# The Windsock

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# HMLA-467 forward air controllers instruct fellow pilots



Cpl. Andrea Cleopatra Dickerson

**A UH-1N Huey with Marine Light Attack Helicopter Squadron 467 hovers above the flight line at Marine Corps Air Station Cherry Point Tuesday before conducting forward air controller instructor training. While many aboard the air station did their best to stay warm and dry during wet weather conditions, 2nd Marine Aircraft Wing Marines braved the elements to train and stay mission ready. Forward air controllers direct and control close air support missions, said 1st Lt. Timothy C. Nolan, AH-1W Cobra pilot with HMLA-467. "FACs control other aircraft from the sky," he said. "They tell the other aircraft who to attack, and they can direct personnel to engage targets with their weapons."**

## *Marines train to apply intel to aviation ops*

Lance Cpl. Cory D. Polom
MCAS Cherry Point

More than 20 intelligence, meteorology and oceanography Marines within 2nd Marine Aircraft Wing, 3rd MAW and 2nd Intelligence Battalion began a four-week Squadron Intelligence Training and Certification Course aboard Cherry Point Feb. 11.

During the course the Marines will learn to make an immediate positive impact on their units and the 2nd MAW mission, said Master Gunnery Sgt. Stephen Sekela, the 2nd MAW intelligence chief.

"It doesn't matter if this is a Marine's first unit out of their military occupational specialty school or their first time serving with an aviation unit," said Sekela. "The aviation community is much different from the ground side. If Marines have worked for 15 years on the ground side then come here, they will not know how to better provide the functions of Marine Corps intelligence to support aviation operations."

Sekela said while the intelligence and METOC Marines learn to brief ground combat Marines in MOS school, their exposure to aviation intelligence and related requirements is limited. Before this course, Marines showed up to aviation units with minimal knowledge in applying intelligence to aviation operations and the unique information requirements of pilots and aircrews. This particular skill set can require up to two years to learn on the job.

"This course arms our basic intelligence and METOC Marines with the knowledge, skills and abilities required to effectively support the groups and squadrons," said Col. James Parker, the assistant chief of staff and intelligence officer with 2nd MAW.

The intelligence and METOC Marines can apply the real-world scenarios they develop during the course to support training evolutions for pilots in their future units, said Parker.

During the SITC course, the students will train at the Marine Aviation Training Support Site, which uses simulators, allowing intelligence Marines to learn first hand from pilot instructors assigned there.

Other points of focus include understanding the intelligence and METOC support required by all 2nd MAW aircraft, and participating in a large force exercise as Marine Aircraft Group 14 prepares for the Weapons and Tactics Instructor course later this year. During this exercise, the students will be required to give briefs in support of the mission planning, post-mission debriefs and generate intelligence reports.

"At the conclusion of this course, Marines return to their units with the training and readiness skills needed to provide the squadron with an instant asset," said Parker. "Normally, this would require 20-24 months of on-the-job training. This course cuts that on-the-job training timeline down to four weeks. Further, it produces a more consistent quality capability across the entire MAW."

The course will conclude March 8 with a graduation ceremony for the students.

## Blalock assumes post as Cherry Point XO

Lance Cpl. Cory D. Polom
MCAS Cherry Point



**Lt. Col. Blalock**

Lt. Col. Brian Blalock began his assignment as the MCAS Cherry Point executive officer Feb. 15, relieving Lt. Col. Eric Weissberger.

Blalock has been serving as the air station command inspector since his return from deployment to Al Udeid, Qatar with I Marine Expeditionary Force.

Weissberger will serve the rest of his career at the station inspector's office. He will retire after 24 years of service later this year.

Blalock received his commission May 26, 1993, upon graduating from the United States Naval Academy.

In July of 1996, he reported to 2nd Marine Aircraft Wing for instruction as an AV-8B Harrier Pilot at Marine Attack Training Squadron 203. After completing school, Blalock executed orders to Marine Attack Squadron 231 in February of 1998 and served as the administrative officer, schedules officer and supply officer.

Blalock deployed several times throughout his career

See **BLALOCK** page A3

## Bernth assumes command of Marine Transport Squadron 1

Cpl. Andrea Cleopatra Dickerson
MCAS Cherry Point

Lt. Col. Brian D. Bernth assumed command of Marine Transport Squadron 1 from Lt. Col. Edward T. Lang during a ceremony Feb. 15 at the squadron's hangar.

Lang will move on to assume other duties here at Cherry Point.

Looking back at the time he spent with the squadron, Lang praised the dedication and maturity of his Marines, who worked tirelessly to get their jobs done.

"It was an absolute honor to work with these Marines," said Lang. "They take on work generally reserved for senior Marines, and they are always successful. Their efforts are unbelievable."



**Lt. Col. Bernth**

After passing the time-honored ceremonial colors, Lang assured his successor that his new squadron is fortunate to have him.

Bernth said he is looking forward to his fourth tour on the air station. During his first three tours with Marine Aerial Refueler Transport Squadron 252, he held

See **VMR-1** page A3

## Fields: Stoked to assume post as senior enlisted advisor

Lance Cpl. Cory D. Polom
MCAS Cherry Point

Sgt. Maj. Mario P. Fields will assume his post as Marine Attack Squadron 542 sergeant major next week at the squadron hangar.

Fields will be taking the reins from Sgt. Maj. Robert T. Roddy Jr., who retired from active duty.

"I am stoked to take over as the senior enlisted advisor for '542," said Fields. "This squadron has an extremely rich history, and I know they will surpass expectations in all their future endeavors."

Fields comes to VMA-542 from Marine Wing Headquarters Squadron 2.

"My expectations for these Marines are to continue building on the already well-known legacy of this squadron," said Fields.



**Sgt. Maj. Fields**

Fields personal awards include the Bronze Star Medal, Navy and Marine Corps Commendation Medal (second award), and Military Outstanding Volunteer Service Medal. Fields also holds an Associates of Science degree in Business Management from Park University.

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**In This Edition:** See B1 For Preview




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

# News Briefs

## Land Trust Protects Ranges

The North Carolina Coastal Land Trust added 678 acres of protected land near military bases through a partnership with the state, the Marine Corps and the Navy.

Luken's Island peninsula in Carteret County, located across Turnagain Bay from Cherry Point's Piney Island Bombing Range, was placed in trust to protect the Marine Corps' ability to keep flight paths clear around Cherry Point and the Auxiliary Landing Field at Bogue.

Hunting will still be allowed on the land, but developments of subdivisions or for industrial purposes can never occur.

The Coastal Land Trust has worked with landowners to protect more than 49,000 acres in coastal North Carolina.

## F-35B Flight Restrictions Lifted

The Pentagon and Navy have lifted flight restrictions on the Marine Corps version of the F-35B Lightning II, allowing testing and training flights to resume after approximately a month-long grounding Feb 15.

The decision allows officials to quickly resume flight tests of the F-35B.

The Pentagon and Navy grounded all 25 F-35B jets on Jan. 18 after a fuel line detached just before a training flight in Florida on Jan. 16.

## Amos Speaks About Afg.

Afghan troops took charge of planning and operations against insurgents, said Gen. James F. Amos, commandant of the Marine Corps, at the American Enterprise Institute Feb. 14.

"We don't write plans anymore for an operation. We only write supporting plans," Amos said. "We are the force that will provide support as needed – sometimes it's helicopter lift, sometimes it's (reconnaissance) overhead. But we're backup in case something happens."

Gen. Amos returned Monday from a week-long trip to southern Afghanistan. The Marines downsized from seven to two infantry battalions in Helmand in the last year.

## Rolls Royce Maintains MV-22

The Department of Defense has announced it has awarded the Rolls-Royce Corp. of Indianapolis a $9 million contract modification to a previously awarded firm-fixed-price contract.

Rolls-Royce will be evaluating engine performance and conducting any necessary repairs on the AE1107C engines of the MV-22 Osprey.

The contract asks Rolls-Royce to conduct engineering services to support an additional 5,886 flight hours on the MV-22 Osprey fleet.

Evaluations are expected to run through November 2013.

*Chaplain's Corner:*

# Paideia

*The drive toward noble service and self-improvement*

**Cmdr. Phil King**
2nd Marine Aircraft Wing

For the new year, I wrote an article about resolutions and what we hoped to achieve in the coming year. I discussed the difference between good intentions and well thought out and planned changes that are implemented into our daily schedules whose purpose is to make our lives better.

So, how's it going? For most people, the resolution wagon gets overturned early and often; our busy schedules crowd out the changes we tried to act on. This is where the rubber meets the road, and the disciplined warrior reaches down deep and finds the will to overcome those frustrations that undermine all of life's best endeavors.

Back in January, I mentioned that in classical Greek culture, education or instruction was called "Paideia." Paidiea was more than just learning. It was the process whereby a human developed into his or her true or best form. We see this most prominently in great athletes whose training gives them fine edges of advantage over other equally great athletes. With the approach of the Olympics, we are honored to witness amazing men and women whose focus and discipline can serve as inspiration to all of us.

For the ancient Greeks, this form of training required "ethos," which in this case was defined as "habits." The best "habits" were routinized behaviors that developed the man or woman into a capable citizen, who would serve the family and state honorably. This learning ultimately equipped the citizen not for an occupation per se, but for the responsible exercise of freedom and

See **PAIDEIA** page A3

# *The pressure of blood pressure*

**Contributed Article**
Centers for Disease Control and Prevention

Blood pressure is the force of blood against your artery walls as it circulates through your body. Blood pressure normally rises and falls throughout the day, but it can cause health problems if it stays high for a long time. Having high blood pressure raises your risk for heart disease and stroke, the two leading causes of death in the United States.

Measuring your blood pressure is quick and painless. A doctor or health professional wraps an inflatable cuff with a pressure gauge around your arm to squeeze the blood vessels. Then he or she listens to your pulse with a stethoscope while releasing air from the cuff and watching the gauge. The gauge measures blood pressure in millimeters of mercury, which is abbreviated as mmHg.

Blood pressure is measured using two numbers. The first (systolic) number represents the pressure in your blood vessels when your heart beats. The second (diastolic) number represents the pressure in your vessels when your heart rests between beats. If the measurement reads 120 systolic and 80 diastolic, you would say "120 over 80" or write "120/80 mmHg."

High blood pressure can damage your health in many ways. For instance, it can harden the arteries, decreasing the flow of blood and oxygen to the heart. This reduced flow can cause:

• Chest pain, also called angina.

• Heart failure occurs when the heart can't pump enough blood and oxygen to your other organs.

• A heart attack occurs when the blood supply to your heart is blocked and heart muscle cells die from a lack of oxygen. The longer the blood flow is blocked, the greater the damage to the heart.

• A stroke is caused when arteries that supply oxygen to the brain are blocked or burst.

**Blood pressure facts:**

• About 1 in 3 U.S. adults (an estimated 68 million people) have high blood pressure.

• 69 percent of people who have a first heart attack, 77 percent of people who have a first stroke, and 74 percent of people with chronic heart failure have high blood pressure. High blood pressure is also a major risk factor for kidney disease.

• High blood pressure was listed as a primary or contributing cause of death for about 348,000 Americans in 2008.

• Costs directly attributed to high blood pressure total almost $131 billion annually in direct medical expenses and $25 billion in lost productivity.

• Less than half (46 percent) of people with high blood pressure have their condition under control.

• Almost 30 percent of American adults have pre-hypertension (blood pressure numbers that are higher than normal) but not yet in the high blood pressure range. Pre-hypertension raises your risk of developing high blood pressure.

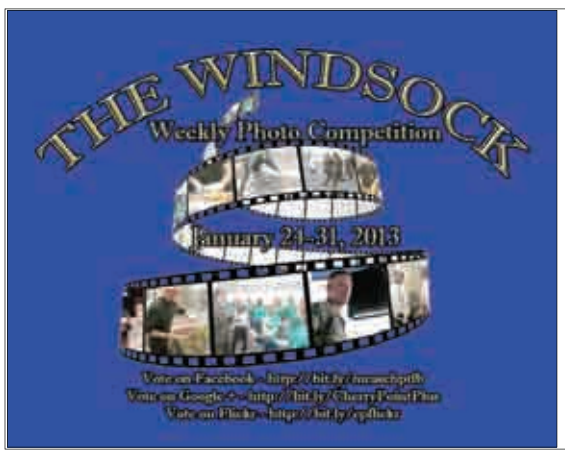
• Reducing average population sodium intake from 3,300 mg to 2,300 mg per day may reduce cases of high blood pressure by 11 million and save $18 billion in health care annually.

People at any age can take steps each day to keep blood pressure levels normal.

**1. Eat a healthy diet.**

• Eating healthfully can help keep your blood pressure

See **PRESSURE** page A3






**Cpl. Corey Oncken, a low altitude air defense gunner with 2nd Low Altitude Air Defense Battalion, watches as a FIN-92 Stinger Missile is loaded for him to fire during the 2nd LAAD BN., team and section leaders course, Feb. 8.**

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### Sgt. Bradley A. Hoover

**Job Title:** fixed-wing aircraft, power plant mechanics instructor
**Unit:** Center for Naval Aviation Technical Training
**Hometown:** Fort Worth, Texas
**Age:** 24
**Date Joined:** Aug. 6, 2006

Sgt. Bradley Hoover takes personal responsibility for each Marine he is charged with leading. He knows they are the future of his craft, and each one is a direct reflection of himself.

Hoover, a fixed-wing aircraft power plant mechanics instructor with the Center for Naval Aviation Technical Training, guides new Marines through a three-month training period, which includes daily physical training and Marine Corps Martial Arts courses.

Hoover said the job gives him a high level of personal satisfaction sending highly-trained Marines to the fleet.

"One thing I want these Marines to remember is to never stop excelling and to try their best at everything they do," he said. "I want these students to absorb this knowledge."

He said it is imperative to break Marines out of their metaphoric shells and communicate between each other to sustain a productive workflow in the engine technician job field.

"I want to get them to speak out loud and think out loud and get them to work together," said Hoover. "The more they learn here, the less they have to learn in the fleet."

Hoover also acts as liaison between Habitat for Humanity and the CNATT students, giving them a chance to volunteer weekends for community projects.




Lance Cpl. Glen E. Santy

*Highlight Your Marine or Sailor Superstar*

**Call or email The Windsock**
**cherry.point.windsock@gmail.com**
**466-3542**

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**Commanding Officer**
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Col. Philip J. Zimmerman

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**Press Officer**
1st Lt. Alejandro Aguilera

**Press Chief**
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**Editors**
Lance Cpl. Glen E. Santy
Lance Cpl. Cayce Nevers
Stacey R. Swann

**Staff Writers**
Cpl. Scott L.Tomaszycki
Cpl. Andrea Cleopatra Dickerson
Lance Cpl. S. T. Stewart
Lance Cpl. Cory D. Polom
Lance Cpl. Paul E. Wyatt

*Remember to recycle*

## PAIDEIA from page A2

honor. Just because we may have been frustrated in our resolutions does not mean we cannot continue to work and try and implement them.

As Marines, Sailors and military families, we have sought out arduous patriotic duty as a means toward living a better life. Some argue that taking as much as possible insures happiness. I would counter that an ethic of excellence which embraces generosity is what distinguishes our misery from true joy. Many of you live a creed of "Paideia" daily that drives you toward a life of noble service and self-improvement. Here, nearly a quarter of the way through 2013, I encourage you not to be discouraged and give up. In aspiring to excellence, we discover personal satisfactions that go far beyond any fleeting notion of the happiness that any self-indulgence might bring.

As you reconsider the changes you have sought to implement in 2013 and across your life, continue to be honest with yourself, and don't just play with a wish list or throw your hands up in frustration. Identify what will help you on the journey toward realizing your greatest potential, and then meticulously detail your plan – your Paideia – for establishing habits of excellence. What ultimately defines us as champions is not winning but a will to win that rises from the bloody field of discouragement. Never concede defeat. Semper Fi, and always be blessed.

## PRESSURE from page A2

down. Eat lots of fresh fruits and vegetables, which provide nutrients such as potassium and fiber. Also, eat foods that are low in saturated fat and cholesterol.

• Avoid sodium by limiting the amount of salt you add to your food. Be aware that many processed foods and restaurant meals are high in sodium.

• Studies have shown that people who eat a healthy diet can lower their blood pressure. For more information on healthy diet and nutrition, see CDC's Nutrition and Physical Activity Program web site.

**2. Maintain a healthy weight.**

• Being overweight can raise your blood pressure. Losing weight can help you lower your blood pressure.

• To find out whether your weight is healthy, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's excess body fat.

• If you know your weight and height, you can compute your BMI at CDC's Assessing Your Weight web site.

**3. Be physically active.**

• Physical activity can help lower blood pressure. The Surgeon General recommends that adults should engage in moderate physical activities for at least 30 minutes on most days of the week.

## VMR-1 from page A1

several billets including aviation maintenance officer.

The new commanding officer said he is humbled and honored to take command of the squadron, and he is anxious to make the most of his time with the "Roadrunners."

"I can't wait to work with these proud young Marines and seasoned veterans," he said. "I like to refer to them as 'professional with a personality.'"

Bernth said he is touched by the amount of pride his Marines have, and he hopes to foster that during his tenure.

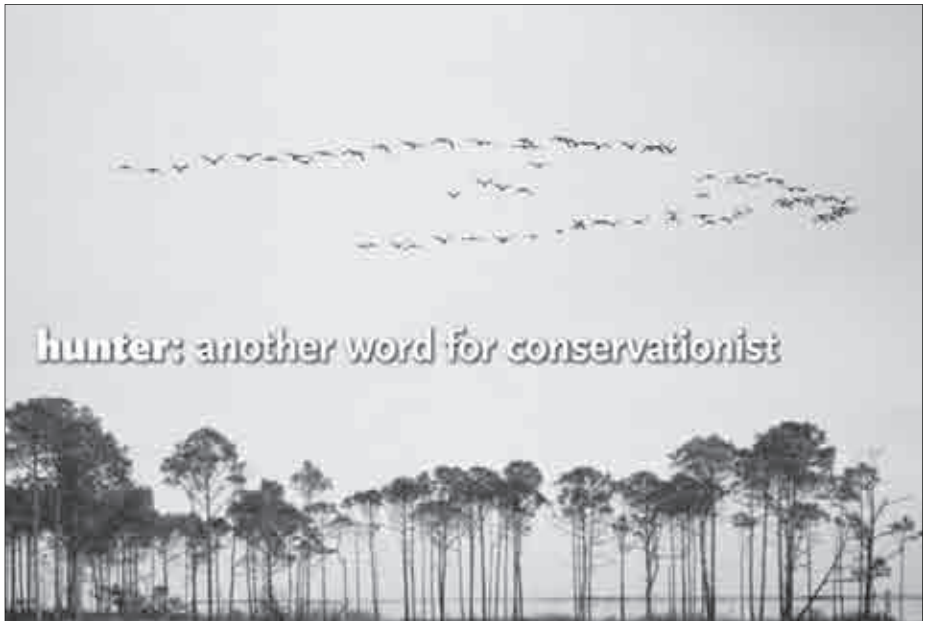
"They take pride in their work and leadership abilities. From that, they have inherited pride in their squadron."

## BLALOCK from page A1

with the 26th Marine Expeditionary Unit, in support of Operation Allied Force in Kosovo and twice in support of Operation Iraqi Freedom.

Blalock has spent a majority of his career at Cherry Point, serving with Marine Attack Squadron 231 and Marine Attack Training Squadron 203.

Blalock's personal decorations include the Meritorious Service Medal, the Air Medal, two Marine Corps Commendation Medals and two Navy and Marine Corps Achievement Medals.



# U.S., Thai Marines conduct bilateral helicopter raid



Lance Cpl. Codey Underwood

**Royal Thai Marines with 3rd Battalion, 1st Marine Division, Royal Thai Marine Corps, exit a CH-46E Sea Knight during a bilateral helicopter raid, as part of exercise Cobra Gold 2013 Feb. 16. Cobra Gold is an annual exercise that includes numerous multilateral events ranging from amphibious assaults to non-combatant evacuation operations. The training aims to improve interoperability between the United States, the Kingdom of Thailand and other participating countries.**

Lance Cpl. Codey Underwood
31st Marine Expeditionary Unit

**HAT YAO, Thailand –** As helicopter rotors chop through the dust and debris of a landing zone, a bilateral force of 75 U.S. and Royal Thai Marines wait in anticipation. As the helicopters touch down, scores of Marines pour from the back and into the tree line. So begins their mission.

Marines and Sailors from Company C, Battalion Landing Team 1st Battalion, 5th Marine Regiment, 31st Marine Expeditionary Unit, conducted a bilateral helicopter raid alongside their Royal Thai Marine counterparts during Exercise Cobra Gold 2013 Feb. 16.

The integrated force inserted via one CH-53E Super Stallion and four CH-46E Sea Knight helicopters from Marine Medium Helicopter Squadron 262 (Reinforced) to secure a small town more than a kilometer from the landing zone. The raid marked the third major operation conducted by the two forces for Cobra Gold, an annual exercise co-hosted by the two nations for the past 32 years.

"Cobra Gold allows us to cross-train with our Thai counterparts, share knowledge and strengthen our relationship," said 2nd Lt. Jacob Zalewski, a platoon commander with Headquarters and Service Company, BLT 1/5. "The Royal Thai Marines are the subject matter experts when fighting in this environment. We have to take what knowledge we can from them."

Maneuvering through thick foliage, the international Marine force situated themselves into positions around the occupied town without being spotted. The Marines of C Co. set up fire support and security positions while the Thai platoon assumed the assault role.

The division of forces allowed the Marines to efficiently accomplish their mission, but also provided each side with a valuable training opportunity. The U.S. Marines gained experience in jungle operations and the Royal Thai Marines gained experience in urban assault.

"Today, we were able to improve our skills in an urban environment, something we can use against an opposing force inside of structures," said Pvt. Sarunyou Fhanin, a rifleman with 3rd Battalion, 1st Marine Division, Royal Thai Marine Corps.

During Cobra Gold, numerous bilateral events ranging from amphibious assaults to non-combatant evacuation operations are planned during the two-week exercise. Each training event aims to improve interoperability between the participating forces and to develop their individual capabilities.

"Every time we train with the U.S. Marines, we learn something new," said Sgt. Kyoon Dennanong, a platoon sergeant with the Royal Thai Marines.



Lance Cpl. Codey Underwood

**Royal Thai Marines with 3rd Battalion, 1st Marine Division, Royal Thai Marine Corps, move alongside an enemy structure during a bilateral helicopter raid as part of Exercise Cobra Gold 2013 Feb. 16.**



Lance Cpl. Katelyn Hunter

**Marines and Sailors with Company C, Battalion Landing Team 1st Battalion, 5th Marine Regiment, 31st Marine Expeditionary Unit, provide security outside of a CH-46E Sea Knight during Exercise Cobra Gold 2013 Feb. 16.**



PHOTOS BY CPL. TYLER J. BOLKEN

**Cpl. Osman Chaudhry, a percussionist with the 2nd Marine Aircraft Wing Band, goes over a music sheet application on an iPad with a band student during a visit to Prescott High School in Prescott, Ariz., Dec. 18.**

# 2nd MAW musician shares pride, options with Arizona high school students

CPL. TYLER J. BOLKEN
8TH MARINE CORPS DISTRICT

**PHOENIX** – A Phoenix native's call to music en route to becoming a Marine Corps bandsman came at an early age. Cpl. Osman Chaudhry, a percussionist with the 2nd Marine Aircraft Wing Band at Cherry Point, first felt the beat of drumsticks in his hands at 4 years old, followed by riffs on the piano and flares on the clarinet.

Music naturally fostered an underlying discipline for Chaudhry. A foundation was being built by his hobby. He enjoyed music and excelled at it.

It was always an outlet, a comfort, he said. But he lacked desire to drive beyond what became an accepted musical boundary.

"I never started taking music seriously until about the 10th grade," said Chaudhry, when he says he was an underachieving member of the band at Sandra Day O'Connor High School in north Phoenix.

It was there something sparked. Chaudhry was driven by competitiveness within himself.

"I started playing three or more hours a night," said Chaudhry, in addition to the time he devoted during the day. "The standard was high, and I wanted to go above it."

This pride ignited a deeper calling in Chaudhry, one that sought one of the highest, selfless standards available to young men and women his age – becoming a United States Marine.

"The history, the traditions, the discipline, the honor, courage and commitment," he said. "It explains itself."

Little did Chaudhry know he'd have the opportunity to be part of one of the Corps' proudest bearers of its rich history and traditions.

"I was pretty uneducated about the Marine Corps band before I enlisted," he said.

The Marine Corps band was formed in 1798, originally made up of only drummers and fifers who marched with the Continental Marines into combat during the Revolutionary War. Now Marine Corps bands span the globe, highlighted by the "The President's Own" in Washington, D.C.

Chaudhry's decision was made, but his goal to become both a warrior and musician wasn't unchallenged. He auditioned through the Marine Corps' Musician Enlistment Option Program, a program that qualifies applicants based on all facets of music.

"It was one of the toughest on-the-spot performances I had to do," said Chaudhry. Unfortunately, Chaudhry did not pass the first time he auditioned.

Six Marine Corps musician placement directors conduct live MEOP auditions throughout the country each year. The audition is graded on three sections; scales (10 percent of the overall score), solo (40 percent of the overall score), and sight-reading (50 percent of the overall score).

"Scales and sight reading are commonly the most difficult aspect of the audition for applicants," said Capt. Jeffrey Arroyo, the MEOP program coordinator for the state of Arizona. "Minor scales are generally not taught at the high school level."

"That was what got me," said Chaudhry. But again, the challenge drove him, and he continued practicing with assistance from his school's band teachers. A few months later in July 2009, he found himself with a scheduled ship date to the yellow footprints at Marine Corps Recruit Depot San Diego as a future Marine musician.

"An exponential amount of doors have been opened to me," said Chaudhry, who has since traveled from continent to continent, playing for the likes of kings, queens, heads of state, veterans and Medal of Honor recipients.

More recently, Chaudhry's travels brought him back home to the Grand Canyon State where he visited Phoenix-area high school band members to try to inspire them as he had been in the 10th grade.

During a visit to Prescott High School, just north of Phoenix in Prescott, Ariz., Chaudhry spoke with a band made up of all drummers.

"It's what we drummers like to call percussion discussion," he joked. "Speaking with high school students who are in the same shoes I was in four short years ago was a nostalgic feeling."

Chaudhry added, there is nothing more rewarding or humbling than to be able to be an ambassador for what the Marine Corps stands for and represents.

"To be able to come back home and share these opportunities, I felt a greater sense of responsibility to be somebody these students could see and know what is possible," he said.

Chaudhry dreams of someday being a musician on Broadway in New York, but in the immediate future has his eyes set on becoming a Marine officer.

"On the musical side, I've made great connections with musical directors on the outside, in addition to great friends from members of bands from around the world," he said. "But nothing can replace the feeling of being a Marine, and being a Marine musician has instilled preparation and leadership in me both musically and professionally."



**Cpl. Osman Chaudhry, a percussionist with the 2nd Marine Aircraft Wing Band, explains the nature of his job to band students at during a visit to Prescott High School in Prescott, Ariz., Dec. 18. Chaudhry, a native of nearby Phoenix, visited with the students about the opportunity to enlist into the Marine Corps through the Musician Enlistment Option Program, a program he used, which provides applicants the opportunity to serve their country both as musicians and warriors.**



**Dan Bradstreet, left, the director of instrumental music at Prescott High School in Prescott, Ariz., asks Cpl. Osman Chaudhry about what it is like to be a Marine musician during a visit at the high school Dec. 18.**



**Cpl. Osman Chaudhry drums with a band student during a visit to Prescott High School in Prescott, Ariz., Dec. 18.**

# Marine officers lead the way with fast rope concept training

Cpl. Emmanuel Ramos
Marine Corps Base Quantico

**MARINE CORPS BASE QUANTICO, Va. –** Marines are transitioning from the counterinsurgency mission in Afghanistan and redirecting more attention to seaborne crisis response in the Pacific.

Helping make this possible are 50 Marines currently awaiting training in the Infantry Officer Course and participating in a proof-of-concept exercise for tactical employment of the MV-22 Osprey in future operations Feb. 6.

"The MV-22 is vastly superior to what the Marine Corps had before," said Capt. Jason Deane, an instructor for Infantry Officer Course. "However, the Osprey has its limitations. The Osprey needs about half a football field length of space to land."

To address this issue, the Marines are testing fast rope tactics while wearing full combat loads of up to 70 pounds.

"The exercise today is just another building block that will prepare them for the ultimate end state of the training," Deane said. "This (exercise) is all about confidence − confidence in themselves, their gear, the Marines around them and the Ospreys."

Marines got started a week ago at a 50-foot rappel tower, where they learned body positioning and movement.

With the basics down, the Marines then began fast roping out of MV-22 Ospreys.

"It happens so fast you don't have time to think," said 2nd Lt. Edward Lynn. "The training is made so that you don't have to think. You know what to do when you grab that rope."



Cpl. Emmanuel Ramos

**2nd Lt. Edward Lynn, a Marine awaiting training at the Infantry Officers Course, rappels from a MV-22 Osprey during a proof-of-concept training exercise for tactical employment of the aircraft in future operations Feb. 6.**

After a day of successful training, Deane complimented the Marines on their success and told them to prepare for the training ahead − fast rope tactics under cover of darkness.

"Nothing changes," Deane said. "All of the basics still apply. The only difference is there's no light."

The culminating event for these Marine officers will come in March when they load into the MV-22s, fly to Marine Corps Recruit Depot Parris Island and conduct a raid on a Military Operations in Urban Terrain training facility.

"This is the direction the Marine Corps is heading," Deane said. "These tactics that we are developing here will become one of the ways the Marine Corps conducts its amphibious operations in the future."




Lance Cpl. Brian Stevens

**A Marine Tactical Electronic Warfare Squadron 4 EA-6B Prowler sits on the flight line Feb. 11. VMAQ-4 is one of only four squadrons in the Marine Corps to use the Prowler aircraft.**

# 'Seahawks' bring electronic warfare capabilities back to Iwakuni

Lance Cpl. Brian Stevens
MCAS Iwakuni

**IWAKUNI, Japan –** Marine Tactical Electronic Warfare Squadron 4, based out of Cherry Point, is Marine Corps Air Station Iwakuni's newest Unit Deployment Program squadron, arriving Feb. 1.

"Our focus while we are here is integrating with Marine forces as well as some of the other forces, such as the Navy and the Air Force, to bring some of that electronic warfare expertise back to the theater," said Lt. Col. David C. Anderson, VMAQ-4 commanding officer. "We are really looking into training with both UDP units as well as permanent units here."

Anderson also said he looks forward to sharing knowledge about how the squadron operates and employs electronic warfare with joint forces. VMAQ-4 brings a unique skill set to the table. They are one of only four Marine Prowler squadrons.

"In the Marine Corps, the Prowler is the only electronic warfare platform there is," said Anderson. VMAQ-4 also plans to make the most out of training opportunities during its short stay aboard MCAS Iwakuni.

"We are going to do several smaller training exercises with the F/A-18 Hornets and AV-8B Harriers," said Anderson.

VMAQ-4's main goal is to bring electronic warfare back to theater. The squadron also plans to take advantage of the Marine Corps' rich history in Japan.

"One of our goals is to get everyone to Hiroshima to do a battle study," said Sgt. Maj. Miguel A. Ortega, VMAQ-4 sergeant major. "We are looking into the Single Marine Program to try and get assistance to get the Marines off this base and learning some things."

Military training is still a top priority to the Prowler squadron, even while thousands of miles away from home.

"What we are trying to do right now is get all the Marines we can through all the professional military education. Anybody that is available, we are going to try and get out there," said Ortega.

VMAQ-4 is scheduled to make the most of its time conducting airborne electronic warfare by day or night and under all weather conditions during expeditionary, joint or combined operations.




Lance Cpl. Christopher Johns

**1st Lt. Jamie Bunce, an MV-22 Osprey pilot with Marine Medium Tiltrotor Squadron 163, gives a thumbs-up in the cockpit of an Osprey on the flight line Feb. 7. Instead of dreading the daily grind of going to work, Bunce is ecstatic to wake up each morning and head into the "office" because he loves his job and could not be more proud to pilot Ospreys.**

# Another day at the office: one pilot's dream come true

Lance Cpl. Christopher Johns
Marine Corps Air Station Miramar

**MARINE CORPS AIR STATION MIRAMAR, Calif.** – Some people go through life not knowing exactly what it is they want to do when they grow up. That was not the case with 1st Lt. Jamie Bunce.

"Ever since I was little and saw my first air show, I've wanted to fly aircraft," said Bunce. "The fact that humans can fly has always fascinated me."

Bunce, now an MV-22 Osprey pilot with Marine Medium Tiltrotor Squadron 163, kept this dream alive throughout his young life and into adulthood.

"He always seemed mature for his age and knew what he wanted in life," said his mother, Mali Bunce. "He started speaking and reading early; he always seemed confident. [Jamie] would watch someone do something until he thought he had it perfect in his mind, then he would do it and did it well."

That attention to detail and dedication to perfecting whatever it was he put his mind to would soon play a deciding role in his life.

"After Sept. 11, when [Jamie] said he wanted to join the military, I didn't really want him to go," said Mali. "At the time, I knew the military fairly well; I had had family in the service. I could see those military traits in him already. He liked to lead and be in control of a situation."

After graduating high school, Bunce attended the United States Naval Academy where he studied economics until graduation. However, he really wanted to chase his dream to fly.

Bunce checked into flight school in Pensacola, Fla., in January 2010 and earned his wings in June 2012.

"[School] was very interesting because every six months you switch to a different aircraft to train in," explained Bunce. "I learned all kinds of interesting facts about one aircraft, then switched and had to relearn another one."

"Bunce was a huge asset to the morale of the students," said former classmate Capt. Cory Frederick, an Osprey pilot with Marine Medium Tiltrotor Squadron 363. "Whether flying in the simulators or any other kind of event, there was never a dull moment with him. I mean that in a positive way, because he always had something funny to say."

The two have flown linked simulators, meaning they flew two separate simulated aircraft for the same kind of training at the same time.

"Flying in the linked simulators together was a great time," said Frederick. "He takes flying as a passion, never as a job, and he keeps everything balanced. He's a great friend, Marine, and from what I can tell, a good pilot."

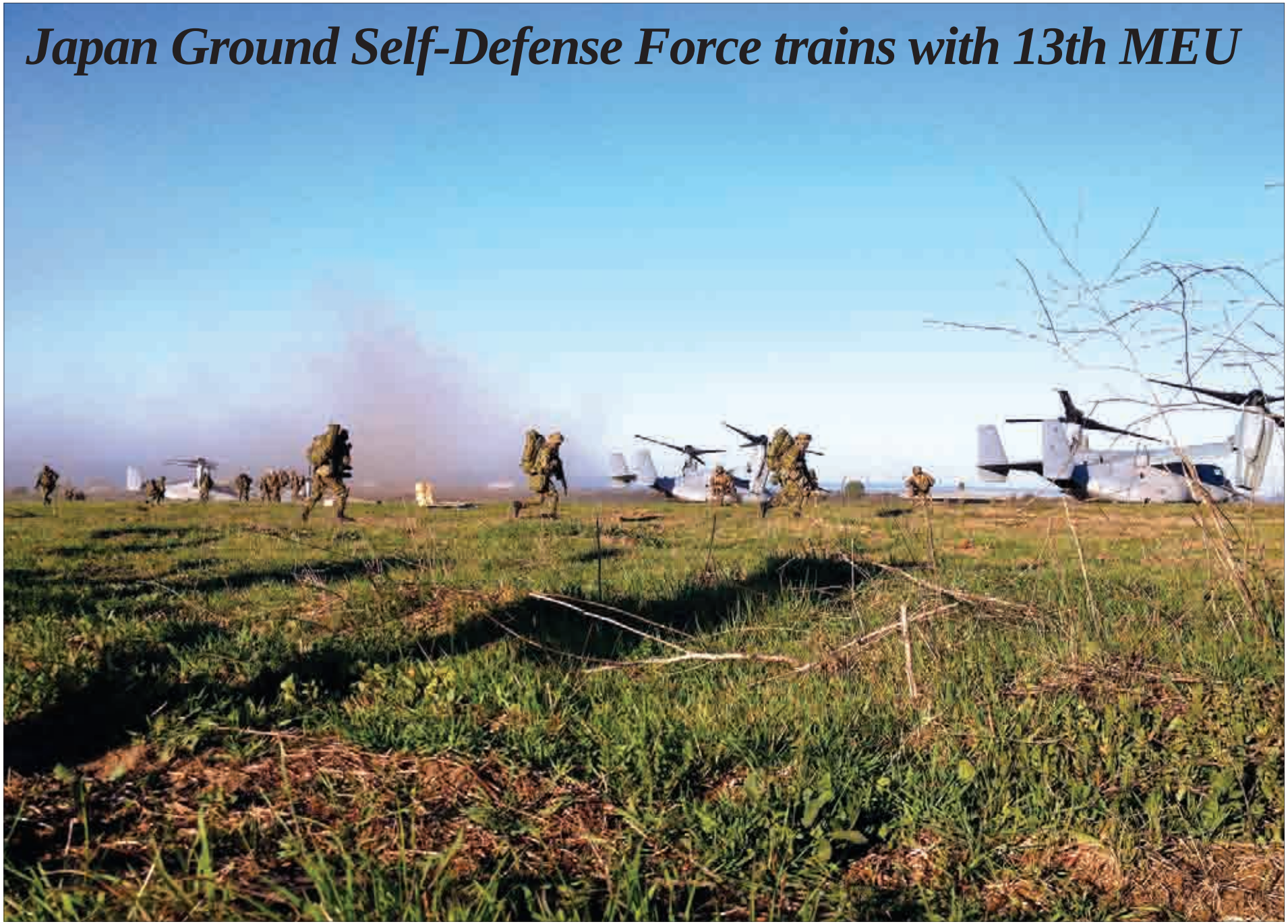
Since joining the fleet only seven months ago, Bunce has performed multiple missions and has already found his favorite.

"I love the turf missions," said Bunce. "I love flying low, close to the landscape — where there is always something going on. You have to avoid obstacles like mountains and terrain. It makes the whole flight that much more interesting for me."

Bunce said he is truly living a dream.

"Every day I wake up and get to go to something I love," he said. "When I talk to my friends and family, I love answering their questions about what I do. I love talking about flying and the Marine Corps. I couldn't be happier."

# Japan Ground Self-Defense Force trains with 13th MEU



Capt. Esteban Vickers

**Members of the Japan Ground Self-Defense Force train alongside U.S. Marines with the MV-22B Osprey during the final key event of Exercise Iron Fist 2013 at Marine Corps Base Camp Pendleton Feb. 13. During Exercise Iron Fist 2013, the 13th Marine Expeditionary Unit and JGSDF spent three weeks participating in bilateral training to improve interoperability, enhance military-to-military relations and sharpen skills essential to crisis response.**



Contributed photos

**Queen Caveat, a Los Angeles rock band, is scheduled to perform at the air station theater as a part of the Leathernecks II comedy and entertainment show, a free show for Cherry Point Marines and Sailors hosted by the Single Marine Program Friday at 3 p.m. Doors open at 2:30 p.m. The event will also host a variety of comedians to include veteran comedians Rudy Rush, Geoff Keith and Renee Gauthier.**

# *Comedians, band present free show for Cherry Point*

Lance Cpl. Cory D. Polom
MCAS Cherry Point

Cherry Point Marines and Sailors are invited to attend a free live comedy show at the air station theater Feb. 22.

The Leathernecks II comedy and entertainment show will showcase musical artist Queen Caveat and comedians Rudy Rush, Renee Gauthier and Geoff Keith at the air station theater at 3 p.m. Doors open at 2:30 p.m.

"We love performing for the Marines," said Lauren Little, lead singer of Queen Caveat. "We did a show for the Marines at (Marine Corps Air Ground Combat Center) Twentynine Palms, and the reception we received and work ethic the Marines show is amazing and inspiring."

Little and the other performers said they share a feeling of the honor when they perform in front of the military community because of the impact the armed forces have had on them.



**Comedian Geoff Keith will join fellow entertainers at the air station theater to put on a free show for Cherry Point Marines and Sailors Friday.**

"It is an honor to give back to the hard working men and women who fight every day for our freedoms so I can continue to do what I love," said Keith, a native of El Toro, Calif. "I remember growing up wanting to be a Marine, sporting a high and tight haircut – even my best friend's dad was a Marine. These men and women have been a huge influence on my life."

Keith said growing up down the road from Marine Corps Air Station El Toro still helps him today.

"I see how my life is today and the true pride I take in my career, and it's because of men and women in uniform I grew up around," said Keith.

The entertainers are coming to give the Marines and Sailors a fun, relaxing time and have expressed how excited to perform they are, said Jen Krivohlavy, the SMP coordinator.

"It is so important to provide great entertainment for the Marines and Sailors," said Krivohlavy. "Laughter is the best medicine for a bad day or a bad week. This is an awesome chance to see top-notch entertainers and start the weekend off with a rocking good time and a laugh."



**Comedienne Renee Gauthier said she is looking forward to taking the stage in front of Cherry Point-based service members Friday. The event will also include a live performance from Los Angeles rock band Queen Caveat.**



**Rudy Rush, a veteran comedian, will perform at the Leathernecks II comedy and entertainment show at the station theater Friday. The event is free to all Cherry Point active duty members.**

## Leathernecks II comedy and entertainment show

- Station theater opens at 2:30 p.m., show begins at 3 p.m.
- Free to all active duty Marines and Sailors only
- Proper civilian attire is authorized

# 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 21***

***Lunch*** - Chicken with rice soup, pork green chili and corn stew, Indian spiced roast chicken breast, wild rice, broccoli, Harvard beets, breadsticks ***Dinner*** - Bean and bacon soup, lemon chicken, salisbury steak, Spanish rice, oven-browned potatoes, gravy, sautéed mushrooms and onions, Southern-style greens

***Friday February 22***

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

***Saturday February 23***

***Lunch*** - Lentil vegetable soup, mesquite roasted pork loin, chicken provencal, red beans with rice, Italian roasted potatoes, vegetables, broccoli polonaise ***Dinner*** - Chicken vegetable soup, grilled steak, Asian barbecue turkey, baked macaroni and cheese, baked potatoes

***Sunday February 24***

***Lunch*** - Minnesota wild rice soup, honey barbecue chicken, vegetable lasagna, Franconia potatoes, Italian vegetable blend, simmered pinto beans ***Dinner*** - Cabbage and white bean soup, beef and corn pie, French fried fish, French fried shrimp, tater tots, turnips and bacon, peas with mushrooms, tartar sauce, cocktail sauce

***Monday February 25***

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

***Tuesday February 26***

***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 February 27***

***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

# Protect against scams, frauds

1st Lt. Joshua L. Ockert
Legal Services Support Team

Storefronts along U.S. 70 and pages of Eastern North Carolina Craigslist are full of used car sales and hard-to-resist bargains. How can you tell whether to trust a potential buyer, seller or lender? How can you protect yourself? We want to help you keep from becoming one of many service members who come into the Legal Services Support Team office and walk away disappointed in the very limited protections provided by North Carolina law.

One of the more common consumer protection issues we see are "lemon law" cases. In North Carolina, protections for purchasers of vehicles are found in the New Motor Vehicles Warranties Act in the North Carolina General Statutes, starting at Section 20-351. If you qualify, you have the right to force the manufacturer to fix the vehicle − or if they are unable to repair it in a reasonable amount of time, to have a full replacement or a full refund of all contract costs, including taxes, title and registration fees. However, this protection only lasts for two years or 24,000 miles, and as the Act's name suggests, it only applies to brand new vehicles.

So what about purchasing used vehicles? Because the New Motor Vehicles Warranties Act doesn't apply, the only protection against defects you have will be found in the contract. Unfortunately, most used vehicle contracts provide the vehicle "as is" with no recourse if the vehicle does not function properly. The best way to protect yourself when purchasing a vehicle is to request the vehicle's history, have a mechanic inspect the vehicle prior to purchase and bring the sales contract in to LSST-Cherry Point for review. If you are buying from a local business, you should also check the Armed Forces Disciplinary Control Board banned establishments list and the Better Business Bureau website at www.bbb.org. Prearrange financing through a trusted bank to keep from having to pay exorbitant interest rates through the dealer's financing institution. If you are not given the opportunity to protect yourself, you should reconsider whether you really want to do business with that seller. In most cases, you should walk away.

What if you are trying to sell a used vehicle of your own? Be careful of fraud! Most people know that cashier's checks and money orders come from banks. However, that does not mean they are guaranteed to be safe. The trust that consumers place in cashier's checks makes them a great target for fraud. Here is how the scam works: You are asked to accept a cashier's check, you deposit the check, you see the money "clear" and show up in your account, and finally you hand over the keys to your vehicle. Some days later, the money mysteriously disappears from your account. What happened? Banks make the funds from cashier's checks available immediately, but they are not guaranteed funds. When your bank sends the cashier's check to the originating bank, the originating bank may detect it as a fraud. If it is fraudulent, your bank takes back the money they deposited in your account. By that time, the buyer is long gone and your vehicle is in pieces scattered across chop shops along the East Coast, potentially right before you are about to deploy and were counting on the money to help your family. So what is the best practice? Unless you use a reputable escrow service, require the buyer to pay in cash.

These are only some of the more common situations we have seen. Remember that scammers are always thinking of new and creative ways to siphon funds from our nation's service members and their families. If someone you do not know is asking for money in advance, trying to pay you with an instrument you have never encountered before or trying to get personal information (including photocopies of your identification card), you should ask yourself whether you are setting yourself up for failure. Always be skeptical of used car dealership financing, payday loan establishments, and interest rates that are higher than those your bank offers. Bring questionable contracts to LSST to review before you sign — North Carolina has no cooling off period. And always remember, a deal that seems too good to be true probably is.

# *Marines, spouses make Valentine's Day truffles*



Lance Cpl. Cayce Nevers

**Lt. Col. Charles J. Basham, Headquarters and Headquarters Squadron commanding officer, dips a truffle in white chocolate during a truffle-making party at Hancock Lodge Feb. 13. Both H&HS and Marine Transport Squadron 1 Marines and spouses spent the evening eating, making desserts and playing games prepared by the family readiness officers from both squadrons. This is the second year the squadrons have held this event for both accompanied and unaccompanied Marines.**


MCAS Cherry Point
STATION THEATER
E Street

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

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

NOW SHOWING

Friday, February 22
8:00pm - Mama PG13

Saturday, February 24
*PREMIER SHOWING!!!*
JACK THE GIANT SLAYER PG13
DOORS OPEN 3:30pm

Sunday, February 25
2:00pm - Les Miserables PG13

MOVIE SYNOPSIS

**Mama** - Five years ago, sisters Victoria and Lilly vanished from their suburban neighborhood without a trace. Since then, their Uncle Lucas and his girlfriend, Annabel have been madly searching for them. But when, incredibly, the kids are found alive in a decrepit cabin, the couple wonders if the girls are the only guests they have welcomed into their home. As Annabel tries to introduce the children to a normal life, she grows convinced of an evil presence in their house. Are the sisters experiencing traumatic stress, or is a ghost coming to visit them? How did the broken girls survive those years all alone? As she answers these disturbing questions, the new mother will find that the whispers she hears at bedtime are coming from the lips of a deadly presence.

**Jack the Giant Slayer** - An ancient war is reignited when a young farmhand unwittingly opens a gateway between our world and a fearsome race of giants. Unleashed on the Earth for the first time in centuries, the giants strive to reclaim the land they once lost, forcing the young man, Jack, into the battle of his life to stop them. Fighting for a kingdom, its people, and the love of a brave princess, he comes face to face with the unstoppable warriors he thought only existed in legend - and gets the chance to become a legend himself.

**Les Miserables** - The story of Jean Valjean, a Frenchman convicted of minor crimes, who is hounded for years by an unforgiving and unrelenting police inspector, Javert.

*Movies are subject to change without notice.*





# Announcements

► Indicates new announcement

**► 23rd Annual "Art from the Heart"**

The art council's 23rd Annual Art from the Heart is being held through March 2 at the Morehead City Plaza, units 6 and 7. The show gallery will be open free to the public seven days a week.

This is one of the region's largest exhibitions of fine art by local artists.

**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.

**Leatherneck II Comedy Tour**

The Leatherneck II Comedy and Entertainment tour will be at the station theater Friday 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 appropriate civilian attire or uniform of the day. 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, Wednesday from 5:30–8:30 p.m.

Registration is due by Monday.

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 by emailing cherrypointesc@gmail.com or through the club's Facebook page at www.facebook.com/cherrypointesc.

**► Sheep Dog IA Golf Tournament**

The Crystal Coast Chapter of Sheep Dog Impact Assistance, which is made up of military and first responders, will host a charity golf tournament March 9 beginning at 9:30 a.m. at the Country Club of the Crystal Coast.

Registration begins at 8:30 a.m.

For more information, call 915-727-6547.

**NHC Frostbite Golf Tournament**

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

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 466-2146 or call Fred Guinn at 466-0514.

**Emerald Isle Saint Patrick's Day Festival**

The Emerald Isle Shopping Center, in Emerald Isle, N.C., 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.

**Military Family Day**

North Carolina along with the Marine Corps Reserves will host a Military Family Day event at the Navy and Marine Corps Reserve Operational Support Center in Raleigh March 16 from noon– 4 p.m.

The event will provide military families, active duty, guard and reserve, a day to come together for fun, fellowship, camaraderie and relaxation.

Free lunch will be provided.

For more information, visit http://bit.ly/Familyday.

For questions, contact 919-515-8500 or email scott_enroughty@ncsu.edu.

**► 14th Annual Cherry Point Half Marathon**

Marine Corps Community Services will host the 14th Annual Cherry Point Half Marathon March 23 at 7:30 a.m beginning at the air station's Sunset Park near the end of runway 14 Left.

Runners, walkers and wheelchair entrants of all skill levels are invited to participate in the mostly flat 13.1-mile course.

The race is open to the public. Registration begins at 6:30 a.m. Register online at http://bit.ly/CPMarathon by March 8 to guarantee a commemorative T-shirt.

Registration fees are $25 for active duty, retired and reserve service members and $40 for all others if paid by March 2. Registration fees will increase, March 3–23.

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

**Civil War Reenactment**

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

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 on Camp Lejeune and end at Marine Corps Auxiliary Landing Field Bogue.

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

## Monthly and Weekly Events

**Marine Corps League Meetings**

Cherry Point's detachment of the Marine Corps League meets the third Tuesday of each month at Miller's Landing at 7 p.m. For more information, call 515-1175.

**Dart Tournament**

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

**Disabled Veterans**

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

**Domestic Violence Support**

Support groups for victims of domestic violence are provided by the Carteret County Domestic Violence Program. The group meetings are held Wednesdays at 6 p.m. For more information, call 728-3788.

**Al-Anon Family Group Meeting**

Al-Anon family group meetings are held Mondays at 8 p.m. for family members and friends of individuals with possible alcohol problems.

Meetings are held at Havelock First Baptist Church.

For more information, call 447-8063.

**Education Fairs**

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

The next fair is April 12.

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

**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 March 27 at 9 a.m.

For questions or to register, contact Sandy Langlois at 466-5743 or email 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.

## 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.

## Chapel Services

### Sundays

9 a.m. – Liturgical Protestant Service, Fellowship Chapel

9 a.m. – Roman Catholic Mass, Memorial Chapel

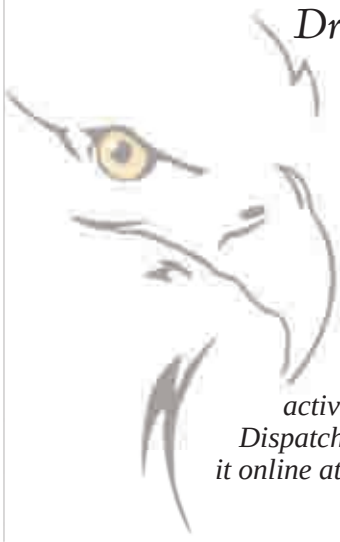
11 a.m. – Contemporary Worship Service, Memorial Chapel

### Tuesdays – Thursdays

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

## Signs of Terrorist Activity:

### *Dry Runs*



*Dry runs are considered any behavior that appears to be in preparation for terrorist activities. Activity such as mapping routes, playing out scenarios with other people, timing traffic lights or traffic flow are considered dry runs and can be considered terrorist activities. If you observe suspicious activities, call Cherry Point Emergency Dispatch immediately at 466-3616 or report it online at USMCEagleEyes.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