

# 2nd MAW squadrons team up to prepare for WTI

CPL. SCOTT L. TOMASZYCKI  
MCAS CHERRY POINT

Marine Light Attack Helicopter Squadron 467 provided command and control functions as well as strike and escort support during an exercise for various 2nd Marine Aircraft Wing assets Jan. 31.

The exercise was conducted to prepare Marines for the Weapons and Tactics Instructors course, where pilots from every branch of Marine aviation learn how to instruct new pilots in the necessary skills for operating their aircraft in a combat environment. A portion of the training revolves around large-scale combined-arms operations designed to function just like real combat operations with the full range of aviation assets.

During the mission, fixed wing assets and AH-1W Cobras took out enemy anti-aircraft defenses, attacked a large compound housing insurgents and a high-value individual, and escorted CH-53E Super Stallions and MV-22B Ospreys, which dropped off infantry to finish the mission.

Capt. Matthew P. Dineen, an operations officer with Marine Heavy Helicopter Squadron 464, coordinated the operation from the back of an HMLA-467 UH-1N Huey. His job was to keep track of the mission

See HUEY page A3



CPL. SCOTT L. TOMASZYCKI

Capt. Erik S. Rogers, a pilot with Marine Light Attack Helicopter Squadron 467, circles a UH-1N Huey over the Cherry Point flight line before heading to a training exercise Jan. 31. The exercise prepared different arms of Marine aviation for the weapons and tactics instructor course by integrating helicopters, jets, tiltrotor aircraft and ground forces into one strike group.

## Group sergeant major leads corporals course moto run



LANCIE CPL. CORY D. POLOM

Sgt. Maj. Timothy King, Marine Air Control Group 28, leads Corporals Course Class 13-1 in a motivational run Jan. 31. “The best part about this class is these instructors, who are guiding the future of our Marine Corps,” said King. The group’s Corporals Course has been operating for more than a year and conducts one class each quarter.

## Monroe assumes post as VMA-223 sergeant major

CPL. SCOTT L. TOMASZYCKI  
MCAS CHERRY POINT

Sgt. Maj. James E. Monroe assumed his post as the Marine Attack Squadron 223 sergeant major during a ceremony here Feb. 5.

The post was previously vacated by Sgt. Maj. Steven P. Brunner, who left VMA-223 for Marine Aviation Logistics Squadron 14 in October.

Brunner, who served most of his career in the infantry, said VMA-223 is a hard working squadron.

“They work tirelessly,” said Brunner. “There are two crews – a day crew and a night crew. They’re normally working 10 hour shifts, and when need be, they

pull the trigger and go 12 on, 12 off. Those maintenance Marines, they’re out there constantly turning wrenches to fix these aircraft to get them ready so the pilots can get in them and fly them.”

The squadron provides close air support to infantry on the ground. The Harrier’s vertical take-off and landing capabilities



Sgt. Maj. Monroe

See MONROE page A3

## MWHS-2 welcomes Grade, bids Fields farewell

CPL. ANDREA CLEOPATRA DICKERSON  
MCAS CHERRY POINT

Sgt. Maj. Scott D. Grade assumed responsibilities as the new sergeant major of Marine Wing Headquarters Squadron 2 from Sgt. Maj. Mario P. Fields during a ceremony here today.

Fields will remain here at Cherry Point and assume the duties with Marine Attack Squadron 542.

He says that he will cherish the time he spent with his Marines and Sailors and looks forward to seeing the unit continue to progress under Grade’s leadership.

“As a team, we had many accomplishments,” he said. “It was evident when the MWHS-2 Marines and Sailors earned

the II MEF Chesty Puller Award for superior performance.”

Grade is coming from Marine Unmanned Aerial Vehicle Squadron 2 aboard the air station. He said he looks forward to leading the “Snake Eyes.”

“It is an honor and privilege to be working with the Marines and Sailors of MWHS-2,” said Grade.



Sgt. Maj. Grade

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# News Briefs

## MCAS To Assign New XO

Lt. Col. Brian Blalock will begin his assignment as the MCAS Cherry Point executive officer Friday, relieving Lt. Col. Eric Weissberger. Blalock has been serving as the air station command inspector since his return from deployment to Al Udeid, Qatar, where he augmented MCAS Miramar’s Operation Enduring Freedom UC-35 detachment, supporting I Marine Expeditionary Force and MARCENT movements in theater.



Lt. Col. Blalock

## Sergeants Course Revised

The Marine Corps College of Distance Education and Training worked with the Marine Corps University Enlisted Professional Military Education branch to develop an improved Sergeants Course Distance Education Program to meet the expectations of the operating forces.

The new Sergeants Course DEP on MarineNet is a curriculum of nine sub-courses: Administration, Communication, Warfighting, Squad Operations, Tactical Planning, Tactical Tools, Training, Leadership I, and Leadership II.

The Sergeants Course DEP EPME5000AA replaces the Sergeants Course MCI 8010, as the PME requirement for sergeants and the prerequisite to attend the SNCO Academy resident Sergeants Course.

The course is open to all Marine sergeants and above.

## Physical Fitness Website

The Commandant of the Marine Corps established a high-priority requirement to institutionalize resiliency training. The goal of the training is to enhance the total fitness of Marines in the mental, social, spiritual and physical domains. The website provides tools to specifically enable optimal physical fitness.

The website provides physical training templates and planners for individual and unit physical training.

While, not in direct correlation, the workouts have a foundation in the High Intensity Tactical Training Program. Numerous HITT videos and workouts are provided on the website as downloadable workout plans.

The website also provides a location to look up physical readiness policies such as the Marine Corps Martial Arts Program and the Marine Corps Water Survival Training Program and more. To view the website, visit <https://fitness.usmc.mil>.

## Wastewater Report

The North Carolina Clean Water Act of 1999 requires owners of a wastewater treatment works to make a System Annual Performance Report available to their customers upon request.

An annual performance report has been prepared and may be obtained free of charge by contacting Timothy Lawrence of the MCAS Cherry Point Environmental Affairs Department at 466-2754.

## Chaplain’s Corner : Faith and Politics

**LT. CMDR. DAVID L. SLATER**  
MARINE AIR CONTROL GROUP 28

Sometime ago, I read a biography of George Washington written by Jay A. Parry entitled, “The Real George Washington: The True Story of America’s Most Indispensible Man.” I learned that what we were told about our founding father in history class doesn’t even begin to do justice to his life and service to our

country.

He was indeed an incredible man of great courage in battle, a military genius and an inspiring leader who repeatedly sacrificed his personal desires, plans and fortune to answer the call of his beloved country in its struggle for independence. However, what’s most impressive about President Washington, and what most motivated his indispensable greatness, was not his patriotism but rather his firm faith and reliance on God as the “indispensible support” for America’s political survival and prosperity.

See **CHAPLAIN** page A3

## Cherry Point honors Montford Point Marines

**CPL. ANDREA CLEOPATRA DICKERSON**  
MCAS CHERRY POINT

Members of the Cherry Point community gathered for a celebration commemorating the Montford Point Marines, the first blacks allowed into the Marine Corps, at the air station theater Friday.

Until 1942, the Marine Corps practiced a discriminatory policy, refusing to allow African Americans into their ranks and making them the last of all the military branches to finally do so. The policy wasn’t changed until more than two decades after they began allowing women to join their elite ranks.

On June 25, 1941, President Franklin D. Roosevelt issued Executive Order 8802; the elimination of racial discrimination from federal departments, agencies and the military. From 1942 to 1949, more than 20,000 black men trained on the hallowed grounds of Montford Point.

“These men came from all walks of life and they all came for different reasons, but the common denominator is they wanted to serve their country,” said guest speaker Sgt. Maj. Christopher G. Robinson, the 2nd

Marine Aircraft Wing sergeant major. “They wanted to do it honorably. They wanted to do it as Marines.”

Among the distinguished guests in the crowd was retired Master Sgt. Johnnie Thompkins Jr., one of the first African Americans to enlist in the Marine Corps.

Before enlisting, Thompkins said he was hesitant about going into the Corps.

“I went to the recruiter and said, “Listen, I’ve got to go some place,”” he said. “The recruiter said, ‘How about the Marine Corps?’ and I said, ‘Oh no, those boys are too tough.’”

Thompkins recalled enduring hardships and prejudices during his time in the service but said he did not let those obstacles stop him. He retired after serving more than 20 years in the Marines.

“They are ordinary men who were faced with extraordinary circumstances at a time when the Marine Corps was the only branch of service that refused to enlist African-Americans,” said Robinson. “Throughout the struggle came a unique group of men who hold a very special place in the Marine Corps and also in our nation’s history.”



**Sgt. Maj. Angela M. Maness, Marine Corps Air Station Cherry Point sergeant major, thanks Johnnie Thompkins Jr. for his military service after a ceremony celebrating the legacy of the Montford Point Marines Friday.**

CPL. ANDREA CLEOPATRA DICKERSON

## The Windsock

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## Windsock Photo of the Week

### Feb. 7 – Feb. 14

Montford Point Marine, retired Master Sgt. Turner Blount, stands with his wife Sadie in their Jacksonville, N.C., residence near a family photo of the couple taken decades ago while Blount was enlisted in the Marine Corps. Blount served during World War II, the Korean War and Vietnam.



CPL. ANDREA CLEOPATRA DICKERSON

**LANCE CPL. DAKOTA FIELDS**

**Job Title:** Flight Engine Technician  
**Unit:** Marine Attack Training Squadron 203  
**Hometown:** Dublin, Ga.  
**Age:** 21  
**Date Joined:** Feb. 21, 2011

When AV-8B pilots climb into Harriers, they rest assured that all components of the complex machine are working properly. Lance Cpl. Dakota Fields, a flight engine technician with Marine Attack Training Squadron 203, is one reason those pilots feel at ease when they fly off toward the sunset.

Flight equipment technicians inspect, maintain and repair parachutes, survival equipment, flight equipment, carbon dioxide and liquid oxygen equipment. They inspect ejection seats, flight suits and more to keep pilots safe.

Fields said that every time a pilot lands, technicians perform a routine inspection of the pilot’s gear.

One of his biggest challenges is when a new pilot checks into the unit.

Fields explained that it was common for gear to require adjustments and close inspection. If the pilot’s gear, flight suit or harness isn’t properly fitted and maintained, it could create hazards in the event of ejection.

He said performing his job requires close attention to detail, and when a deployment or training exercise increases operational tempo, the pressure of checking all the gear is also raised.



### Highlight Your Marine or Sailor Superstar

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## The Windsock

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### REMEMBER TO RECYCLE



## AWARD from page A1

“If you keep your Marines safe, out of trouble, set the example and mentor them, it helps out overall readiness to get the mission completed,” said Reynolds. He said the programs were created for the well-being of the Marines and guiding them to where they want to be professionally.

Keeping Marines safe is an active team effort to which every member contributes.

“We have a very proactive safety council where the supply officer meets quarterly with all the safety (representatives),” said Maj. Ellyn M. Wynne, the executive officer of the squadron. “All of our safety reps are usually NCOs and below, which is good because the NCOs are the backbone of the Marine Corps and they know their junior Marines best.”

Marine Wing Headquarters Squadron 2 exists to support other units under the 2nd Marine Aircraft Wing. Sgt. Maj. Robert VanOostrom, the sergeant major of II MEF, said the unit’s focus is on supporting their commanding officer and the 2nd MAW commanding general, but doesn’t forget about their own Marines who need to be taken care of as well.

“When we talk about headquarters, the words that come to mind are ‘selfless service,’ because that’s what you do,” said VanOostrom. “You really knocked it out of the park when it comes to command climate. We’re doing a lot of things right. It’s a culmination of many things.”

## MONROE from page A1

provide the Corps with versatility in expeditionary environments.

“We’re there to support the ground combat element,” said Brunner. “I can sleep better at night knowing there are a few other Marines out there who are walking around with their limbs and are alive today because of the hard work and effort our Marines put into it.”

Monroe is coming to the squadron from the School of Infantry West at Camp Pendleton, Calif., where he served as a company first sergeant. He said the squadron already performs well and he wants to help them do even better.

“I’ve heard nothing but phenomenal things about this organization,” said Monroe. “I’m just trying to come on board and contribute as best I can by helping the Marines achieve some of their personal or professional goals.”

## CHAPLAIN from page A2

As we pause this month to celebrate Washington’s birthday, listen to his thoughts on faith and politics so counter to what we hear from many of our leaders today.

Washington wrote: “Of all the dispositions and habits which lead to political prosperity, religion and morality are indispensable supports. In vain would that man claim the tribute of patriotism who should labor to subvert these great pillars of human happiness ... The mere politician, equally with the pious man, ought to respect and cherish them. A volume could not trace all their connections with private and public felicity ... And let us with caution indulge the supposition that morality can be maintained without religion ... Reason and experience both forbid us to expect that national morality can prevail in exclusion of religious principle.”

Unlike what we hear from many in Washington today, President George Washington did not believe that faith in God was just a private issue to be practiced only in our personal lives but withheld from public life and political discourse. Quite the contrary, he considered a strong faith in God a litmus test of patriotism and every bit as essential to the “mere politician” as the “pious man.”

In the 214 years since Washington’s death, we’ve gone from holding up devotion to God as the indispensable support of our government to removing God and excluding religious principle from our political discourse. Where has it gotten us? Is our nation as moral as the one Washington bequeathed us? Is our political process more honest or less?

If George Washington was “America’s Most Indispensable Man,” it was not for any greatness he held within himself but because he was committed to serving an indispensable God. His birthday challenges us not to commit to anything less.

## HUEY from page A1

assets and ensure the strike force met every objective.

“It’s a lot easier than you would think because one of the good things about Marine Corps aviation is we do very detailed planning,” Dineen said. “There were people responsible for the scheme of maneuver for the AH-1s as well as the UH-1s. For the CH-53s, there’s the assault flight lead who was in charge of the CH-53s and the MV-22s, so it helps everything work together.”

Dineen said planning for contingencies was part of his main mission so when something happens, like a mass casualty training event, everyone knows their roles and can react quickly and confidently.

“Any time there’s a big mission like that, there needs to be somebody who’s in charge of it overall,” said Capt. Adam W. Trout, the UH-1 flight leadership standardization evaluator program coordinator for 2nd MAW. “Let’s say (Dineen) went to Afghanistan next week, and there’s some big mission and they needed somebody to be up in the aircraft watching to make sure the whole air portion of the mission went off according to plan; he can now do that.”

Squadrons train for missions like this one on a regular basis, but it’s not very often that they get a complete air combat element together. Integrating all Marine aviation assets helps prepare them for the real deal.

“This training was designed to prepare upper-level instructors before they go out to (Marine Aviation Weapons and Tactics Squadron 1) in Yuma,” said Trout. “This was designed for them to see a complex objective area with multiple assets and lots of different moving parts. It’s something we try to train to, but we train to it artificially. We had 38 different aviation assets that operated out there today with us. It was a lot more complex than the normal squadron scenarios.”



PHOTO ILLUSTRATION BY CPL. SCOTT L. TOMASZYCKI

As seen through the underbelly video camera of a UH-1N Huey, two MV-22B Ospreys land in the training mission zone in eastern North Carolina during an exercise Jan. 31. The exercise prepared pilots for weapons and tactics instructor course in Yuma, Ariz., where they will participate in large combined-arms training missions.

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PHOTOS BY LANCE CPL. URIEL AVENDANO

Ordnance technicians practice ammunition loading procedures on an AV-8B Harrier at Camp Wilson aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Jan. 5. The Marine Attack Squadron 311 Marines participated in the integrated training exercise Jan. 5 through Feb. 8.

# VMA-311 participates in pre-deployment ITX

LANCE CPL. URIEL AVENDANO

MARINE CORPS AIR STATION YUMA

**TWENTYNINE PALMS, Calif.** – In preparation for an upcoming deployment to Afghanistan in support of Operation Enduring Freedom, Marine Attack Squadron 311 participated in a month-long integrated training exercise held at Camp Wilson aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Jan. 5 through Feb. 8.

With Marines from Marine Aircraft Group 13, Marine Medium Helicopter Squadron 268, Marine Light Attack Helicopter Squadron 167 and Marine Wing Support Squadron 271 taking part in the exercise, VMA-311 had the mindset of a squadron readying for a deployment on the horizon.

“It’s important because it puts Marines in an environment that ups the tempo,” said Sgt. Matthew Babcock, VMA-311 powerline non-commissioned officer in charge. “It builds everybody up a little bit so they can get a taste of what we’re actually going to do.”

Integrated close air support training between Marines on the ground and in the air helped better prepare communication, mission objectives, and productivity for future forward deployment operations. ITX, replacing exercise Enhanced Mojave Viper, provided the Tomcats with a strong first-hand source of experience of what they’ll be doing overseas.

“Our Marines fix, fly and maintain the AV-8B Harrier, working 12-14 hours a day,” said Sgt. Maj. David Wilson, VMA-311 sergeant major. “They specialize in different parts of the aircraft. You have Marines that specialize working on the airframe itself, you have Marines that specialize with working on the engine and control the different aspects of maintenance, including all of the avionic components and communication systems.”

Getting back to their grassroots in Marine Air Ground Task Force operations, the Tomcats consider ITX an opportunity for Marines to refine their skills, build



Marines and civilians work in a Marine Attack Squadron 311 temporary hangar at Camp Wilson aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Jan. 5 during the integrated training exercise.

synergy with participating units and get the training necessary to prepare for deployment.

“It’s been awesome working with the units out here. One of the things you find being in the Marine Corps any length of time is that Marine units tend to not be too much different,” said Wilson. “When you go coordinate with your fellow Marines, whether they be from Camp Pendleton, Twentynine Palms, or Cherry Point, it always feels like home.”

To simulate a deployed environment, continuous operations throughout the exercise put the pilots, the squadron and supporting units in a high-paced expeditionary setting that makes communication at all levels crucial.

However, ensuring mission readiness also means the squadron not only works in conjunction with many commands, but made sure to work on their own basics. Ordnance technicians on the flight line practiced each of their roles; going over ammunition loading procedures and making sure AV-8B Harriers came in and out on schedule.

“We have a lot more flights going on here than we normally would back in Yuma; a lot of ordnance being used,” said Lance Cpl. Miguel Pickett, a VMA-311 ordnance technician and a native of Sherwood, Ill. “It’s a great learning experience.”

Building confidence through mentorship was also a big part of the exercise. Those

who’ve deployed as recently as seven months ago take their junior Marines under their experienced wing and supervise. Spreading lessons learned and valuable know-how to ensure they fight next to well-trained Marines is one of the many objectives of the pre-deployment ITX for VMA-311.

“I feel pretty confident about going over there and doing a good job, not really worried about it,” said Lance Cpl. Patrick Willis, a VMA-311 avionics technician and a native of Concord, Calif. “It’s an experience where I’ve actually learned more about the jet and what I can do better.”

The Yuma-based squadron is slated to deploy from MCAS Yuma, Ariz., to Afghanistan later in the year.





PHOTOS BY LANCE CPL. CORY D. POLOM

A 25-pound aluminum sleeve rockets out of a Stinger trainer launcher simulator during the 2nd Low Altitude Air Defense Battalion's team and section leaders course here Feb. 8. Firing the dummy rounds gives the Marines a near real-life experience without the cost of firing live missiles.

# Stinger strike

*2nd LAAD Battalion team, section leaders complete course*

LANCE CPL. CORY D. POLOM  
MCAS CHERRY POINT

Marines from 2nd Low Altitude Air Defense Battalion completed the unit's 13-day team and section leaders course here Feb. 8.

As their final learning experience before graduating the course, they fired dummy rounds from a Stinger trainer launcher simulator.

"This course helps produce new leaders within the unit," said Cpl. Keith Vargas, a gunner with B Battery, 2nd LAAD Bn. "I have always been a team leader for the field ops; however, now I feel confident that I could step up and be a section leader in absence of one of the present leaders."

Vargas, one of more than 15 Marines who fired the round, said this course helps keep LAAD gunners up to par with their qualifications.

"Firing these missiles is extremely easy to learn and can be passed down to new Marines easily," said Vargas.

The Stinger missile is designed to defend against enemy aircraft and can engage targets within an altitude of 10,000 feet and can cover a distance of eight kilometers. The simulated round is a 25-pound aluminum sleeve that can fly as far as 100 yards.

Vargas said the knowledge he has gained from this course, makes it easier to lead and teach his Marines. "We try to teach these Marines about important tac-

tics, knowledge and planning a mission while utilizing this weapon system," said Sgt. Matthew Reyes, a course instructor for the team and section leader course. "With that knowledge, they can go on to better their battery, the unit and the Marine Corps."

During the course the Marines sharpened their skills in land navigation, aircraft identification and radio communication.

"Everyone benefits from this course," said Reyes. "From the wing commander down to the fresh-from-the-schoolhouse lance corporal, we all will benefit from the impact these future leaders will have in this unit."



Cpl. Corey Oncken, a gunner with 2nd LAAD, watches as a Stinger missile simulator is loaded for him to fire during the battalion team and section leaders course Feb. 8. Oncken was one of several Marines to fire the Stinger dummy round as a final test before graduating the course.



A gunner with 2nd LAAD squeezes the trigger on a STLS Feb. 8. The trainer fires a 25-pound aluminum sleeve that can fly as far as 100 yards.



A gunner with 2nd LAAD loads a simulated Stinger missile round into a training launcher during the unit's team and section leaders course Feb. 8.



# *26th MEU, Phibron integrated exercise*



LANCE CPL. JUANENRIQUE OWINGS

USS Kearsarge fires a RIM-116 Rolling Airframe Missile during a training exercise off the coast of Virginia Jan. 26. The 26th Marine Expeditionary Unit and Amphibious Squadron 4 are conducting integration training in preparation for their Composite Training Unit Exercise, the final phase of a six-month pre-deployment training program. The 26th MEU operates continuously across the globe, providing the president and unified combatant commanders with a forward-deployed, sea-based quick reaction force. The MEU is a Marine Air-Ground Task Force capable of conducting amphibious operations, crisis response and limited contingency operations.



# Eyes above keep those below in the know



CPL. SCOTT L. TOMASZYCKI

The RQ-7B Shadow is used for battlefield surveillance. Unmanned aerial vehicles offer advantages over manned surveillance aircraft because they can transmit video in near real-time to anyone who can log into the network. Ground troops in a fight can even get an overhead view of the battle around them.

## VMU-2 UAVs give speedy battlefield support

CPL. SCOTT L. TOMASZYCKI  
MCAS CHERRY POINT

Marine Unmanned Aerial Vehicle Squadron Two provided 2nd Battalion, 2nd Marine Regiment, and 2nd Bn., 8th Marines, with timely support during training exercises at Camp Lejeune Jan. 22 through 27.

VMU-2, with the RQ-7B Shadow, practiced providing the infantry with near real-time full motion video increased communications capabilities. With a constant stream of information from UAVs, ground commanders can react quickly to previously unseen threats and move decisively against targets of opportunity.

The battalion was training in convoy operations and clearing urban terrain dur-

ing an exercise in preparation for their upcoming deployment with the Black Sea Rotational Force.

“Having an eye in the sky helps the ground decision makers because it increases their situational awareness on the battlefield,” said Capt. Darrel Prestesater, a forward air controller with 2nd Bn., 2nd Marines.

A battalion often has their own small unmanned aerial systems, but the VMU brings a more capable platform with longer loiter capability via the RQ-7B Shadow.

“As far as the ground forces themselves, the battalions typically have an RQ-11 Raven or a Wasp, which is a small, hand-launched unmanned aerial system,”

said Capt. Steven P. Rogers, the adjutant for VMU-2. “They’re pretty small, low-altitude, and are light weight, so they have small cameras.”

The Shadow flies much higher and can zoom in on potential targets with a powerful camera. It can also laser designate to guide smart munitions fired either from aircraft or artillery. In a deployed environment, authorized personnel can get near real-time footage and communicate with the unmanned aircraft commanders by instant messaging or through more conventional means.

Adding to the capabilities of the system, the squadron set up a “spoke” at Camp Lejeune near the battalion’s training area. The spoke is a command cen-

ter set up at a separate location from the main VMU-2 location, which extends the operational range of the aircraft. Controllers at Cherry Point flew the aircraft from the launch site to an area both the Cherry Point operators and the spoke operators could control the aircraft, where it was handed off to the spoke.

“It increases situational awareness,” said Rogers. “You take Afghanistan for example, and anybody who can (connect to the network) could pull up a nearly real-time full-motion video feed. So if someone at Leatherneck wants to see what’s going on at Combat Outpost Payne, they plug in (to the network) and see what’s going on. It’s a very effective force multiplier.”



Lance Cpl. Brandon Dunlow, left, and Lance Cpl. Eric Garcia, avionics technicians with VMU-2, prepare an RQ-7B Shadow for takeoff on the Cherry Point flight line March 8. The vehicle is launched by a catapult and can stay in the air for many hours.



The RQ-7B Shadow is used for battlefield surveillance. Unmanned aerial vehicles can give embattled ground troops an overhead view of the battle around them.



Lance Cpl. Brandon Dunlow, left, Lance Cpl. Eric Garcia, middle, and Sgt. Mark M. Buhler, avionics technicians with Marine Unmanned Aerial Vehicle Squadron 2, prepare an RQ-7B Shadow for takeoff from the Marine Corps Air Station Cherry Point flight line March 8. The vehicle is launched by catapult and can stay in the air for many hours.



# *“Red Devils” sweep Key West*



COURTESY PHOTO

Marines with Marine Fighter Attack Squadron 232, 3rd Marine Aircraft Wing, fly F/A-18C Hornets over Key West, Fla., Jan. 24. The “Red Devils” of VMFA-232 conducted air-to-air training including offensive sweeps and air defense missions to retain skills used during deployment.





PHOTOS BY LANCE CPL. CAYCE NEVERS

Marines and volunteers cover a roof with plywood during a Habitat for Humanity volunteer project in New Bern Saturday. Every two weeks the Single Marine Program takes Marines to the build site where the service members get their hands dirty building homes for families.

## Marines hammer out bonds with local community

LANCE CPL. CAYCE NEVERS  
MCAS CHERRY POINT

On any given weekend, local Marines can be found helping their home-away-from-home neighbors through various volunteer activities. Last Saturday was no exception as a dozen Cherry Point Marines volunteered their time building a house with Habitat for Humanity in New Bern.

This particular type of community volunteer work happens regularly here thanks to the Single Marine Program. Every two weeks the SMP takes Marines to the build site where the service members get their hands dirty building homes for local families.

“Our commanding officer wanted us to get more involved with Habitat for Humanity,” said Sgt. Bradley A. Hoover, Center for Naval Aviation Technical Training power plant mechanic instructor. “We eventually want to work our way to building a whole house for Habitat on our own.”

Habitat for Humanity is a non-profit organization which provides affordable housing to millions of people worldwide. Through volunteer labor and donated money and materials, Habitat for Humanity builds and rehabilitates houses.

The goal of the program is to give families affordable homes, by using volunteer efforts to build houses from the ground up. The families moving into homes must also give 250 hours of their time to help build other homes. By using volunteer work, the cost of the houses are considerably less, said James Garner, Habitat for Humanity construction supervisor.

For many years, the SMP has teamed up with Habitat for Humanity to allow Marines and Sailors a chance to get off base and volunteer their time to a worthwhile cause.

This year, CNATT Marines also partnered with the organization to help build houses. As many as 20 CNATT Marines recently took the trip to New Bern to help other Habitat for Humanity volunteers work on the current project.

Building a house takes time and patience, but the volunteers enjoy this opportunity to make a difference. Every few weeks Marines head to the build site and spend several hours hammering away.

“Every Marine who went to help out had a good time,” said Hoover. “It was a good learning experience and a great team building exercise.”



Pfc. Guy Simmons, a student with the Center for Naval Aviation Technical Training, carries part of a portable scaffold during a Habitat for Humanity volunteer project in New Bern Saturday. Each house built with Habitat for Humanity takes nearly four months.



Marines and volunteers spend their morning building a house for Habitat for Humanity in New Bern Saturday. The volunteers spent the day putting up plywood on the roof and sides of the house.



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 fettucini, 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 February 14

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 February 15

Lunch - Roast turkey, French fried shrimp, French fried fish, dirty mashed potatoes, green beans, calico cabbage, hush puppies, tartar sauce, cocktail sauce, New England clam chowder

Dinner - Tater-tot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms, Manhattan clam chowder

Saturday February 16

Lunch - Baked ziti with four cheeses, arroz con pollo, 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 February 17

Lunch - Baked fish with butter crumb topping, herbed baked chicken, potatoes au gratin, confetti rice, herbed roasted carrots, balsamic roasted vegetables, tomato soup

Dinner - Pork chops with smothered onion, chili macaroni, roasted sweet potatoes, French cut green beans, cauliflower combo, Wisconsin cheese soup

Monday February 18

Lunch - Southwestern corn chowder, pepper steak, turkey Monterey roasts, rosemary red potatoes, steamed rice, wax beans creole, stewed chick peas and zucchini

Dinner - Spanish chorizo and potato soup, veal parmesan, Tex-Mex chicken and rice, penne rigate noodles, marinara sauce, scalloped cream-style corn, broccoli and red peppers

Tuesday February 19

Lunch - Beef with vegetables and barley soup, linguini with clam sauce, bayou chicken, rissole potatoes, mashed cauliflower, sautéed green beans and mushrooms

Dinner - Bean with bacon soup, country fried steaks, baked turkey and noodles, mashed potatoes, brown gravy, squash and carrot medley, peas

Wednesday February 20

Lunch - Cream of mushroom soup, chicken piccata, bayou jerked pork loin, chipotle roasted sweet potatoes, islander's rice, steamed spinach with garlic, Lyonnaise carrots, mango and black bean salsa

Dinner - Chicken tortilla soup, Hungarian goulash, creole shrimp, brussels sprouts parmesan, corn

# The seven deadly myths of heart disease

**MARK DeVAUGHN**  
HEALTH NET FEDERAL SERVICES

February is Heart Health Month, and Health Net Federal Services wants to help all service members in the TRICARE North Region maintain a healthy heart. Did you know heart disease claims approximately 600,000 lives each year, according to the Centers for Disease Control and Prevention? That’s one in four deaths in the United States, the most common killer of both men and women.

Saving lives involves fighting misconceptions. Here are some common myths about heart disease:

Myth: All those who suffer from heart disease have obvious symptoms.

Fact: A person can be thin and in good shape yet still have high cholesterol. High blood pressure is generally silent. By the time you experience symptoms from high cholesterol or high blood pressure, it may be difficult to reverse the damage already done to the heart.

Myth: Younger women aren’t at risk.

Fact: Not all women who have heart disease are elderly. Risk factors like obesity, hypertension (high blood pressure) and Type II diabetes are showing up earlier now in women.

Myth: Exercise is too risky for those who have heart disease.

ease.

Fact: Exercise reduces the progression of heart disease and makes those who have it less likely to have a first or recurrent heart attack.

Myth: Those who suffer from heart disease can’t undo the damage.

Fact: Research shows you may be able to undo the damage by including lifestyle changes such as a healthy diet and regular exercise.

Myth: Every heart attack victim experiences chest pain.

Fact: About one out of every three people who have a heart attack doesn’t feel chest pain. Men are the vast majority of heart attack victims. Women are especially vulnerable. Women also experience subtle, less-traditional heart attack symptoms like fatigue and sleep disturbance more commonly than men.

Myth: Cancer and AIDS are much deadlier diseases.

Fact: More people die of heart disease than AIDS and all cancers combined.

Learn what you can do to keep a healthy heart by visiting our Heart Health Awareness campaign page running throughout the month of February at [www.hnfs.com](http://www.hnfs.com). We also invite you to follow our healthy heart posts on Facebook.



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Movie Hotline: 466-3884

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

NOW SHOWING

Thursday, February 14  
6:00pm - This Is 40 R

Friday, February 15  
5:00pm - Parental Guidance PG13  
7:30pm - A Haunted House R  
9:30pm - Gangster Squad R

Saturday, February 16  
2:00pm - Guilt Trip PG13  
4:00pm - A Haunted House R  
6:00pm - Gangster Squad R  
8:15pm - Zero Dark Thirty R

Sunday, February 17  
2:00pm - Jack Reacher PG13

MOVIE SYNOPSIS

This Is 40 - An original comedy that expands upon the story of Pete and Debbie from "Knocked Up" as we see first-hand how they are dealing with their current state of life.

Parental Guidance - Old school grandfather Artie, who is accustomed to calling the shots, meets his match when he and his eager-to-please wife Diane agree to babysit their three grandkids. But when 21st century problems collide with Artie and Diane's old school methods it's learning to bend - and not holding your ground - that binds a family together.

A Haunted House - Young couple Malcolm and Kisha have just moved in to their dream house. As they settle in, they quickly find they're not alone. But it's not the house that's haunted, it's Malcolm's girlfriend who is possessed by a demon. Malcolm hires everything to rid her of this unwelcome intruder, determined not to let the evil spirit ruin his relationship.

Gangster Squad - Los Angeles, 1949. Ruthless, Brooklyn-born mob king Mickey Cohen runs the show in this town, reaping the ill-gotten gains from the drugs, the guns, the prostitutes and - if he has his way - every wire bet placed west of Chicago. And he does it all with the protection of his own paid goons, the police and the politicians under his control. It's enough to intimidate even the bravest, street-hardened cop, except, for the small, secret crew of LAPD outsiders led by Sgt. John O'Mara and Jerry Wooters, who come together to try to tear Cohen's world apart.

Guilt Trip - Andy Brewster is about to embark on the road trip of a lifetime, and who better to accompany him than his overbearing mother, Joyce. After deciding to start his adventure with a quick visit at mom's, Andy is guilted into bringing her along for the ride. Across 3,000 miles, he is constantly aggravated by her antics, but over time he comes to realize that their lives have more in common than he originally thought.

Zero Dark Thirty - For a decade, an elite team of intelligence and military operatives, working in secret across the globe, devoted themselves to a single goal: to find and eliminate Osama bin Laden.

Jack Reacher - When a gunman takes five lives with six shots, all evidence points to the suspect in custody. On interrogation, the suspect offers up a single note: "Get Jack Reacher!" So begins an extraordinary chase for the truth, pitting Jack Reacher against an unexpected enemy, with a skill for violence and a secret to keep.

Movies are subject to change without notice.



# Announcements

► Indicates new announcement

## Marine Corps Scholarship Foundation

The Marine Corps Scholarship Foundation is accepting applications through March 1.

The foundation provides need-based scholarships to children of Marines and Navy corpsmen who attend an accredited undergraduate college or vocational or technical institution.

Special scholarships are available to the children of those who were wounded or fallen in combat.

For more information, applications and eligibility criteria, visit <http://www.mcsf.org>.

## 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](http://bit.ly/nmcrs).

## New Bern Antique Show and Sale

The New Bern Preservation Foundation will host its annual antique show and sale Friday – Sunday from 10 a.m.–5 p.m.

Tickets are \$7 in advance and \$8 at the door. Tickets are good for all three days and can be purchased at Mitchell Hardware, Harris Teeter and the New Bern Preservation Office.

## Bridging the Gap

A Bridging the Gap Communication for Deployments workshop will be held at the Jerry Marvel Training and Education Building, room 235, Wednesday from 5:30 – 8:30 p.m.

This workshop is designed for couples or individuals who want to learn ways to communicate effectively and maintain an intimate connection with their partner during deployments.

Registration is due by Monday.

To sign up or if you need more information, call 466-4637.

## ► Leatherneck Comedy Tour

The Leatherneck Comedy and Entertainment tour will be at the station theater Feb. 22 at 3 p.m.

Doors will open at 2:30 p.m.

Performers include comedians Geoff Keith, Randy Rush, Renee Gauthier and the band Queen Caveat.

This event is open to active duty personnel only.

Dress code is civilian attire.

For more information, call 466-3027.

## Stress Management for Spouses

A Stress Management for Spouses workshop will be held at the Jerry Marvel Training and Education Building, room 235, Feb. 27 from 5:30–8:30 p.m.

Registration is due by Feb. 25.

This workshop is geared specifically toward spouses of deployed service members.

To sign up or receive more information, call 466-4637.

## Chocolate and Wine Night

The Enlisted Spouses Club will host a ladies Chocolate and Wine night at the Accidental Artist in New Bern Feb. 28 at 6 p.m. All enlisted spouses are welcome. RSVP through the Enlisted Spouses Club Facebook page at [www.facebook.com/cherrypointesc](http://www.facebook.com/cherrypointesc) or email [cherrypointesc@gmail.com](mailto:cherrypointesc@gmail.com).

## NC Zoo Snooze: ‘Creatures of the Night’

Operation Military Kids and the North Carolina Zoo have partnered together to host a Zoo Snooze: “Creatures of the Night,” for military youth, ages 7–12, March 1–2.

This overnight adventure will have participants spending the evening exploring the world of elusive backyard creatures with games, activities and presentations.

A nature hike, craft time and hands-on activities are just a few of the activities the youth can enjoy throughout their adventure. A snack is provided in the evening and a light breakfast will be served the following morning. Participants will receive a free pass into the zoo following the event. The deadline to register is Feb. 18.

Price of registration is \$10.

For more information, visit <http://bit.ly/zoosnooze>.

## Vienna Boys Choir

The Vienna Boys Choir is scheduled to perform in the Legends in Concert Series from the New Bern Historical Society at the New Bern Riverfront Convention Center March 3, beginning at 3 p.m. Ticket prices vary.

For more information, call 638-8558.

## ► NHC Frostbite Golf Tournament

The Naval Health Clinic will host the Frostbite Golf Tournament at the Sound of Freedom Golf Course March 15 at 12 p.m.

This event is open to all air station patrons. Registration is \$40 per player and is due by March 8.

Four-person teams; check in before 11 a.m.

For more information or to register, call Kadi Moffitt at 466-2146 or call Fred Guinn at 466-0514.

## ► Emerald Isle Saint Patrick’s Day Festival

The Emerald Isle Shopping Center will host the Emerald

Isle Saint Patrick’s Day festival March 16, beginning at 10 a.m.

The festival will include music, dancing, food, amusement rides, arts and crafts and vendors.

For more information, visit <http://bit.ly/EISPF>.

## Civil War Reenactment

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

For more information, call 726-3775.

## ► Heroes Ride for Motorcycle Safety

Marine Corps Installations East in conjunction with the North Carolina Governors Highway Safety Program will sponsor the Heroes Ride for Motorcycle Safety May 3 to highlight May as Motorcycle Safety Month.

The event will begin at 10 a.m. at the main exchange parking lot Won Camp Lejeune and end at Marine Corps Auxiliary Landing Field Bogue.

To register, call Master Sgt. Gary Gross at 466-5887 by Feb. 26.

# 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. Located in Building 87. For more information, email [family.readiness@usmc.mil](mailto:family.readiness@usmc.mil).

# 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 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.

## 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 Feb. 15.

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

## Young Marines

The Cherry Point Young Marines is a youth organization for ages 8–18.

Groups meet Friday nights 5:30 p.m.–8 p.m. and Saturdays 8 a.m.–12 p.m. The group is for youth mentors.

For more information on volunteering, call Paula Cusson at 444-5914.

## 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](mailto:sandy.k.langlois@usmc-mccs.org).

## Women’s Bible Study

The Fearfully and Wonderfully Made women’s study group will be held every Tuesday at the station chapel at 11:30 a.m.

# Chapel Services

## Sundays

- 9 a.m. – Liturgical Protestant Service, Fellowship Chapel
- 9 a.m. – Roman Catholic Mass, Memorial Chapel
- 11 a.m. – Contemporary Worship Service, Memorial Chapel

## Tuesdays – Thursdays

- 11:45 a.m. – Roman Catholic Mass, St. Michael’s Chapel

# Signs of Terrorist Activity:

## Aquiring supplies



*A person or persons attempting to acquire explosives, weapons, ammunition, dangerous chemicals, uniforms, badges, flight manuals, access cards or identification for a key facility could be considered suspicious activity.*

*This can include unusual purchase or storage of fertilizer or harmful chemicals.*

*If you observe any suspicious activities, call Cherry Point Emergency Dispatch immediately at 466-3616 or report it online at [USMEagleEyes.org](http://USMEagleEyes.org)*

**OPERATION EAGLE EYES**

# 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.

**Suicide/Stress**  
To talk to someone at the National Suicide

Hotline, call 1-800-273-8255.  
To seek confidential counseling with personal battles call the DSTRESS line at 1-877-476-7734.

**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.

**Severe Weather and Force Protection**  
Cherry Point personnel call 466-3093.  
FRC East personnel call 464-8333.  
DLA personnel call 466-4083.

# 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