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'Workhorses' refresh capabilities with field training

CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT  

MARINE CORPS AUXILIARY LANDING FIELD BOGUE, N.C. — The Workhorse of the Wing lived up to its name during an exercise at Marine Corps Auxiliary Landing Field Bogue Sept. 11 – 16.

Marine Wing Support Squadron 271 Marines and Sailors practiced skill sets in a wide variety of airfield operations scenarios to maintain their proficiency and preparedness during the exercise. In one such scenario, the squadron's Aircraft Rescue and Fire Fighting unit was put to the test.

The firefighters practiced a scenario where an AV-8B Harrier notionally executed a hard landing, the aircraft was on fire, and the pilot was unconscious. An actual Harrier added a necessary element of realism to the training.

The scene unfolded as two fire trucks rushed in and sprayed the aircraft with water cannons. When the flames died, the firefighters dismounted their trucks, grabbed a ladder, and pulled 2nd Lt. Ryan Collins, playing the role of a pilot in distress, from the aircraft. Some firefighters performed lifesaving steps on Collins while others put out the last remnants of fire.

"There are so many things that can go wrong in our job with us trying to get the pilots out," said Sgt. Keith Molinary, the training chief of MWSS-271 Aircraft Rescue and Fire Fighting. "The aircraft can blow up and the ordnance can go off, so it's really important, especially in our job, to keep our Marines trained."

As each of the Marines carried out their assigned duties, their staff noncommissioned officers directed the execution. The Marines rescuing the pilot needed backup from a firehouse-carrying Marine in case the fire re-emerged. Gunnery Sgt. Ekewaka S. Waiau,

See WORKHORSES page A11

MCX celebrates 115 years



CPL. TYLER J. BOLKEN

Col. Philip J. Zimmerman, commanding officer of Marine Corps Air Station Cherry Point, ceremoniously cuts the first slice of cake at the Cherry Point Marine Corps Exchange Sept. 20 to celebrate the Marine Corps Exchange's 115th anniversary. Patrons, staff members and Marines joined Zimmerman, surrounding the cake and a cupcake tower in the exchange's front foyer. "What's kept the Marine Corps Exchange around all of these years is we are part of the Marine family. It's on base and it's just for them," said Chief Warrant Officer 2 Daniel Esping, a retail officer at the exchange. "We are dialed in to our community and to our customers, which are Marines." The Marine Corps Exchange offers products, goods and services on Marine Corps installations tax free for convenience and service to Marines and their families. They operate similarly to a department store, including a military clothing section and service operations like dry cleaners and barbershops. "It's a service back to them for the service they provided their country," said Esping.



LANCE CPL. CORY D. POLOM

VMAQ-3 'Moondogs' bid farewell to families

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT  

Sgt. Christian L. Jones, the career planner with Marine Tactical Electronic Warfare Squadron 3, gives his 4-year-old son Loren, a final hug inside the unit's hangar and fights back tears as he explains why he has to leave Sept. 25. Jones was one of the more than 100 Marines with VMAQ-3 who departed for a seven-month deployment to Central Command to relieve VMAQ-2, in support of operations in Afghanistan.

"This deployment is going to be tough, because my sons are old enough to realize what is going on," said Mary Jones, wife of Sgt. Christian L. Jones, the career planner for VMAQ-3. "During our previous two deployments the boys were too little to notice, and this time I am going to have them asking me all the time, 'where is daddy?'"

The Marines will maintain and fly the squadron's EA-6B Prowlers to provide joint operation support with electronic warfare.



CPL. SANTIAGO G. COLON JR.

Maj. Gen. Glenn M. Walters, 2nd Marine Aircraft Wing commanding general, gives his opening remarks during an E-9 symposium at Millers Landing aboard Cherry Point Sept. 20.

Senior enlisted gather for leadership symposium

CPL. SANTIAGO G. COLON JR.

MCAS CHERRY POINT   @USMC_SANTCOLON

Sergeants major and master gunnery sergeants from throughout 2nd Marine Aircraft Wing gathered for an E-9 symposium at Miller's Landing aboard Marine Corps Air Station Cherry Point Sept. 20.

The annual event gave the senior enlisted Marines a chance to discuss issues facing the Marine Corps and the Wing including the active duty force drawdown, hazing, sexual assault and suicide prevention, and personnel and equipment accountability.

"The Marines in this room are the top 1 percent responsible for the 99 percent," said Sgt. Maj. Robert G. VonOostrom, II MEF sergeant major and guest speaker at the symposium. "The people in this room are going to be

the ones that have to make the tough calls."

Maj. Gen. Glenn M. Walters, 2nd Marine Aircraft Wing commanding general, gave opening remarks at the symposium. Walters expressed the importance of the most senior members of the staff noncommissioned officer corps.

"When I was a young lieutenant the most valuable training I received on what it was to be a Marine and how to be a Marine was from the staff NCOs that worked for me," said Walters.

Walters said it is superb leadership skills that steer the Corps today, and stressed its relevance to the current climate.

"Right now is a busy time," Walters said. "There is important work that will be done today."

Inspired Chef wins Cherry Point competition



See story and photos on A5

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



Like father, like son



PHOTOS BY CPL. BRIAN A. JONES

Cpl. Scott Prutch, right, will carry the torch for his family as a United States Marine. His father, Sgt. Maj. Henry Prutch, left, retired Sept. 21 at Marine Corps Air Station Cherry Point, N.C., after 30 years of honorable and faithful active service. Scott Prutch, a landing support specialist with Combat Logistics Battalion 4, served as the commander of troops for the event and Headquarters Squadron at the air station theater Sept. 7.

Retired sergeant major's legacy lives on through Marine son

CPL. BRIAN ADAM JONES

MCAS CHERRY POINT

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When Sgt. Maj. Henry Prutch retired from 30 years of honorable and faithful active service Friday at Marine Corps Air Station Cherry Point, N.C., there was little doubt his legacy would live on.

Standing before him on the parade field was his son, Cpl. Scott Prutch, who served as the commander of troops in the ceremony.

The young corporal's presence at the ceremony wasn't a guarantee. Roughly a month ago he was in Helmand province, Afghanistan, as a landing support specialist with Combat Logistics Battalion 4.

His unit returned to Marine Corps Base Camp Butler in Okinawa, Japan, in mid-Au-

gust after a six-month tour. He was able to get permissive temporary additional duty as a recruiter's assistant in Havelock, N.C., allowing him to be a part of his father's retirement.

"Having Scott here was the best," Henry Prutch said.

Before Scott Prutch arrived in eastern North Carolina, the last time his father saw him was at Camp Leatherneck, Afghanistan, in February, when then-Lance Cpl. Prutch arrived in Afghanistan just as his father was preparing to leave. Scott Prutch spent his deployment at Forward Operating Base Nolay.

The sergeant major did a year-long tour as the right hand to Maj. Gen. Glenn M. Walters, the commanding general of the 2nd

Marine Aircraft Wing. From March 2011 through March 2012 the two men led the 2nd Marine Aircraft Wing (Forward), the aviation combat element of the southwestern regional command of NATO's International Security Assistance Force.

Walters, who served as the reviewing officer at Friday's retirement ceremony, described flying a mission in an MV-22B Osprey to Forward Operating Base Nolay in February. At his sergeant major's request, he brought care packages donated by the American people to the young lance corporal.

"Today that same son, who I last saw in a dusty zone in Afghanistan, was standing behind me out here, and he's a corporal now. Congratulations," Walters said in his state-

ments at the ceremony.

Scott Prutch described his deployment to Afghanistan as a great experience. He said he was eager to carry on his father's legacy. He said his father's advice and guidance is with him constantly.

"Nonstop," he said. "It's with me nonstop. It was nice being the only two Prutches in the Corps. Now I'm just going to have to carry the load."

In his remarks Walters thanked the sergeant major's wife Jennifer for being both a military wife and a military mom.

"Jen, thanks for letting us have him for 30 years," Walters said. "Hopefully we can get another 28 out of your son."

Running toward gunfire:

Marines, British forces repel insurgents attacking Camp Bastion

SGT. JOHN JACKSON

REGIONAL COMMAND SOUTHWEST

CAMP BASTION, Afghanistan – Sgt. Rasheed Thomas never thought his first night working on Camp Bastion would turn into a gun battle with 15 insurgents.

When Thomas was told he was transferring from 1st Platoon to 2nd Platoon, the landing support specialist with Combat Logistics Battalion 2, Combat Logistics Regiment 15, thought nothing of it. Instead of working on Camp Leatherneck, Thomas would be working at the rotary wing Arrival/Departure Airfield Control Group on Camp Bastion, an adjoining base run by British Armed Forces. He would be responsible for getting coalition forces and cargo on helicopters departing Camp Bastion's airfield heading for remote forward operating bases throughout Regional Command Southwest's area of operations.

Thomas' first night on Camp Bastion was Friday, Sept. 14. He and a fellow sergeant were driving through a checkpoint close to the airfield when they heard an explosion.

"At first we didn't know if the explosion was on base or off," said Thomas. "We decided to go check on our Marines at the cargo lot and we saw an explosion by the (cryogenics) area. That's when we knew the base was under attack."

Fifteen insurgents dressed in U.S. Army uniforms armed with automatic rifles, rocket-propelled grenade launchers and suicide vests breached the base's perimeter fence at approximately 10 p.m. The insurgents, who were organized into three teams, began to attack fixed and rotary wing aircraft parked on the flightline, aircraft hangars and other buildings on Camp Bastion.

"When I actually saw it was happening on (Camp) Bastion, I was in a bit of shock," Thomas said. "Then rounds began to impact close to our position, and I think everyone's training just immediately kicked in."

When the attack began, the landing support specialists were in three different locations. Three Marines were at the A/DACG, four Marines were at the cargo lot and the remaining Marines were in their living spaces.

"I started hearing explosions, so I went outside to see what was going on," said Staff Sgt. Justin Pauley, the landing support detachment chief. "I saw an RPG flying overhead, and I immediately told my Marines to get their (personal protective equipment) on."

Despite small-arms fire and indirect fire impacting around his position, Pauley knew he had to make contact with his higher headquarters on Camp Leatherneck to inform them of the current situation he and his Marines were in.

"I called the (Command Operations Center)

and told them we were under attack and taking fire," said Pauley. "I told them about the situation and what I saw."

After relaying the information to his chain of command, Pauley ensured his three Marines and one civilian at the A/DACG had proper cover, and then he and his Marines began to provide security, ensuring no insurgents made it past their position.

Support from the sky

When the first explosion happened, Lt. Col. Stephen Lightfoot, the commanding officer of Marine Light Attack Helicopter Squadron 469, thought the blast was relatively close. Occasionally, friendly forces conduct controlled detonations outside the perimeter fence; however, this explosion seemed to be a little louder and closer.

"I went outside after hearing the first explosion and within 15 seconds I heard another explosion," said Lightfoot. "That's when I saw the flames on the Harrier flightline. I yelled out for everyone to get to the (indirect fire) bunkers on our compound."

One of the teams of insurgents went to the AV-8B Harrier flightline and began to attack the jets and personnel. By the conclusion of the assault, six Harriers were destroyed and two others were significantly damaged. Upon seeing the fire and explosions, Lightfoot knew he needed to get his aircraft in the sky not only to provide overwatch and close-air support, but also to protect the aircraft.

"I had to get the aircraft airborne," said Lightfoot. "I told the duty (operations officer) to sound the Troops in Contact alarm and get the alert aircraft airborne immediately."

Hearing the Troops in Contact alarm at the HMLA-469 compound is nothing new for the Marines. The AH-1W Cobras and the UH-1Y Venom helicopters are often called to provide air support to coalition forces who are engaged with enemy forces. However, responding to their own alarm is something the Marines had not done before.

"Usually we respond to TICs for other units," said Lightfoot. "However, everyone acted instinctively, got to the aircraft and got the alert aircraft launched despite taking fire on the flightline."

Once airborne, the alert aircraft had challenging conditions to fly in. In addition to armed insurgents on the ground, the pilots had to overcome other obstacles.

"It was a very dark night. There was no moon," said Lightfoot. "However, on the flightline there were multiple aircraft on fire and a couple other areas were on fire as well, so it was extremely bright. There were 50 to 100 foot flames and a lot of thick smoke."



Sgt. Keonaona Paulo
Gen. John Allen, commander of the International Security Assistance Force, pays his final respects to Lt. Col. Christopher Raible during a memorial ceremony at Camp Bastion Sept. 19. During the ceremony, Marines paid tribute to Raible, commanding officer of Marine Attack Squadron 211. Raible was killed in action while engaging insurgents during an attack on Camp Bastion Sept. 14.



PHOTOS BY LANCE CPL. GLEN E. SANTY

Col. Philip J. Zimmerman, commanding officer of Marine Corps Air Station Cherry Point, congratulates Pfc. Wesley Overholtzer, a food service specialist with Marine Wing Support Squadron 274, for winning the Chef of the Quarter competition at the Cherry Point Mess Hall Sept. 20. Overholtzer dedicated his award-winning Jamaican-style chicken and rice meal to a friend from Jamaica who died in an automobile accident two years ago.

Chef of the Quarter dedicates winning meal to deceased friend



Lance Cpl. Andrea Blankenship, a food service specialist with Marine Wing Support Squadron 271, adds the finishing touches to her lasagna and baked potato plate at the Chef of the Quarter competition at the Cherry Point Mess Hall Sept. 20. Blankenship's theme was "a homemade meal."

Lance Cpl. Andrea Blankenship, a food service specialist with Marine Wing Support Squadron 271, serves her lasagna and baked potato plate to judges of the Chef of the Quarter competition at the Cherry Point Mess Hall Sept. 20. Blankenship's theme was "a homemade meal."

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

@GESANTYUSMC

Pfc. Wesley Overholtzer uses his cooking as a representation of himself. When he designs a meal, he sees more than spices and herbs, meats, sides and cutlery. He sees the ingredients as a work of art waiting to be put together.

Inspired by a friend who died in an automobile accident two years ago, the food service specialist with Marine Wing Support Squadron 274 used his ingenuity and a secret ingredient to create the Jamaican-style chicken and rice combo that won the Cherry Point Chef of the Quarter competition at the Cherry Point Mess Hall Sept. 20.

"Mateo was a close friend of mine from Jamaica," said Overholtzer. "I had grown up with him since we were 3, and he really introduced me to the food. So I guess a part of this meal was dedicated to him."

Overholtzer arrived at Cherry Point just more than two months ago and competed against Marines who have been at the air station longer than his entire time in the Marine Corps. Still, the competition was close.

"You could tell a lot of effort was put in by all of the Marines," said Lt. Col. Sean Killeen, commanding officer of MWSS-274 and one of three contest judges. "All three did phenomenal and it was tough to choose just one."

Each of the Marines presented a meal from a different cultural background and designed their plates as though presenting them at a five-star restaurant. They were graded on presentation, sanitation, flavor and even their ability to chit chat.

"I was looking for flavor along with the Marine's ability to converse," said Master Sgt. Roberto Vasquez, a bulk fuel specialist with MWSS-274, and a contest judge. "I don't want to just sit there and eat. I wanted to see manners along with tasting flavor."

Overholtzer said cooking has always been one of his passions, and when he starts a new dish he sets the bar high to refine his abilities.

"This is the job I signed up for and I love it," he said. "I'm shocked and proud of myself for winning this competition."

Overholtzer will compete in the Chef of the Year competition Oct. 25. If he wins, he will be in the running for a chance to study at the Culinary Institute of America in Hyde Park, N.Y.



Pfc. Wesley Overholtzer, a food service specialist with Marine Wing Support Squadron 274, presents his meal to attendees of the Chef of the Quarter competition at the Cherry Point Mess Hall Sept. 20. Overholtzer won first place with his Jamaican-style chicken and rice ensemble, a meal inspired by a friend who died in an automobile accident two years ago.



End of an era



beginning of a new one

PAUL WEATHERMAN/LOCKHEED MARTIN

An F-35B Lightning II is pictured with the space shuttle Endeavour mounted atop its 747 Shuttle Carrier Aircraft at Edwards Air Force Base, Calif., Sept. 20. The space shuttle Endeavour touched down in Los Angeles Friday on the back of a jumbo jet, greeted by cheering crowds as it ended a celebratory final flight en route to its retirement home at a Southern California science museum.

Air superiority: Harriers continue operations over Helmand

CPL. TIMOTHY LENZO

REGIONAL COMMAND SOUTHWEST

CAMP BASTION, Afghanistan – Two AV-8B Harrier II Plus aircraft appear as dots in the gray sky, as ground crewmembers prepare for their arrival. The aircraft are more than 46 feet long and have a wingspan of 30 feet 4 inches. They roar through the Afghanistan sky, a symbol of air superiority.

After a recent insurgent attack at Camp Bastion, Afghanistan, Marine Attack Squadron 211 endured not only the loss of some of their squadron's aircraft, but also the tragic loss of their commanding officer, Lt. Col. Christopher Raible. Despite this tragedy, the squadron is pushing forward to complete their deployment in Helmand province.

The Harrier squadron remains fully operational and continues to provide support to ground troops throughout Regional Command Southwest's area of operations.

"We are used for close-air support for the infantry battalions," said Capt. Matthew Pasquali, a pilot with Marine Attack Squadron 211, 3rd Marine Aircraft Wing (Forward). "We are providing patrol overwatch, scanning for known improvised explosive device implementing spots and looking ahead of patrols for typical ambush positions."

This is Pasquali's fifth deployment and third to Afghanistan. The squadron deployed in May 2012 and has stayed busy throughout their approximate five months in Afghanistan.

"I think we've been employed in support of ground operations more than 50 times thus far," said Pasquali.

With a max speed of 673 mph, the Harrier provides fast air support to coalition forces throughout the area. Armed with a 25 mm five-barreled Gatling gun, the aircraft can do much more than provide reconnaissance.

"If it comes to it, we provide close-air support with 500-pound bombs or 25 mm gun runs," said Pasquali.

The squadron provides ground units with a precision targeting capability for close-air support, which makes the Harrier squadron a vital piece of the Marine



CPL. TIMOTHY LENZO

An AV-8B Harrier II Plus with Marine Attack Squadron 211, 3rd Marine Aircraft Wing (Forward), awaits its next mission on the tarmac at Camp Bastion, Afghanistan Sept. 18. The aircraft provide air support to the ground units throughout Helmand and Nimroz provinces. While the past several days have been difficult, VMA-211 remains fully operational and continues to provide support to ground troops throughout Regional Command Southwest's area of operations.

Air-Ground Task Force.

"The insurgents have no air force," said Pasquali. "They can attack our friendlies with rocket-propelled grenades and small arms fire, but we can answer back from altitudes that they can't attack us."

Harriers allow a commander the flexibility to operate from ship or shore; providing the ability to conduct fire support, close-air support, aerial reconnaissance or be an aerial escort for other aircraft or troops on the ground.

"Without the Harriers, the Marine Corps would rely on outside sources for fixed wing attack aviation," said Capt. Tim Otten, a pilot and command adjutant with VMA-211.

Otten said the Harriers are piloted and manned by Marines, which creates a level

of familiarity between the air and ground units. This makes operating easier and more efficient.

"We have a better understanding of what is happening on the ground because those are our brothers that we went through boot camp or officer candidate school with," said Otten.

The squadron continues to support the ground units with the Harriers when needed. They understand the importance of their mission here in Afghanistan.

"Every Marine knows another Marine that is out on the ground," said Otten. "This job gives me the unique ability to help Marines. That's the best part, trying to provide the best support I can."

While the past several days have been difficult for the VMA-211 Marines, the

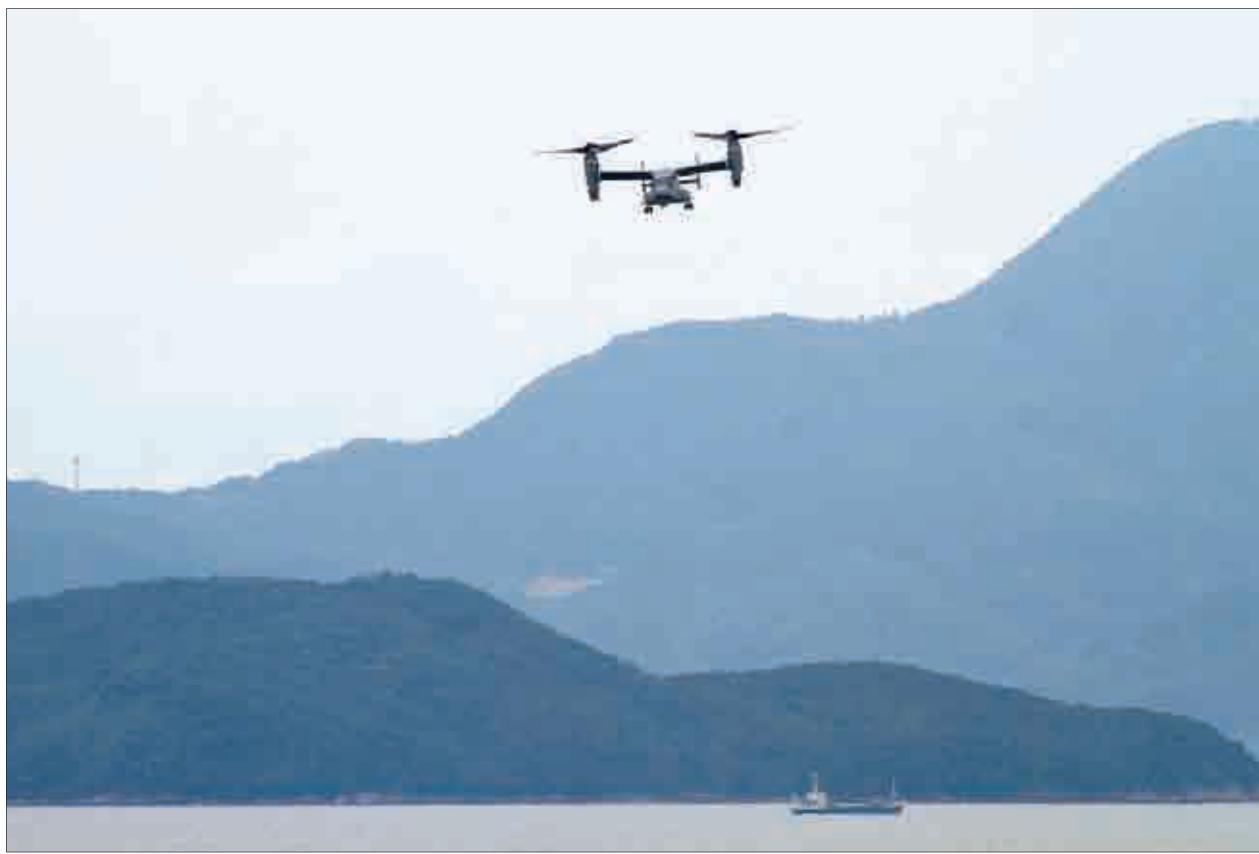
squadron has overcome adversity in the past. During World War II, the squadron was attacked by Japanese forces destroying seven of the squadron's 12 aircraft. Despite the losses, the two weeks following the attack VMA-211 continued to take the fight to the enemy. While fighting the Japanese, the squadron fought off several enemy attacks and destroyed four naval warships.

Just as VMA-211 did during World War II, they will push through. The Marines know they have a job to do and intend to complete their mission and continue to provide the close-air support for Marines on the ground.

MV-22 Ospreys conduct flights at MCAS Iwakuni



SGT. DANIEL BROWN



CPL. VANESSA JIMENEZ

Marine Corps aircrews conducting MV-22 aircraft functional check flights and pilot proficiency flights aboard Marine Corps Air Station Iwakuni Japan, Sept. 24. These flights, which will occur over the next several weeks, will take place mostly over water, with any over-land portion conducted within the MCAS Iwakuni airspace and traffic pattern. The aircraft is part of Marine Medium Tiltrotor Squadron 265. VMM-265 aircraft are based at, and will operate from Marine Corps Air Station Futenma. Basing the Osprey in Okinawa will significantly strengthen the United States' ability to provide for the defense of Japan, perform humanitarian assistance and disaster relief operations and fulfill other Alliance roles.

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While the flying conditions were complex, the commanding officer's biggest concern was the Marines and coalition forces engaging the insurgents.

"We knew we had a lot of friendly (forces) on the ground," Lightfoot said. "We wanted to make sure we did no harm to them or to their positions."

Engaging the enemy

Thomas and his landing support specialists at the cargo lot on Camp Bastion saw four insurgents make their way down the flightline. They knew they needed to maneuver to find better positions to engage the enemy. At the same time, a British Quick Reaction Force was arriving on scene to assist in the counter-attack.

"I attached myself with the British QRF while some of my other Marines held and maintained security at the cargo lot and on the flightline," Thomas said.

The British QRF along with Marines from CLB-2 and 3rd Marine Aircraft Wing (Forward) began to push toward the enemy and engage their position. Additionally, the alert aircraft from HMLA-469 were able to see co-

alition forces engaging the insurgents.

"One of our Marines on the ground was using night vision goggles and engaging the enemy from the ground," Lightfoot said. "Additionally, the pilots saw the QRF engaging the same position."

Once the pilots confirmed the enemy position, they were able to employ their respective aircraft's weapons systems to eliminate one team of insurgents.

Following their first engagement, the alert aircraft maintained radio communication with Marine Attack Squadron 211, the Harrier squadron, on the ground. The Harrier squadron was able to relay information about another group of insurgents' location to the helicopters providing close-air support.

"(VMA-211) told the pilots where the enemy was," Lightfoot said. "They used the information to engage the enemy from approximately 200 feet in the air and were able to eliminate the threat."

"The pilots were danger-close to friendly positions, but were able to use the information received to engage the enemy without endangering friendly forces," said Lightfoot.

Every Marine a rifleman

Fires continued to burn through the night, but rounds ceased being fired a few hours after the first explosion. Fourteen insurgents were killed and one was wounded and taken into custody by coalition forces.

Two Marines, Lt. Col. Christopher Raible, the commanding officer of Marine Attack Squadron 211, and Sgt. Bradley Atwell, an aircraft electrical, instrument and flight control systems technician with Marine Aviation Logistics Squadron 16, were killed during the attack. Additionally, eight coalition personnel and one civilian contractor were wounded.

Marines with CLB-2 and 3rd MAW (Fwd), as well as British forces with the QRF, maintained security of the airfield for the remainder of the evening. Five aircraft with HMLA-469 patrolled the skies over Camp Bastion until the sun rose, ensuring no additional insurgents tried to gain access to the base.

Looking back on the attack, the Marines felt as if everyone knew exactly what they needed to do to fight off the insurgents.

"This was totally new to most of the Marines," said Thomas. "But everyone listened,

everyone stayed together. We had great communication, maintained proper sectors of fire and had full accountability of our Marines."

"Every Marine is a rifleman," Lightfoot said. "Marines of every military occupational specialty in the squadron, to include AH-1W and UH-1Y aircraft mechanics, dropped their wrenches and grabbed their rifles to defend the HMLA-469 compound from a well-armed enemy. Through the coordinated use of ground and aerial delivered fires, in dangerous proximity to friendly forces, all enemy insurgents were killed or captured. I am extremely proud to serve with such high caliber men and women."

It has been nearly two weeks since the insurgent attack on Camp Bastion. While there are still some signs that show there was a firefight on the base, the squadrons and Marines continue to push forward and accomplish their mission.

"We are back to business as usual," Pauley said. "We will continue to march forward, complete our mission and finish a successful deployment."

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the aircraft rescue firefighter chief for the squadron, quizzed Marines on emergency aid procedures such as checking for pulse, breathing, and CPR.

Afterward, the salvage crew came to take the wrecked Harrier back to base. Marines took measurements of the wings and then wrapped the aircraft in heavy duty slings. A

crane capable of lifting 50 tons placed the aircraft on a flatbed semi-trailer, which then drove it away.

Salvage operations can be dangerous and there are a number of factors to consider when salvaging, said Lance Cpl. Matthew D. Nash, a heavy equipment operator with MWSS-271.

"The ground has to be level and solid," said Nash. "The weight cannot be too far away from the crane or it can tilt or fall over. If the load is not in the sling correctly, it might shift and hurt someone."

With this training, the operators feel more confident they can do their job without anyone getting hurt.

"I feel more ready to deploy because now I have some insight in what's involved in recovering a downed airplane," said Lance Cpl. Cody A. Blanford, a heavy equipment operator with the squadron. "Being a heavy equipment operator, I have to have stick time to know (my) equipment and how it handles."

Life&Times

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Country & Corps



PHOTOS BY LANCE CPL. GLEN E. SANTY

Stephen Cochran, a Marine veteran and top 40 country music star, performs at the Cherry Point Roadhouse Sept. 20. The medically retired sergeant and his band performed a variety of tracks, from blue collar country to rock tunes while sharing some of his personal experiences in the Marines Corps with the crowd between sets.



Guitarist Solomon Littlefield shreds on his Fender Telecaster during the free concert with Stephen Cochran, a Marine veteran and top 40 country music star Sept. 20. "This is the perfect example of what you should see and feel like when you step onto a military base," said Littlefield.

Solomon Littlefield, a guitarist, plays during the free, live concert with Stephen Cochran, a Marine veteran and top 40 country music star, at the Cherry Point Roadhouse Sept. 20.

Country star inspires esprit de corps in Cherry Point Marines

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

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Stephen Cochran, a Marine veteran and top 40 country music star, blasted on stage with what Marines call "speed and intensity." Rocking a motivated crew cut, Cochran brought a level of energy, excitement and esprit de corps akin to a squadron formation run.

Cochran, with the help of Marine Corps Community Services, performed a free concert at the Cherry Point Roadhouse Sept. 20.

The medically retired sergeant and his band performed a variety of tracks, from blue collar country to rock tunes. Cochran shared some of his experiences in the Marines Corps with the crowd between sets. He was involved in the invasion of Iraq with 2nd Reconnaissance Battalion in 2003. He broke his back while deployed to Afghanistan, nearly paralyzing himself. He lost one of his best friends in combat, an experience that provides inspiration for many of his songs.

Cochran and his band performed songs like "Thinkin' I'm Drinkin'," to get the crowd riled up and "When a Hero Falls," to bring them back down.

Cochran said no matter what base he steps onto or performs at he feels at home, and that Marines are his family because of the service member brother and sisterhood.

After the performance Cochran and the band hung out around the bar to connect with the Cherry Point Marines on a deeper and more personal level.

"This is the perfect example of what you should see and feel like when you step onto a military base," said Solomon Littlefield, a guitarist in the band.

Cochran talked about his experience golfing with retired Gen. James T. Conway, 34th commandant of the Marine Corps, the most motivating moment in his career.

Cochran said he wants to represent the Marine Corps in the country music scene. There have only been a select handful of former Marine country music stars, but according to Cochran, there hasn't been a big star who served in the Corps since George Jones, who served during the Korean War.

Marines waited in line to personally thank him for what he does and tell him how the three-hour concert had already made an impact on their lives.

Cochran welcomed all the Marines and took time to talk with each one.

At the end of the night, Cochran was on his way out the door when a Marine stopped him almost in tears and thanked him. Embracing him with a hug and a lump in his throat, Cochran said "This is why I do what I do."



Jeff Sturms, a keyboard player, performs with Stephen Cochran, a Marine veteran and top 40 country music star, at the Cherry Point Roadhouse Sept. 20. The band performed songs like "Thinkin' I'm Drinkin,'" to get the crowd riled up and "When a Hero Falls," to bring them back down.

CHERRY POINT MESS HALL

HOURS OF OPERATION

Monday-Friday

*Breakfast 6-8 a.m., Lunch 11 a.m.-12:45 p.m.,
Dinner 4-6 p.m.*

Saturday-Sunday/ Holiday Hours

*Breakfast/Lunch 8:30-11 a.m.,
Dinner 3-5 p.m.*

FAST FOOD LINE

Monday-Friday

*Breakfast 6-8 a.m., Lunch 11 a.m.-1 p.m.,
Dinner 4-6 p.m.*

Breakfast Menu

Assorted fresh fruit, assorted hot and cold cereals, fried eggs and omelets to order, scrambled eggs and hard cooked eggs, grill special, pancakes, French toast or waffles, breakfast potatoes, breakfast meats, creamed beef or sausage gravy, assorted muffins, breads and breakfast pastries.

Specialty Bar Menu & Blendz

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

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

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

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

Weekly Menu

Thursday September 27

Lunch - Green chili and corn stew, Indian spiced roast chicken, long grain and wild rice, steamed broccoli, Harvard beets and chicken with rice soup **Dinner** - Lemon chicken, Salisbury steak, oven brown potatoes, Spanish rice, sautéed mushrooms and onions, southern style greens, brown gravy and bean with bacon soup

Friday September 28

Lunch - Baked fish with spinach topping, chicken and cheese enchiladas, golden jewel multigrain blend, Yucatan style rice, steamed vegetable medley, herbed green beans and New England fish chowder **Dinner** - Stuffed green peppers, grilled bratwurst, steamed rice, lyonnaise potatoes, sautéed zucchini, German sauerkraut and Louisiana seafood gumbo

Saturday September 29

Lunch - Mesquite roasted pork loin, chicken Provencal, red beans with rice, Italian roasted potatoes, mixed vegetables, broccoli ponaise and lentil vegetable soup **Dinner** - Grilled steak, Asian barbecue turkey, baked macaroni with cheese, baked potatoes, steamed baby carrots, asparagus and mulligatawny soup

Sunday September 30

Lunch - Honey barbecue chicken, vegetable lasagna, Franconia potatoes, Italian vegetable blend, simmered pinto beans and Minnesota wild rice soup **Dinner** - Beef and corn pie, French fried shrimp, French fried fish, tater tots, turnips and bacon, vegetable stir fry, cabbage and white bean soup

Monday August 1

Lunch - Open faced steak sandwich, Cajun lightning chicken, rice pilaf, green beans nicoise, sautéed summer squash with tomato **Dinner** - Vegetarian split pea soup, spaghetti with meat sauce, barbecued spareribs, scalloped potatoes, steamed broccoli (fresh)

Tuesday August 2

Lunch - Louisiana chicken and sausage gumbo, southern fried catfish fillets, turkey with vegetable primavera, roasted zucchini, potatoes au gratin, calico cabbage, hush puppies **Dinner** - Tomato noodle soup, Yankee pot roast, Casablanca vegetable stew, oven browned potatoes, steamed rice, brown gravy, corn on the cob, sweet sour greens

Wednesday August 3

Lunch - Hearty winter vegetable soup, maple mustard pork loin, chicken parmesan, whipped sweet potatoes, penne rigate noodles, marinara sauce, ratatouille, broccoli, cheese, and rice, breadsticks **Dinner** - Chicken tortilla soup, Texas barbecue beef brisket, baked tuna and noodles, baked macaroni and cheese, vegetable stir fry, beans fiesta



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

NOW SHOWING

Thursday, September 27

6:00pm - Step Up Revolution PG 13

Friday, September 28

5:00pm - The Odd Life of Timothy Green PG

8:00pm - The Watch R

Saturday, September 29

2:00pm - The Odd Life of Timothy Green PG

5:00pm - Step Up Revolution PG 13

8:00pm - The Watch R

Sunday, September 30

2:00pm - The Odd Life of Timothy Green PG

MOVIE SYNOPSIS

Step Up Revolution - Starring: Ryan Guzman, Kathryn McCormick. Emily arrives in Miami with aspirations of becoming a professional dancer and soon falls in love with Sean a young man who leads a dance crew in elaborate, cutting-edge flash mobs, called "The Mob." When a wealthy business man threatens to develop The Mob's historic neighborhood and displace thousands of people, Emily must band together with Sean and The Mob to turn their performance art into protest art, and risk losing their dreams to fight for a greater cause.

The Odd Life of Timothy Green - Starring: Jennifer Garner, Joel Edgerton, CJ Adams. Happily married couple, Cindy and Jim Green can't wait to start a family but can only dream about what their child would be like. When young Timothy shows up on their doorstep one stormy night, Cindy and Jim-and their small town of Stanleyville-learn that sometimes the unexpected can bring some of life's greatest gifts.

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

Movies are subject to change without notice

Health Clinic Flu Vaccine Q&A

NAVAL HEALTH CLINIC

MCAS CHERRY POINT

The Naval Health Clinic is offering Saturday seasonal flu vaccine rodeos for all eligible beneficiaries from 8 a.m. – noon at the immunizations department on the following dates: Sept. 29, Oct. 13, Oct. 20, Oct. 27.

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

Q: Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

The "seasonal flu season" in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating in the population. An annual seasonal flu vaccine (either the flu shot or the nasal-spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and lessen the chance that you will spread it to others.

Q: How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the upcoming season.

Q: What kinds of flu vaccines are available?

There are two types of vaccines:

- The flu shot – an inactivated vaccine (containing killed virus) given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

- The nasal-spray flu vaccine – a vaccine made with live, weakened flu viruses given as a nasal spray. The viruses in the nasal spray vaccine do not cause the flu. It is approved for use in healthy people 2 – 49-years-old who are not pregnant.

Q: Who should get vaccinated this season?

Most people who are at least 6 months of age should get a flu vaccine this season. It's especially important for certain people to get vaccinated:

- People who have certain medical conditions including asthma, diabetes, and chronic lung disease or their caregivers.

- Pregnant women.

- People 65 years and older

Q: Who should not be vaccinated?

There are some people who should not get a flu vaccine without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination.

- Children younger than 6 months of age.

- People who have a moderate-to-severe illness with a fever. (They should wait until they recover to get vaccinated.)

• People diagnosed with Guillain-Barré Syndrome after receiving influenza vaccine and who are not at risk for severe illness from influenza should generally not receive the vaccine. Your doctor will help you decide whether the vaccine is recommended for you.

Q: When should I get vaccinated?

The Center for Disease Control recommends that people get vaccinated against influenza as soon as flu season vaccine becomes available in their community. Influenza seasons are unpredictable, and can begin as early as October. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

Q: Why do I need a flu vaccine every year?

A flu vaccine is needed every year because flu viruses are constantly changing. It's not unusual for new flu viruses to appear each year. The flu vaccine is formulated each year to keep up with flu viruses as they change.

Q: Can I get seasonal flu even though I got a flu vaccine this year?

Yes. The ability of flu vaccine to protect a person depends on two things: 1) the age and health status of the person getting vaccinated, and 2) the similarity or "match" between the virus strains in the vaccine and those circulating in the community.

If the viruses in the vaccine and the influenza viruses circulating in the community are closely matched, vaccine effectiveness is higher. If they are not closely matched, vaccine effectiveness can be reduced. However, it's important to remember that even when the viruses are not closely matched, the vaccine can still protect many people and prevent flu-related complications. Such protection is possible because antibodies made in response to the vaccine can provide some protection (called cross-protection) against different, but related strains of influenza viruses.

Possible Vaccine Side Effects

The flu shot – The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that could occur are:

- Soreness, redness, or swelling where the shot was given
- Fever (low grade)
- Aches

The nasal spray – The viruses in the nasal-spray vaccine are weakened and do not cause severe symptoms often associated with influenza illness. In clinical studies, transmission of

- Soreness, redness, or swelling where the shot was given
- Headache
- Sore throat
- Cough

Teen Dating:

Practice caution in new relationships to keep dating fun, safe

PROVOST MARSHALS OFFICE

MCAS CHERRY POINT

For most of us our first date is one of those special moments that we will always cherish. Here are a few tips to make sure that the evening is not only special, but safe for everyone.

1. Date people you know and trust.

While it's not always practical to become friends before dating someone, try to get to know your date through a group activity or a double date before you go solo. You'll see how your date-to-be gets along with others, and you'll get some good clues about their real self. You may find your date have a side you don't care for.

Speaking to your date on a phone or texting can be a good thing and provide some knowledge of them, but you will always get a better idea of their true nature and character when meeting face to face.

2. Be extra careful about meeting people online.

If the person you'd like to date is someone you met online, insist on meeting them in person first, and bring a friend along; never go alone. When you meet for the first time, do so in a public place. Ask lots of questions to be sure that the person you're meeting is who they claimed to be online.

Trust your instincts: If something doesn't seem right about the person, do not share your contact information and leave the situation immediately. Never be afraid to walk away if you become uncomfortable.

3. Talk to your parents.

Never go on a date without telling someone else. Let your parents or another adult know when you're going out, who you're going with, where you plan to go, and what time you expect to return home.

It's a good policy to bring your cell phone along and to leave your date's phone number with your parents, just in case anything goes wrong. Be prepared for the unexpected: You might need a ride home, some extra cash or a way to bail if your date is a dud.

4. Know your limits and communicate them.

Mentally review your personal values and hopes for the date before leaving the house. Be sure to let the person you're dating know what makes you comfortable, what makes you uncomfortable, and what kinds of things you'd like to avoid on your date whether it's sex, alcohol or spicy foods. Let your date know what kinds of things you would like to do, too! Be sure you know and respect your date's limits as well.

If you feel uncomfortable about a situation, say "no"

clearly and confidently. You're always allowed to change your mind about something, too. If someone truly likes and respects you, they'll back off. Don't worry – they will most likely ask you out again. If your date doesn't respect your decision, stay safe by leaving the situation.

5. Avoid drugs and alcohol.

Drugs and alcohol compromise your ability to make smart decisions and to escape dangerous situations. They can make you take risks you wouldn't usually take with your body, your car and your safety in general. They also prevent you from getting to know what your date is really like and keep your date from getting to know the real you.

No matter what you're drinking, keep an eye on your glass. People have had substances slipped into their drinks without their knowledge, and the consequences can be tragic.

6. Go out; don't hang out.

Getting out of the house for dates is always a good goal, especially if it's your first date with somebody. Not only is it safer to go to a public place such as a restaurant, movie theater or coffee shop, it's fun to discover new places with someone else. Going out rather than hanging out tells your date that you think they're special and want to explore the world – not just the cable channels – with them.

7. Know the warning signs of dating violence and relationship abuse.

Dating violence is very common among teens. Even if your partner is charming and sweet at first, look out for the following signs of abusive relationships:

- Isolating you from friends and family
- Angry outbursts
- Blaming others for problems
- Verbal threats during arguments
- Extreme jealousy
- Cruelty toward animals or children
- Belittling your values or ideas.

If these warning signs sound like someone you're dating, take a step back and reevaluate the relationship. If you need help figuring out what to do, talk to a parent or guardian, guidance counselor, social worker, teacher, pastor or call the National Domestic Violence Hotline at 1-800-779-SAFE (7233) or visit <http://www.thehotline.org/>. You are not

THE LOCAL BUZZ

Announcements

► Indicates new announcement

► Leon Russell Concert

Leon Russell, a Rock and Roll Hall of Fame inductee, will perform at the Brooklyn Arts Center in Wilmington, N.C., Friday. Russell was mostly known as a session musician in his early career, but as a solo artist he has crossed genres to include rock and roll, blues, and gospel, playing with artists like Gary Lewis, Ringo Starr, Elton John, The Beach Boys, Willie Nelson, Bob Dylan, and The Rolling Stones.

Visit <http://www.progressiveshows.com> for more information and ticket prices

Operation Ball Gown Accepting Dresses

Gently used gowns are being accepted for "Operation Ball Gown" Friday. Drop-off locations are Marine Corps Family Team Building and the Whistle Stop Thrift Shop aboard the air station, and Intimate Bridal in Morehead City.

For more information, call 466-4637.

► 5th National Drug Take Back Day

National Prescription Drug Take-Back Day is Saturday. Outdated or unused prescription drugs may be turned in from 10 a.m. – 2 p.m. at the following locations:

- Food Lion locations in Newport, Morehead City, Atlantic Beach and Emerald Isle.
- Realo Drugs in New Bern
- Bayboro Pharmacy in Bayboro
- Walgreens in Jacksonville
- Camp Lejeune Provost Marshal's Office

Visit <http://www.deadiversion.usdoj.gov> for more information,

Smithsonian Magazine Museum Day Live

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

Visit <http://bit.ly/tryonpalace> for more information or to get tickets

Craven Arts Festival

New Bern Riverfront Convention Center will host the Craven Arts Festival Saturday – Sunday. The event will include artist booths displaying handmade jewelry, paintings, drawings, mixed media, photography, sculpture, pottery, fiber arts and furniture. Fees apply to workshops and wine tasting.

For more information, call 447-8063.

Cycle Classes

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

For more information, call 466-1147.

Courage to Change

Cherry Point and Havelock Courage to Change support group is for friends and families of people who suffer from alcoholism.

Meetings are held at St. Paul's Lutheran Church in Havelock, Tuesdays at 7 p.m.

For information, call 241-6155.

Marine Corps League Meetings

Cherry Point's detachment of the

Marine Corps League meets the third Tuesday of each month at Miller's Landing at 7 p.m.

For more information, call 515-1175.

Dart Tournament

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

Disabled Veterans

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

Domestic Violence Support

Support groups for victims of 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.

Basic Budgeting

Learn basic financial management skills in room 159 of the Training and Education building. The classes for 2012 will be held Oct. 11, Nov. 6 and Dec. 6, at 9 a.m. For more information, call 466-4201.

Zumba

Zumba exercise classes are held every Monday, Wednesday and Thursday at the Fitness Connection aboard the air station at 5 p.m. For more information, call 466-1147.

Education Fairs

The Cherry Point Education office hosts monthly career and education fairs, at the Jerry Marvel Training and Education building, room 171b. The next fairs are Friday, Oct. 19, and Nov. 30. For more information, call Dana Bayliss, at 466-2046.

Hotlines

2nd MAW Command Inspector General

466-5038

Station Inspector

466-3449

Fraud, Waste and Abuse

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

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

Sexual Assault

This procedure is not meant to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7.

The person answering the call will help you decide the next steps to take. You may remain anonymous.

Severe Weather and Force Protection

Cherry Point personnel call 466-3093.

FRC East personnel call 464-8333.

DLA personnel call 466-4083.

Signs of Terrorist Activity:

Surveillance

If terrorists have chosen a specific target, that target area will most likely be observed during the planning phase of the operation. They do this to determine the strengths, weaknesses and number of personnel that may respond to an incident.

Routes to and from the target are usually established during the surveillance phase. Therefore, it is important to take note of people recording or monitoring activities, drawing diagrams, or annotating maps.

If you observe suspicious activities, call Cherry Point emergency dispatch at 466-3616 or 3617 immediately.

OPERATION EAGLE EYES

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

AMTRAK Service Reaches Havelock

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

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

► Fire and Emergency Services Open House

Cherry Point Fire and Emergency Services will open its doors to the Cherry Point community Oct. 6 and 13, as part of Fire Prevention Week. The open house will take place at Cherry Point's newest fire station, Station 3, located at the intersection of F St. and 4th Ave. There will be activities for people of all ages, especially children. The open house will feature tours of the firehouse and trucks, a chance to meet Sparky the Fire Dog and Freddie the Fire Truck, stop, drop and roll lessons, free fire hats, coloring books and stickers, and the chance to try on real fire suits. Cherry Point Fire and Emergency Services hopes to promote an understanding of fire safety among children and the entire Cherry Point community.

Fire Prevention Week is the week of Oct. 9, commemorating the Great Chicago Fire of 1871.

► 2012 Cherry Point Intramural Basketball

The deadline to register teams for the 2012 Cherry Point intramural basketball season is Oct. 8. Letters of instruction can be picked up at the Marine Dome. Minimum sign-up requirement is five team members and maximum is 15 at the games, but there is no maximum for team rosters. Active-duty military from Cherry Point and Marine Corps Auxiliary Landing Field Bogue are invited to sign-up.

The first coaches meeting is Oct. 15 and the season begins Oct. 22.

For more information call 466-6214.

New Bern MumFest

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

For more information, call Swiss Bear Downtown Development Corporation at 638-5781 or visit the

website at <http://www.mumfest.com>.

► Naval Health Clinic Breast Cancer 5K

The 7th Annual Breast Cancer Awareness 5K run will take place at Sunset Park across from the flight line aboard Cherry Point Oct. 20. Shirts for the event are now on sale at the surgery clinic aboard the Health Clinic. Prices are \$10 for short sleeve and \$12 for long sleeve. Shirt payments are due no later than Oct. 12. No registration needed.

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

Onslow Oktoberfest and 5K

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

Marine and Family Programs

Marine, Family Programs Office Numbers

Now in Building 298

• Library – 466-3552.

• Retired Activities – 466-5548.

Now in Building 286

• Exceptional Family Member Program – 466-3305.

• Child Development Resource and Referral – 466-5490.

Now in Building 87

• Sexual Assault Prevention and Response Program – 466-5490.

• Substance Abuse Counseling – 466-7568.

• New Parent Support Program – 466-3651.

• Family Advocacy Program – 466-3264.

• Military Family Life Consultant – 876-8016.

• Families Overcoming Under Stress Representative – 466-7137.

Now in Building 4335

• Lifelong Learning – 466-3305.

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

Budget for Baby

The Navy-Marine Corps Relief Society offers Budget for Baby classes.

To register, call 466-2031.

Breastfeeding Class

The Navy-Marine Corps Relief Society offers free breastfeeding classes to expectant mothers.

The purpose of the class is to help prepare the mother to be ready and confident to breastfeed once the baby arrives.

To register, call 466-2031.

Veterans' Assistance

A representative from the Veterans Affairs Office visits Cherry Point each Thursday in building 4335. Call 466-4201 for assistance.

Marine Corps Family Team Building

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

OFF Limits

MCAS CHERRY POINT AREA

98 CENT ONLY STORE

(BIG DADDY) WESLEY'S GROCERY

COASTAL SMOKE SHOP

EXPRESSIONS

FRIDAY'S NIGHT CLUB (AKA CLUB INSOMNIA, CLUB CLASSICS, INFINITY LOUNGE)

H&D EXPRESS AKA CITGO

NADINE'S FOOD MART

SUPER EXPRESSWAY

TOBACCO OUTLET (HAVELOCK AND NEW BERN)

TOBACCO SHOP & GIFTS (BEAUFORT AND NEW BERN)

TOBACCO TOWN

TOBACCO SHOP (NEWPORT AND NEW BERN)

TWIN RIVERS (NOT THE MALL)

WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

BELL AUTO SALVAGE II

DASH-IN

DISCOUNT TOBACCO

D'S DRIVE THRU

D'S QUICK MART

EXPRESS WAY

KINGS DRIVE THRU

LAIRDS AUTO & TRUCK CENTER