements and faster reflexes," said Jalenda Flewwellin, a strength and conditioning coach with the program. "Not one aspect of this course is more important than another. All of it is meant to create a greater tactical athlete."

MACS-2 Marines endured two rounds of the 10-exercise circuit, pushing themselves beyond their perceived physical limits and motivating each other to work through the pain.

"Motivation and camaraderie are paramount late in any workout," said Sgt. Kyle R. Husted, the MACS-2 career planner. "With the HITT program, everyone gets out what they put in. If you try hard and push yourself and the Marines around you, you will work harder, and so will they."

To schedule a personalized squadron or section HITT class, email Vicky Lee at Vicky.lee@usmc-mccs.org or attend classes at the HITT center located at the old Hancock racquetball courts in building 3471 Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m.



Master Sgt. Herbert Smith, staff noncommissioned officer in charge of the MACS-2 tactical air operations center detachment, conducts buddy squats March 15 during a squadron-wide HITT class.



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, honey-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 March 21

Lunch - Cream of broccoli soup, Jamaican jerked chicken, Creole macaroni, cilantro rice, succotash, balsamic roasted potatoes **Dinner** - Chicken and orzo soup, pork scaloppini with herbed tomato sauce, baked stuffed shells, rice pilaf, marinara sauce, stewed chick peas with zucchini, mixed vegetables

Friday March 22

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

Saturday March 23

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

Sunday March 24

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

Monday March 25

Lunch - Minestrone soup, beef short ribs, chicken and Italian vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots **Dinner** - Bayou jerked pork loin, turkey meatloaf, buttered egg noodles, islander's rice, lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

Tuesday March 26

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

Wednesday March 27

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

MCAS Cherry Point STATION THEATER

E Street

ADULTS ONLY \$4 • KIDS (4-12) ONLY \$3

Movie Hotline: 466-3884 • www.mccscherrypoint.com

NOW SHOWING

Friday, March 22
5:00pm - Escape from Planet Earth PG
7:00pm - Safe Haven PG13
9:30pm - A Good Day to Die Hard R

Saturday, March 23
FREE PREMIER SHOWING
G.I. JOE 2: RETALIATION
Doors open at 3:30pm, Movie starts at 5:00pm

Sunday, March 24
2:00pm - Escape from Planet Earth PG
4:15pm - Safe Haven PG13

movie synopsis

Escape from Planet Earth - On the planet Baab, astronaut Scorch Supermove is a national hero to the blue-planet population. Scorch pulls off astonishing feats with the quiet aid of his nerdy brother, Gary. Scorch rejects Gary's warnings and bounds off on another exciting mission. But when Scorch finds himself caught in a fiendish trap set by the evil Shanker, it's up to Gary to do the real rescuing.

Safe Haven - When a mysterious young woman arrives in a small NC town, her reluctance to join the tight knit community raises questions about her past. Slowly, she begins putting down roots, and gains the courage to start a relationship with Alex, a widowed store owner with two young children. But secrets intrude on her new life that she is forced to rediscover the meaning of sacrifice and rely on the power of love.

A Good Day to Die Hard - John McClane travels to Moscow to help his wayward son, Jack – unaware that Jack is really a highly-trained CIA operative out to stop a nuclear weapons heist. With the Russian underworld in pursuit, and battling a countdown to war, the two McClanes discover their opposing methods make them unstoppable heroes.

G.I. Joe 2 - The G.I. Joes are not only fighting their mortal enemy Cobra; they are forced to contend with threats from within the government that jeopardize their very existence.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Seminar informs Marines, Sailors, spouses about alternatives to tuition assistance

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

With the recent freeze on the tuition assistance program, many Marines and Sailors aboard the air station are asking the same question, "What are my options to fund my education?"

The education office at the Jerry W. Marvel Training and Education Building hosted a seminar Tuesday and showcased several options available to Marines, Sailors and their families to help pay for college.

Options explained to those in attendance included the Post 9/11 GI Bill, TRIO, the Free Application for Federal Student Aid, scholarships, grants and loans. Another program designed exclusively for dependents is the Military Spouse Career Advancement Accounts program.

"While tuition assistance provided one avenue of funding for off-duty education, there are numerous alternatives designed to meet a variety of financial needs," said Teresa H. Allen, education services officer with the education office.

Post 9/11 GI Bill

In order to use this option, military members must apply for benefits online at <http://www.gibill.va.gov/> or go to their local education office for assistance.

The Post 9/11 GI Bill covers tuition and fees up to the most expensive in-state undergraduate program at a public school with all funds going directly to the school. Students using the Post 9/11 GI Bill may be entitled to receive a yearly books and supplies allowance that cannot exceed \$1,000 per 24-credit hour school year.

GI Bill beneficiaries may be eligible for Basic Allowance for Housing, at a rate equivalent to an E-5 with dependents living within the same zip code as your school. Active-duty military members or dependents receiving the benefit from an active-duty spouse are not eligible for BAH.

More than 90 days active-duty service after the completion of a military occupational school are required to use the GI Bill.

Although this is an option every military member can use, the education office advises people to explore other options before using this benefit.

FAFSA

Another option for military members looking to further their education without drowning in student loan debt is the Free Application for Federal Student Aid.

According to the FAFSA website, more than 15 million students receive grants, loans and work-study funds to pay for schooling each year.

To apply, go to <http://www.fafsa.ed.gov/>, and fill out the application.

If approved, the program will pay for tuition and fees and provide funding for required books and supplies.

The largest Federal Pell Grant in 2012 was \$5,500 but varies based on financial status, cost of attendance, and number of credits taken.

Effective July 1, 2012, recipients may receive Pell Grants for no more than 12 semesters or the equivalent.

FAFSA offers other grants and loans in addition to Pell Grants. Last year, loans included a fixed interest rate of no more than 7.9 percent.

TRIO

TRIO is a program created in the 1960's to help cover schooling cost for low-income students already approved for the FASFA Pell Grant.

The program provides individual and group tutoring in math and English, personal, financial and academic advising, and grant aid to current participants who are receiving Pell Grant benefits.

The program can be used to earn up to a doctorate in any field of study.

Scholarships/grants/loans

The education office has many resources available to help Marines, Sailors and dependents seek options to fund their education through a variety of other scholarships, grants and loans.

Military Spouse Career Advancement Accounts

The Military Spouse Career Advancement Accounts (MyCAA) program is a component of the Department of Defense's spouse education and career opportunities program.

It is a career development and employment assistance program used to help military spouses pursue licenses, certificates, certifications and associate's degrees.

Dependents using MyCAA are eligible to receive up to \$4,000 total with an annual fiscal year cap of \$2,000.

Spouses are ineligible for this program if married to a service member in pay grades E-6 and above, W-3 or above or O-3 and above. Spouses who are unable to complete courses prior to their sponsor's end of active service or who are legally separated are ineligible.

The program pays for tuition cost for educational or technical courses and examinations excluding degrees in general studies, liberal arts or interdisciplinary studies.

For more information about any of these programs, contact the education office at 466-3500.

Miller's Landing Easter Brunch Buffet

Open to all Marines, Sailors, Dependents, Retirees and Guests

Sunday, March 31 10:00am - 3:00pm

Easter Worship Service: 9:30am-10:00am (outdoor Service overlooking the river)

Easter Egg Hunt: 11:30am & 1:00pm (bring your own basket)

Easter Worship Service and Egg Hunt presented by The Station Chaplain

Easter Grand Buffet \$19.95 per person

Kids 6-12 \$9.95 per person

Kids 5 and under \$2.95 per person

Buffet reservations need to be made by Thursday, March 28. This Event sold out last year so RESERVE EARLY!

For reservations call 466-9067



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

Announcements

► Indicates new announcement

Navy-Marine Corps Relief Society Scholarships

The Navy-Marine Corps Relief Society is accepting scholarship/interest-free loan applications for the 2013-2014 academic year. The deadline is May 1.

For more information, visit bit.ly/nmcrs.

Operation Medicine Drop-Off

A statewide initiative to collect out-of-date and unused prescription medications began March 13 and will continue at both Havelock Food Lion locations from 8 a.m.-noon Saturday.

Havelock Police Department requires that drugs be deposited in their original container with the name of the drug visible on the label.

Youth Soccer Registration

Registration for the Cherry Point Youth Indoor Soccer League is open through Wednesday and is available to children ages 7-12.

Cherry Point Youth Indoor Soccer League registration is \$30 for the first child in a family and \$25 for each additional child. A \$5 late fee will be added to the registration fee after Wednesday.

Registration for Cherry Point Rookie Soccer is open through April 16.

Rookie Soccer is an instructional program focusing on learning the fundamentals of the sport. The program is available to children ages 5-6 and includes six sessions held on Wednesdays at 6:15-7:15 p.m. from April 17-May 22.

Cherry Point Rookie Soccer registration is \$20, and participants will receive a Rookie Soccer T-shirt and a soccer ball.

Go to the Cherry Tree House to register or call 466-5493.

► Cherry Point Junior Golf Team

Cherry Point Junior Golf Team registration is open through May 13. Participants must be between the ages of 10-18. Those who are 18 must still be in high school.

Registration is \$50 per person and covers all green fees, matches and a team golf shirt.

There will be a parent meeting at the Sound of Freedom Golf Course May 13 at 5:30 p.m. Go to the Cherry Tree House to register or call 466-5493.

14th Annual Cherry Point Half Marathon

Marine Corps Community Services will host the 14th Annual Cherry Point Half Marathon Saturday at 7:30 a.m. beginning at the air station's Sunset Park near the end of

runway 14 Left.

Runners, walkers and wheelchair entrants of all skill levels are invited to participate. The race is open to the public. Registration begins at 6:30 a.m. Register online at <http://bit.ly/CPmarathon>.

Registration fees are \$55 for active duty, retired and reserve service members and \$70 for all others. Same day registration allowed.

For additional information, call Berna Crosby at 466-2208, email bernadine.crosby@usmc-mccs.org or visit <http://bit.ly/MCASCSP>.

2013 New Bern Great Glow Run

Easter Seals and United Cerebral Palsy will host the inaugural Great Glow Run of New Bern Saturday at 7:30 p.m. at Union Point Park.

The Great Glow Run is a glow-in-the-dark 5K event.

Registration costs \$40.

To register, call Leslie Owens at 910-790-5921 or visit www.greatglowrun.com.

► Poplar Grove Plantation 5K Fun Run

Poplar Grove Plantation in Wilmington will host a 5k fun run Sunday at 8 a.m.

The run will begin in the parking lot near the Poplar Grove Cultural Arts Barn.

The race is limited to the first 300 registered participants. Registration cost is \$30.

To register, visit <http://bit.ly/5kautumnrun>

Easter Service and Egg Hunt

The station chapel will host an Easter service behind Miller's Landing March 31 at 9:30 a.m.

There will be two Easter egg hunts at 11:30 a.m. and 1 p.m.

There will be three separate age groups for each hunt.

For more information, call the station chapel at 466-4000.

► Spring Fun Day for Kids

New Bern Parks and Recreation Department will host a Spring Break Field Day at Henderson Park behind Stanley White Recreation Center April 4 from noon-3 p.m.

This event is for children under 12.

There will be games, face painting, egg decorating and more. This event is free.

For more information, call Ashley Parham at 639-2913 or Andrew Webb at 639-2922.

► 2013 Festival of Fun

The City of New Bern will host the 2013 Festival of Fun at Union Point Park April 13 from 10 a.m.-3 p.m.

Monthly and Weekly Events

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 Wednesday of the month at the Senior Center in Havelock at 7 p.m. For information, call Ancil Jones at 622-5245.

Domestic Violence Support

Support groups for victims of domestic 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.

Al-Anon Family Group Meeting

Al-Anon family group meetings are held Mondays 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.

Education Fairs

The Cherry Point education office is currently hosting monthly career and education fairs, at the Jerry Marvel Training and Education building, room 171b.

The next fair is April 12.

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

Welcome Aboard Expo

Cherry Point hosts a Welcome Aboard Expo every month at Miller's

Landing.

The expo is open to all new Marines, Sailors, civilian employees and spouses.

The next expo is Wednesday at 9 a.m.

For questions or to register, contact Sandy Langlois at 466-5743 or email sandy.k.langlois@usmc-mccs.org.

Stress Management for Spouses

Marine Corps Family Team Building hosts a Stress Management for Spouses workshop at Building 87 every month.

The next workshop is Wednesday from 9 a.m.-noon.

The workshop is geared specifically toward spouses of deployed service members and covers stressors faced during deployments, typical stress reactions of spouses and mechanisms for coping effectively.

Childcare is reimbursable.

For more information, call 466-4637.

There will be games, arts and crafts, educational information and more.

For more information, call Nacy Donahue at 639-2901.

Civil War Reenactment

The 1st North Carolina Volunteers will host a free Civil War reenactment at Fort Macon State Park in Atlantic Beach April 20 from 10 a.m.-4 p.m.

Living history events will be performed throughout the day by Union and Confederate role players.

The bombardment and surrender of Fort Macon will be reenacted at 11 a.m. and 4 p.m.

For more information, call 726-3775.

Mammogram Screening Event

The Naval Hospital Camp Lejeune Radiology Department will host a mammogram screening event May 13-16 from 8-11:30 a.m. and 1-5:30 p.m.

Patients may walk in or schedule an appointment.

To schedule an appointment, call 910-450-3470, 910-450-3215 or email tammy.mcaggart@med.navy.mil.

Marine and Family Programs

Marine, Family Programs Office Numbers

Building 298

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

Building 286

- Exceptional Family Member Program – 466-3305.
- Child Development Resource and Referral – 466-3595.

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 – 339-6084.
- Families Overcoming Under Stress Representative – 466-7137.

Building 4335

- Education – 466-3500.
- 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. Marine Corps Family Team Building is 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

KING'S DRIVE THRU

LAIRD'S AUTO & TRUCK CENTER

MOE'S MART

NEW YORK TOBACCO CENTER

ONE STOP SHOP

SMART BUY

SMITTY'S R&R

TOBACCO

TOBACCO CLUB

TOBACCO HOUSE CIGARETTE CENTER

TOBACCO LEAF

VETERANS AFFAIRS SERVICE

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