

2nd MAW motivation run



LANCE CPL. S. T. STEWART

Maj. Gen. Glenn M. Walters, right, commanding general of 2nd Marine Aircraft Wing, leads a formation of more than 1,100 Marines and Sailors with the 2nd MAW in a motivation run commemorating the Marine Corps' 237th birthday Nov. 9 aboard the air station. Walters thanked the Marines for their dedication and sacrifice and spoke about how proud he is of the unit's success.

SECNAV visits 2nd MAW ball

CPL. SCOTT L. TOMASZYCKI
 MCAS CHERRY POINT

The Secretary of the Navy joined the 2nd Marine Aircraft Wing's Marine Corps birthday ball celebration in New Bern, Nov. 7. The honorable Mr. Ray Mabus served as the guest of honor during the ceremony celebrating the Corps' 237th birthday.

"I am very happy to be with you all tonight, very happy to see 2nd MAW here at your home, just as I was very happy to see you forward deployed in the two visits I made with you in theater," said Mabus. "Tonight is all about history, tradition, heritage – as it should be. The Corps has an unbroken line from that day in 1775 for 237 years protecting America, defending freedom, standing for the principles that made the Marine Corps great."

Mabus makes an effort to visit Marine battlefields around the globe to see the history first hand. He's been to Guadalcanal, Belleau Wood, Iwo Jima, and recently returned from his 10th visit to Afghanistan, where he expressed his appreciation for Marines fighting in the present day.

See SECNAV page A9

Fleet Readiness Center East delivers last H-46

CPL. SCOTT L. TOMASZYCKI
 MCAS CHERRY POINT

The H-46 model "Phrog" helicopter has served the Marine Corps for nearly 50 years, but its era is drawing to a close. During a ceremony here Nov. 9, Fleet Readiness Center East sent off the last HH-46 helicopter it will service to Marine Transport Squadron 1.

The helicopter is being replaced by the MV-22B Osprey, the Marine Corps' tiltrotor aircraft, which can lift off and land like a helicopter or fly like a plane. VMR-1 is the last Marine squadron on the East Coast that flies the HH-46. The training school for H-46 pilots on Marine Corps Base Camp Pendleton, Calif., has trained its last pilot and closed its doors.

"For 46 years, this command has supported the war-fighter with the maintenance, repair, overhaul, (modifications) and upgrades of the H-46 helicopter,"

said Col. Mitchell A. Bauman, the commanding officer of FRC East. "The H-46 assault support aircraft was always there. If you need beans, if you need band-aids, if you need ammo, if you need reinforcements, or you need the wounded to be evacuated, the H-46 was the first responder in most instances."

During its service, the helicopter served as the primary medium transport helicopter. It went with Marines nearly everywhere they operated. Before being replaced by the Osprey, reinforced Phrog squadrons provided Marine Expeditionary Units with all of their aviation support needs.

"I had the privilege to fly this aircraft for 28 years," said retired Col. Eugene Conti, a former CH-46 pilot. "We were in Bosnia, we were in Liberia, we were in Somalia, we did some events in the southern Caribbean. It's a Phrog pilot's tour. Wherever the MEU goes, you get to

go with it."

Evidence of the Phrog's eventual disappearance was evident in the hangar. Hundreds of people gathered around the single, solitary green and orange helicopter in the back as if to bid it farewell. In the front of the hangar, several new Ospreys lay in various stages of deconstruction as mechanics worked to get them into flying shape.

"It's been a tremendous platform, but its replacement, the V-22, is just a phenomenal platform," said Conti. "It will provide all of our Marines the tactical aviation support they're going to need well into the 21st century. It's tough to see this beautiful old aircraft retire, but we all retire. It's just the nature of the beast. Technology develops to the point where you have to stay with it in order to remain effective as a fighting force."

See HELICOPTER page A9



PHOTO BY CPL. SCOTT L. TOMASZYCKI

Fleet Readiness Center East recently completed the last H-46 model helicopter refurbishment it will perform for the Department of Defense and released it for operations during a ceremony at Cherry Point on Nov. 9. The hangar formerly dedicated to servicing the helicopters will be used for the MV-22B Osprey, the replacement for the Sea Knight.



CONTRIBUTED PHOTO

Fireworks explode over Heinz Stadium during the Pittsburgh vs. Kansas City Chiefs Veterans Day game Nov. 12. Marine Attack Squadron 223 conducted a flyover before the game.

'223 raises the roof at Heinz Field

LANCE CPL. GLEN E. SANTY
 MCAS CHERRY POINT

When Lt. Col. William Sauerland, commanding officer of Marine Attack Squadron 223, heard about a request for an AV/8B Harrier squadron to conduct a flyover at the Pittsburgh Steelers' home game against the Kansas City Chiefs on Veterans

Day, his response was quick. A native of Pittsburgh, Sauerland saw the opportunity to honor a lost brother, his squadron and all service members by soaring over the bright lights and cheering crowds of Heinz Field during the national holiday.

Sauerland took the mission on personally

See FLYOVER page A9

Official email not for social media registration

STAFF SGT. ROMAN YUREK
 MCAS CHERRY POINT

Tweeting a recent success at work or sharing family photos on Facebook is a part of normal daily life for many Americans. Marines are no exception with photos of a recent promotion or reenlistment appearing on Facebook or Twitter seconds after the ceremony is complete.

Engagement on social media platforms is a great way for Marines to keep in touch with family and friends in their hometowns and around the world. But before creating a new motivational social media account, be aware of Marine Administrative Message 590/12.

This message, titled "Responsible and Effective use of Internet-based Capabilities," includes restriction of using official Marine Corps email when registering on a commercial social media site.

These commercial sites and internet-based capabilities are not owned, operated or controlled by the Marine Corps, Department of the Navy, Department of Defense or the federal government. Some of the sites this applies to include: Facebook, Twitter, LinkedIn, Google Application, dating sites and online stores.

Cheryl Donlon, an information assurance specialist with the air station Telecommunication Information Systems Directorate, stated that the use of non-DoD email servers like Yahoo and Google are allowed for limited personal use to register for social media sites.

"Commands can authorize the use of social media sites during down time like over lunch periods or after hours," added Donlon, who also reminds users that the ability to engage in social media is authorized on government computers for limited personal use.

There are two exceptions that allow the use of official email addresses being used on social media or internet-based capabilities.

See EMAIL page A9

What's Inside

News Briefs	A2	Veterans Day Parade	B1
Diversity Campaign	A4	Mess Hall Menu	B2
Marine Corps Birthday	A5	Announcements	B3

In This Edition:



Veterans Day Parade
 marches through
 downtown Morehead City



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

News Briefs

Operation Fall Cleanup

Operation Fall Cleanup began aboard the air station Nov. 5 and will last through Nov. 16.

Operation Fall Cleanup seeks full participation of air station personnel to enhance the neat, well-groomed appearance of Cherry Point, directly reflecting the professionalism of the station and tenant commands

Residents of family housing are encouraged to participate by bagging and placing debris at curb side for pick-up on routine collection dates.

Area commanders are encouraged to delegate authority for sub-areas to subordinate commanders as appropriate. Area commanders are responsible for police call of all roads, shoulders and parking areas within their assigned areas.

For more information refer to Air Station Order 11000.3G

MCX Portrait Studio

The Marine Corps Exchange opened a portrait studio for the holiday season until Feb. 1.

The portrait studio offers a wide variety of photo packages like family portraits or mobile photo shoots for customers who desire a specific location.

The studio's hours of operation are 10 a.m.-7 p.m. Thursday-Sunday. The studio is located at the MCX near of the package store.

For more information call the Marine Corps Exchange at 447-7041.

Renovations, Closures

Marine Corps Community Services and station facilities began making repairs from Hurricane Irene damages to the following locations: bowling alley, combat pool, Hancock Marina and Pelican Point Marina.

The combat pool will be completed March 24.

The Pelican Point Marina will be completed April 18.

The bowling alley will be completed June 18.

The Hancock Marina will be completed Sept. 25.

MASS-1 Chieftain Run

Marine Air Support Squadron 1 gathered at Oyate Hohoka fire pit aboard the air station to host the annual Chieftain Run Wednesday.

The run commemorated all the fallen Marines of MASS-1 and celebrated the Marine Corps' 237th birthday.

The run began in 1997 in memory of Cpl. Donald L. Hall, a Chieftain who died on March 27, 1997. Now the run also commemorates Staff Sgt. James Bryson Jr., who died March 3, 2006.

Toys for Tots kicks off

Marines at Camp Lejeune kicked off the annual Toys for Tots program this week.

Brig. Gen. T.A. Gorry, Marine Corps Base Camp Lejeune commanding general, said that Toys for Tots instills hope in families. The Marine Corps Reserve program collects new, unwrapped toys during the months of November and December to distribute to less fortunate children as Christmas gifts.

Staff Sgt. Vincent Sicilia has been the coordinator for Toys for Tots in Onslow, Carteret and five other counties for the last two years and involved with the program for 10. Last year, 36,000 toys were collected in the seven-county Southeastern North Carolina region, according to Sicilia. Toys were distributed to 12,000 kids and \$9,800 was raised.

Anyone wanting to donate to Toys for Tots can drop off new, unwrapped toys at the following Onslow County collection points: Wal-Mart, Walgreens, the Jacksonville Mall and the Camp Lejeune Marine Corps Exchange.

PETTY OFFICER 3RD CLASS JEFF H. BAKER

Job Title: Navy Diver, Safety Diver
Unit: Aviation Aquatic Survival Training Center

Hometown: Annabella, Utah

Age: 22

Date Joined: September 13, 2011

At the Aviation Survival Training Center, high-risk water training is a common occurrence.

It takes someone like Petty Officer 3rd Class Jeff H. Baker to make sure Marines receive challenging training in a safe environment.

Baker is a Navy diver. His mission is to ensure all Marine Corps pilots and air crew members are safely and effectively trained for any emergency situation they may encounter.

He is currently the only diver at the ASTC. He dives twice a week during water training and maintains his dive gear when he is not diving.

Baker said the high operational tempo of his job is challenging. That's not to say he doesn't enjoy it.

"I love the water, and I love the fact that I am keeping people safe," Baker said. "I try to give students the chance for the highest level of instruction."



Highlighting Cherry Point's Warriors



LANCE CPL. PAUL E. WYATT

Helpful tips to keep Thanksgiving safe

CONTRIBUTED ARTICLE

MARINE CORPS COMMUNITY SERVICES

The holiday season is a time for catching up with old friends, visiting family, and great tasting food.

Without the proper precautions, the holidays can also be a hazardous time of the year. Traveling, drinking and cooking all come with inherent risks, but with every risk, there are safety measures that can be taken to help prevent unnecessary damage to person or property.

While traveling, make sure to have a plan. As members of the armed forces, we are known for providing well thought out plans for everything we do, both on and off duty.

A good night's sleep before taking long drives can make a noticeable difference. If you become tired while driving, pull over and take a break. It is better to show up late than not at all.

It is important to maintain situational awareness while driving. Though you may be applying all the proper safety precautions during your trip, other drivers may not.

Planning is the key to safe travel, and remember, don't drink and drive.

When you arrive at your friend or family member's home, you may also find yourself helping prepare food over a hot stove or using a turkey fryer in preparation for the night's festivities.

When using a turkey fryer, don't fall victim an avoidable mishap. Deep-frying a turkey involves many risks, but can be done safely if managed properly.

Here are some helpful safety tips to follow when using your turkey fryer:

- Make sure you use turkey fryers outdoors at least 10 feet from any building.
- Set the fryer on a flat surface to prevent accidental tipping.
- Never leave a fryer unattended.
- Most fryers do not have thermostat controls, and if

you don't watch it carefully, the oil can heat until it catches fire.

- Do not overfill the fryer.
- Use gloves when handling any part of the fryer. Wear safety goggles to protect your eyes.
- Completely thaw your turkey before frying it.
- Keep an all-purpose fire extinguisher nearby at all times. Do not use water to put out oil or grease fires.
- Remember to use your best judgment when attempting to fight a fire. If you can't contain the fire, don't take the risk, call 9-1-1 for help.

As Marines, Sailors and civil servants, we live by our core values.

So think before you jeopardize the safety of your fellow Marines, Sailors, civilian employees, family members or your own.



CONTRIBUTED PHOTO

A burned deck cools after catching fire from an unattended turkey fryer. Never leave a fryer unattended.

Chaplain's Corner : Why be thankful?

LT. CMDR. DAVID SLATER

MARINE AIR CONTROL GROUP 28

At this time of year, do we truly pause to be thankful or are we just responding to the event of the holiday? Our thankfulness should not be event driven. Yet, I think that's how it is often expressed.

When something good happens, or the holiday comes along, it's time to be thankful; but at other times, or when something unpleasant happens our thankfulness tends to wane.

The Bible says, "Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus" (1 Thes. 5:16-18).

Clearly, God would have us be thankful all the time; in good times, bad times and every other time. In other words, true thankfulness is a state of mind, an attitude of life, rather than just a response to a particular event.

Some have called it "an attitude of gratitude." Therefore, the real question is, "How can we cultivate this attitude and make thankfulness a consistent state of mind?" The verses above suggest three things:

1. Learn to count your blessings. One of the benefits I have seen of deploying to a poor country like Afghanistan is seeing first hand how prosperous we really are in the U.S.

We are truly rich when compared to so many in other

parts of the world. Though our economy is weak right now and many are out of work, we have a great measure of job security in the military.

The point is, even in the midst of problems, if we step back and look at the big picture we can always rejoice that there are more blessings in our lives than problems.

2. Make prayer a daily habit. Let's face it, we tend to neglect prayer until something goes wrong and only then do we pray with any urgency.

Finding time daily to quiet our thoughts before God not only helps remind us of his blessings, but also makes us more conscious of his presence with us in our trials and the good he often works in us through them.

3. Always look for the "silver lining" in problems. Problems are part of life and also very often our best teachers.

Without delays we would never learn patience. Without difficult tasks we would never develop perseverance and self-confidence.

Without knowing sorrow we could never fully appreciate joy.

For those who have family members deployed, I hope being apart from your loved one has proven to you the old saying that, "absence makes the heart grow fonder," and has deepened your love for one another.

Finding these "silver linings" will help us remain thankful even during times of hardship.

I pray this Thanksgiving holiday will be a thankful one for all of us.

Even more so, I pray it goes beyond the holiday, or just our good days, until thanking God becomes a way of life for us every day.

The Windsock

The editorial content is edited, prepared and approved by the Public Affairs Office at Cherry Point. Correspondence should be addressed to: Commanding Officer, Public Affairs Office, (Attn: Individual concerned), PSC Box 8013, MCAS Cherry Point, N.C. 28533-0013. To provide comments or suggestions call 252-466-4241 or email: cherry.point.windsock@gmail.com. Windsock is a registered trademark. To address any distribution problems please contact Ellis Publishing at 252-444-1999. This Department of Defense newspaper is an authorized publication for members of the DoD. Contents of the Windsock are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense, United States Marine Corps, Marine Corps Air Station Cherry Point, or the Public Affairs Office, Cherry Point, N.C. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Marine Corps, or Ellis Publishing Co., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The Windsock is published by Ellis Publishing Co., a private firm in no way connected with the Department of Defense or the U.S. Marine Corps under exclusive written contract with Marine Corps Air Station, Cherry Point, N.C. The editorial content of this publication is the responsibility of the PAO.

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REMEMBER TO RECYCLE



PHOTOS BY LANCE CPL. ALLISON J. HERMAN

Gen. James F. Amos, 35th Commandant of the Marine Corps, and Lt. Col. Robert B. Brodie, commanding officer of Marine Fighter Attack Training Squadron 101, take off in a commemorative Medal of Honor F/A-18B Hornet on Marine Corps Air Station Miramar, Calif., Nov. 2. The commandant visited VMFAT-101 prior to the unveiling ceremony of the aircraft, which was painted to honor Medal of Honor recipients Sgt. Dakota L. Meyer, Cpl. Jason L. Dunham, and Sailors Lt. Michael P. Murphy and Petty Officer 2nd class Michael A. Monsoor.

Hornet dedicated to Medal of Honor recipients



(Above) Gen. James F. Amos, left, 35th Commandant of the Marine Corps, Lt. Col. Robert B. Brodie, right, commanding officer of Marine Fighter Attack Training Squadron 101, and Cpl. Khalib J. Day, an aircraft mechanic with VMFAT-101, inspect a commemorative Medal of Honor F/A-18B Hornet on Marine Corps Air Station Miramar, Calif., Nov. 2.

(Right) Gen. James F. Amos, 35th Commandant of the Marine Corps, shakes hands with a Marine from Marine Fighter Attack Training Squadron 101, on Marine Corps Air Station Miramar, Calif., Nov. 2, 2012.



Female pilot featured in Marine Corps diversity campaign



CPL. NATHANAEL CARBERRY

CPL. NATHANAEL CARBERRY

MARINE CORPS BASE QUANTICO VA.

MARINE CORPS BASE QUANTICO, Va. – Monica Meese was inspired at a young age to be a pilot.

“My mother even still has a picture I drew when I was 7 years old,” she said, with a chuckle.

At that age military service was not a thought in her mind. After all, her family had no military background.

She pioneered that route when she left her childhood home in Irvine, Calif., and attended the United States Naval Academy in Annapolis, Md. This is where she made the decision to earn a commission as a Marine officer. She went on to obtain her flight wings at Corpus Christi, Texas,

and deployed twice to Afghanistan and once to support Operation Tomodachi in Japan as a KC-130J pilot.

Today, 28-year-old Capt. Monica Meese has a unique opportunity as a female Hispanic Marine.

She accepted an offer to be one of two featured Marines in the Marine Corps Recruiting Command’s newest diversity advertising campaign while attending Expeditionary Warfare School at Marine Corps Base Quantico, Va. The campaign, titled Fighting with Purpose, launched Nov. 8.

Fighting with Purpose can be seen in television, print, digital and mobile media outlets with the intent to attract potential officer candidates. It showcases

Marine officers such as Meese in order to highlight the idea of service as it applies to helping those in need, both globally and in their local communities.

Following the launch, a video feature of Meese will appear on the “Community Impact” page at Marines.com/Impact.

Meese, whose full page print ad will appear in Vibe, ESPN Magazine, Diversity Careers, Sports Illustrated and other publications, said she joined the campaign to help change commonly accepted perceptions about the Corps.

“Often, when people think of Marines, they think of males,” she said. “I want people to realize that within the Marine Corps there are important and rewarding opportunities to serve, regardless of

background or gender. I hope the campaign helps shape the Marine Corps to represent our diverse nation.”

Meese said she hopes the ad is an inspiration for young people and a driving force in realizing their goals and lifelong dreams.

She is currently assigned to Fleet Logistics Support Squadron 1 at Joint Base Andrews, Md., where she pilots a Gulfstream 550. She provides transportation to the Secretary of the Navy, the Commandant of the Marine Corps, and other senior Navy Department personnel.

Cherry Point celebrates Marine Corps birthday



Marines await the cutting of the cake during the uniform pageant and cake cutting ceremony the station theater Nov. 8. The pageant and ceremony were held in celebration of the Corps' 237th birthday.

Air station hosts cake cutting and pageant ceremony

Photos by Lance Cpl. Cory D. Polom

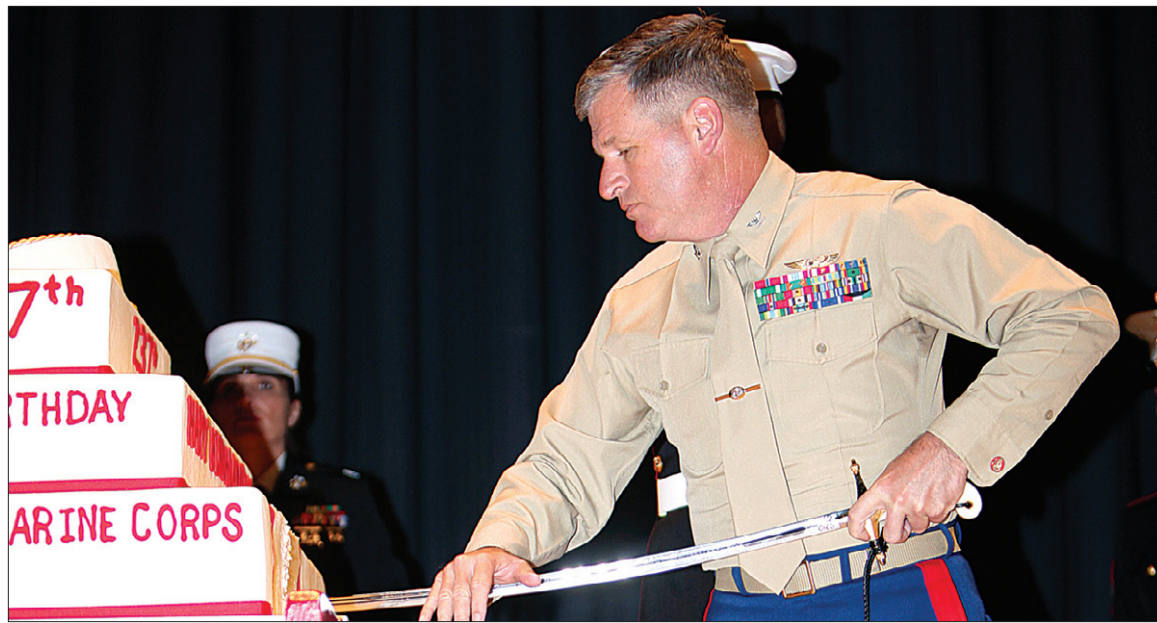


Three Marines dressed in uniforms from different eras stand at their time's parade rest at the 237th Cherry Point birthday uniform pageant at the station theater Nov. 8.



(Above) Sgt. William Barrington, a World War II veteran, is recognized for his service during a uniform pageant and cake cutting ceremony at the station theater Nov. 8.

(Right) Col. Philip J. Zimmerman, commanding officer of MCAS Cherry Point, cuts the first piece of cake with a sword during a cake cutting ceremony in honor of the 237th Marine Corps birthday at the station theater Nov. 8.



Five Marines and one Sailor recreate the image of the flag raising on Iwo Jima at the annual uniform pageant and cake cutting ceremony at the station theater Nov. 8.



LANCE CPL. CHRISTOPHER JOHNS

Marines and Sailors with Expeditionary Warfare Training Group Pacific prepare to secure an 'injured' Marine inside a CH-53E Super Stallion with Marine Heavy Helicopter Squadron 466, during a simulated casualty evacuation exercise aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Nov. 7. Marines taking part in the training took turns calling in aircraft and embarking their wounded.

When Devil Dogs howl, Wolf Pack flies to rescue

LANCE CPL. CHRISTOPHER JOHNS

MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. – "It's essential Marines have casualty evacuation support from their brothers at any given moment," said Capt. Gareth Hughes, a tactical aviation instructor with Expeditionary Warfare Training Group Pacific. "Performing this kind of training allows these Marines to develop a familiarity with how casualty evacuations with other Marine units operate."

Marines with the training group called in support, provided by Marine Heavy Helicopter Squadron 466, during casualty evacuation training aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Nov. 7.

The Marines who call these rescue angels from the objective zones

can rely on the abilities of the pilots and crews coming to their aid.

"It's a confidence builder for the Marines going into theatre," explained Hughes. "They have Marine assets available and reliable relationships built here that can carry over into combat and save lives."

During a battle, this training is essential when other means of medical support are not available, according Capt. Matt Steege, a CH-53E Super Stallion pilot with HMH-466.

"As a pilot, there are some instances you always plan for and a casualty evacuation is one of them," said Steege. "A lot of the Marines we helped today haven't had the chance to call in aerial support, so it's vital they get this training, because it could save someone's life. The biggest thing is exposing these guys to something that could save lives."

When, where and how this training occurs is usually left up to ground units. In a battle zone, however, casualty evacuations could be needed at any moment.

"This would be the third or fourth time we've performed this training in the past six weeks," said Steege. "[In theater], once you get that call, you don't always have time to make sure that zone is clear. You have to weigh the risk with the reward. A lot of times, we have [UH-1N Hueys and AH-1Z Super Cobras] escort us into the objective area to provide cover fire while we pick up [the injured.]"



CPL. DANIEL WULZ

Montford Point Marine veterans march in the the annual New York Veterans Day parade, Nov. 11. The Montford Point Marines were the first black Americans allowed to serve in the Marine Corps beginning in 1942.



CPL. DANIEL WULZ

A Marine color guard from 6th Communications Battalion, Marine Forces Reserve, marches in the annual New York Veterans Day parade, Nov. 11.



CPL. BRYAN NYGAARD

A Navajo code talker veteran watches the opening ceremony for the 93rd Anniversary of The New York City Veterans Day Parade, Nov. 11.

Marines march in New York Veterans Day parade



CPL. BRYAN NYGAARD

A Marine from 6th Communications Battalion, Marine Forces Reserve, halts his formation as they march in the annual New York Veterans Day parade, Nov. 11. The parade was hosted by the United War Veterans Council, Inc. on behalf of the city of New York. It is the oldest and largest of its kind in the nation. Since 1919, the parade has provided an opportunity for Americans and international visitors to honor those who have served in the nation's largest city.



LANCE CPL. KASEY PEACOCK

An MV-22B Osprey takes off after landing support specialists attached a 7,000-pound concrete block during dual-point external training on Ie Shima Oct. 25. Marine Medium Tiltrotor Squadron 265 recently switched from the CH-46E Sea Knight helicopter to the Osprey, which allows for dual-point external operations at faster speeds. The landing support specialists are with Combat Logistics Regiment 37, 3rd Marine Logistics Group, III Marine Expeditionary Force. The pilot and crew are with VMM-265, 1st Marine Aircraft Wing.

Marines train with Osprey at Ie Shima

LANCE CPL. KASEY PEACOCK

III MARINE EXPEDITIONARY FORCE / MARINE CORPS INSTALLATIONS PACIFIC

IE SHIMA, Japan – Marines conducted dual-point external training with an MV-22B Osprey at Ie Shima, Okinawa, Oct. 25. Landing support specialists with Combat Logistics Regiment 37, 3rd Marine Logistics Group supported Marine Medium Tiltrotor Squadron 265 during external training, which consisted of lifting a 7,000-pound concrete block and moving it to different locations around a landing zone.

The concrete block simulates the weight of equipment that may need to be moved in combat or humanitarian assistance operations, such as military vehicles, supplies, food or water.

“Our mission is to get in and extract the object as quickly and safely as possible,” said Capt. David M. Venci, a pilot with VMM-265. “While we train with the 7,000-pound block, the Osprey has an external lifting capability up to 15,000 pounds.”

VMM-265 recently switched from the CH-46E Sea Knight helicopter to the MV-22B Osprey, which allows dual-point external operations to be executed at faster speeds.

“With the Osprey having increased capabilities compared to the CH-46 and operating at faster speeds, we can accomplish

our mission faster and more efficiently,” said Gunnery Sgt. Jaymz L. Bott, a crew chief with the squadron.

Landing support specialists used dual-point hook external systems to attach the concrete block to the Osprey. The Marines endured extreme winds and rotor wash to connect the hooks hanging from the aircraft hovering above them.

During the training, it was vital for the pilot and crew to stay in constant communication with the Marines on the ground to ensure there were no errors, according to Sgt. Robert D. Gallini, a landing support specialist with the regiment.

“In combat situations, we need to be quick while being as safe as possible,” said Gallini. “This training is extremely important because working with Ospreys is relatively new to many Marines.”

This was the second time on Okinawa the Osprey was used for external training, and it is scheduled for many training events in the future, according to Bott.

“We have many experienced Osprey pilots on Okinawa,” said Bott. “It is important we get the ground Marines as much training with the aircraft as we can, so that everyone is familiar with its capabilities.”

HELICOPTER from page A1

As always, FRC East will continue repairing the aircraft the Corps uses to maintain its dominance on the battlefield.

“We take time today for a bittersweet celebration to end this era, and we look forward to providing equally superb support to the next generation of Marine Corps assault aircraft, the V-22,” said Bauman. “I would like to thank all of the FRC East employees who touched this aircraft. Because of your blood, your sweat and tears, this aircraft has endured and served for four decades in the fleet.”

SECNAV from page A1

2nd MAW (Forward) is slated to deploy again in early 2013 as one of the final combat deployments in support of operations in Afghanistan prior to President Obama’s proposed withdrawal timeline. Maj. Gen. Glenn M. Walters, commanding general of 2nd MAW, said the deployment will add to the Corps’ rich history.

“For 237 years, Marines have gone to the sounds of the guns,” he said. “We are proud of our service in time of conflict, and our upcoming deployment to Afghanistan is another chapter in our proud heritage of answering the nation’s call.”

After the official ceremonies and the traditional birthday meal, one Marine reenlisted. Cpl. Wilfredo Cieza, a supply administration clerk with Marine Wing Headquarters Squadron 2, said he wants to remain a part of the 237 years of brotherhood, camaraderie and history.

“I think every Marine takes part in Marine Corps history, I’m just doing my job every day to support and keep that readiness,” said Cieza. “To me, it’s tradition, history, and everything the Marines and the Marine Corps has ever done for the United States, and I’m just hoping we can carry it on.”



CPL. SCOTT T. TOMASZYCKI

Maj. Gen. Glenn M. Walters, commanding general of the 2nd Marine Aircraft Wing, hands Secretary of the Navy Ray Mabus a piece of the Marine Corps birthday cake during the wing’s 237th Marine Corps birthday ball celebration in New Bern, N.C., Nov. 7. Mabus said the night was all about celebrating history, tradition and heritage.

FLYOVER from page A1

to dedicate the flight to Lt. Col. Christopher Raible, a fellow Pittsburgh native and the former commanding officer of Marine Attack Squadron 211, and Sgt. Bradley Atwell, an aviation electrician with VMA-211. Both were killed during an attack at Camp Bastian, Afghanistan, earlier this year. Sauerland felt this flyover was a great way to honor the two Marines.

Sauerland said the Harrier community is small; Raible had been a member of VMA-223 several times throughout his career and was a close friend.

“This is a huge honor, and we are very proud,” said Sauerland. “This is a huge opportunity to not only represent Lt. Col. Raible and Sgt. Atwell but all Marines on Veterans Day.”

Two AV-8B Harriers rocketed over the stadium at the end of the national anthem to put an exclamation point at the end of the song and the beginning of the game.

EMAIL from page A1

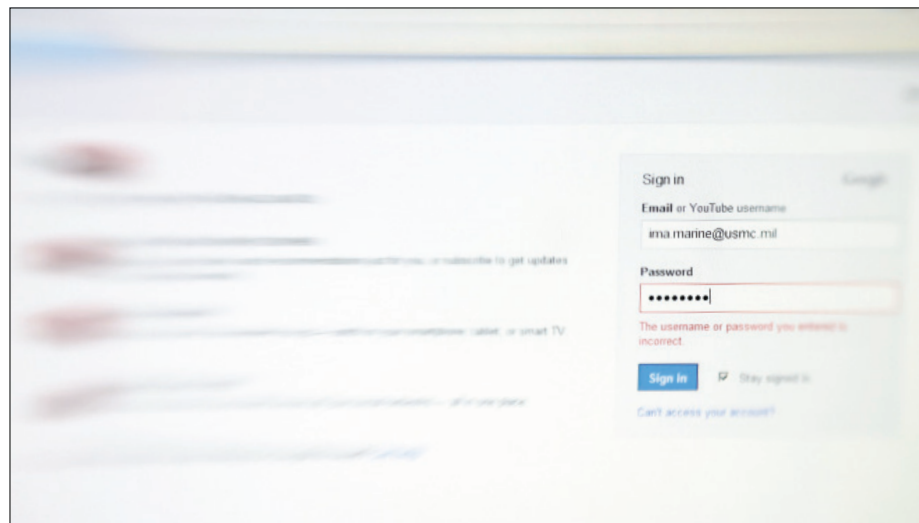
The first exception allows the use of official email addresses to be used for official public affairs activities conducted on non-DoD sites on the internet like Marine Corps Air Station Cherry Point on Facebook and 2nd Marine Aircraft Wing on Twitter.

Although using an official account is allowed for this type of activity, all official MCAS Cherry Point and 2nd MAW social media sites are registered through commercial email accounts.

The second exception is using an official email address to register for work-sponsored activities such as seminars or training hosted by commercial websites. Be mindful that although this is authorized, some sites may be restricted by the Marine Corps Enterprise Network or have limited functionality due to restricted bandwidth.

Every Marine, Sailor and civilian that applies for an official email account is required to read and sign System Authorization Access Request form that details the “dos and don’ts” for utilizing government equipment.

For more information about using social networking sites on government assets and tips on how to operate safely in the social media realm, visit <http://www.marines.mil/News/SocialMedia.aspx>.



STAFF SGT. ROMAN YRUEK

Per Marine Administrative Message 590/12, use of official Marine Corps email accounts to register for social networking sites or Internet-based capabilities is forbidden. For more details about this message and other social media related tips visit <http://www.marines.mil/News/SocialMedia.aspx>.



PHOTOS BY LANCE CPL. PAUL E. WYATT

The Sons of Thunder, a Civil War reenactment group, marches with the colors during the Carteret County Veterans Day parade in Morehead City, N.C., Nov. 10. Various groups throughout the eastern North Carolina community came out to show their support to service members past and present.

Parade honors past, present warriors



Maj. Gen. Glenn M. Walters, commanding general of 2nd Marine Aircraft Wing, salutes the colors as they pass by at the Carteret County Veterans Day parade in Morehead City Nov. 10. Walters served as the parade's Grand Marshal.

Largest area parade draws thousands

LANCE CPL. PAUL E. WYATT
MOREHEAD CITY, N.C.

Thousands of onlookers attended the Carteret County Veterans Day parade in Morehead City Nov. 10.

Parade participants gratuitously threw candy from an array of floats, which included themes ranging from a dancing Spiderman to a fire-spewing hot-air balloon.

Maj. Gen. Glenn M. Walters, commanding general of 2nd Marine Aircraft Wing, served as the parade's Grand Marshal, and the 2nd MAW color guard led the procession. A platoon of Marines and combat vehicles from Marine Wing Support Squadron 274 also participated.

More important was the respect and thanks offered to service members, both past and present. Participants on nearly every float voiced their thanks to the spectators, many of whom were veterans.

One of the most heartfelt moments of the parade was a Boy Scout troop who took the time to shake the hand of every veteran wearing something signifying that they had served. One of the recipients of this gratitude was Robert Oslin of Atlantic, N.C.

"Veterans Day didn't used to mean anything to me until I moved down here," said Oslin, who moved to North Carolina eight years ago from Pennsylvania. "People treat veterans great down here. It's a normal part of the commu-

nity."

The parade had a somewhat different meaning to one Marine who attended. Staff Sgt. Chad Kuczka, an imagery analyst with Unmanned Aerial Vehicle Squadron 2, felt that the most important aspect of Veterans Day was thanking everybody who served before him, as well as the camaraderie among all service members.

"It's incredible how much pride everyone has," Kuczka said. "The respect everyone who has served and is still serving has for one another is amazing."

For the organizers, putting on a great show was a priority. Pam Nardini, who works for the Veterans Service Office in Morehead City, wanted to contribute as much as she could.

"We wanted to give back something to those who serve for our freedom," said Nardini. "If it was not for them, we would not have the freedoms we have today."

Clay Bradt, a volunteer organizer for the parade, is also a Marine veteran with 15 years of service who served in Grenada, Lebanon and Iraq. He said recognizing veterans should be a priority.

"These ladies and gentleman didn't have to serve," Bradt said. "They chose to serve. They chose to protect their country and their loved ones."



Boy Scout Troop 130 from Morehead City marches with flags waving during the Carteret County Veterans Day parade there Nov. 10. A variety of Boy Scout troops were involved in the event touted as the largest Veterans Day parade in eastern North Carolina.

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, 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 November 15

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

Friday November 16

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

Saturday November 17

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

Sunday November 18

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

Monday November 19

Lunch - Beef short ribs, chicken and vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots, minestrone soup **Dinner** - Braised pork chops, turkey meatloaf, buttered egg noodles, islander's rice, Lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

Tuesday November 20

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

Wednesday November 21

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

Great American Smokeout

LANCE CPL. PAUL E. WYATT

MCAS CHERRY POINT

According to the American Lung Association, each year 226,160 Americans are diagnosed with lung cancer and 160,340 Americans die from it. Many of these deaths could be prevented if the victims cut smoking cigarettes from their daily lives.

November is Lung Cancer Awareness Month. Marine Corps Community Services' Semper Fit Program and Naval Health Clinic Cherry Point erected informational booths and organized "quit kit" giveaways throughout this week in an effort to give Sailors and Marines the tools they need to quit and provide them with an opportunity to choose a day to pledge to quit.

Today, the air station observes the most readily recognizable day of the month – the Great American Smokeout. The Great American Smokeout is a nation-

ally recognized day when Americans are encouraged to abstain from smoking for 24 hours. In support of this important step, there will be no tobacco sales at any Cherry Point facility air station today.

Kristen Gibson, a Semper Fit health educator, feels that quitting smoking is important for everyone but especially for Marines because of what being a Marine requires physically.

"The most important reason for Marines to quit smoking is for their personal health," Gibson said. "Smoking increases the risks of many types of cancers, to the smoker and to their families."

For more information call MCCS Semper Fit at 466-06467 or Naval Health Clinic Cherry Point at 466-0277.

Help create a world with less cancer and more birthdays.

American Cancer Society
Great American Smokeout®
November 15, 2012

cancer.org/smokeout | 1.800.227.2345

THE OFFICIAL SPONSOR OF BIRTHDAYS.™ American Cancer Society

Cold and flu season approaching

LAURIE A. VARNER

NAVAL HEALTH CLINIC CHERRY POINT

Winter weather and the holidays are quickly approaching, and with it, the desire to spend more time with family and friends. This closeness also increases the odds of catching and spreading communicable diseases; most notable is the common cold. Common cold symptoms usually include a runny nose, sore throat, sneezing and coughing. These symptoms can last for up to two weeks.

Common colds, flu, most sore throats, and bronchitis are caused by viruses. Those that cause colds first infect the nose and sinuses; the nose makes clear mucus and helps wash the germs from the nose and sinuses. After two or three days, the body's immune cells fight back, changing the mucus to a white or

yellow color. As the bacteria that naturally live in the nose grow back, they may also be found in the mucus, which changes the mucus to a greenish color. This is normal and does not mean you or your child needs antibiotic. Since the common cold is caused by a virus, antibiotics will not help it get better. In fact, taking antibiotics when they are not needed increases your risk of getting an antibiotic resistant infection later. Antibiotics are only necessary if your healthcare provider tells you that you have a bacterial infection.

Your healthcare team can determine if you have a cold and can recommend or prescribe other medications, or give tips to help with cold symptoms. Remember, always use over-the-counter products as directed. Many over-the-counter products are not recommended for children.

Common Cold Causes

- More than 200 viruses can cause the common cold.
- The rhinovirus is the most common type of virus that causes colds.

Signs and Symptoms of the Common Cold

- Sneezing
- Stuffy or runny nose
- Sore throat
- Coughing
- Watery eyes
- Mild headache
- Mild body aches

When do you need to see a Healthcare Provider?

- Persistent Temperature higher than 100.4° F
- Symptoms that last more than 10 days
- Symptoms that are not relieved by over-the-counter medicines
- If your child is younger than 3 months old and has a fever, call your healthcare provider right away.

Preventing the common cold

- Practice good hand hygiene.
- Avoid close contact with people who have colds or other upper respiratory infections.

Station gym hours

Hancock Fitness Center: 466-4018

Monday - Thursday: 5:30 a.m. - 7 p.m.

Friday: 5:30 a.m. - 5 p.m.

Closed weekends and holidays

Devil Dog Gym: 466-2713/4420/4192

Monday - Thursday: 3:30 a.m. - 10 p.m.

Friday: 3:30 a.m. - 8 p.m.

Saturday: 8 a.m. - 6p.m.,

Sunday: 9 a.m. - 5 p.m.

Marine Dome: 466-2566

Monday - Thursday: 5 a.m. - 9 p.m.

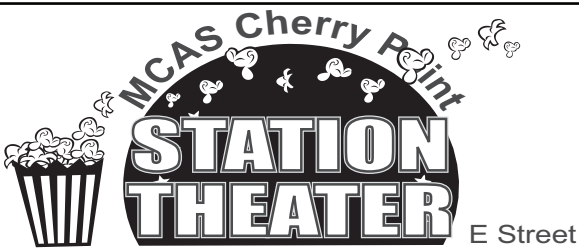
Friday: 5 a.m. - 6 p.m.

Weekends and holidays: 1 - 5 p.m.

VETERANSHISTORYONLINE

For information about the Veterans History Project visit:

<http://www.loc.gov/vets/>



Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

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

NOW SHOWING

Thursday, November 15

6:00pm - Pitch Perfect PG 13

Friday, November 16

5:00pm - Hotel Transylvania PG

7:15pm - Taken 2 PG 13

9:30pm - Dredd R

Saturday, November 17

2:00pm - Hotel Transylvania PG

4:30pm - Pitch Perfect PG 13

7:00pm - Taken 2 PG 13

9:15pm - Dredd R

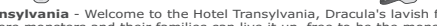
Sunday, November 18

2:00pm - Hotel Transylvania PG

4:15pm - Taken 2 PG 13

Tuesday, November 20

6:00pm - A Charlie Brown Thanksgiving G



Hotel Transylvania - Welcome to the Hotel Transylvania, Dracula's lavish five-star resort, where monsters and their families can live it up, free to be the monsters they are without humans to bother them. On one special weekend, Dracula has invited some of the world's most famous monsters -- Frankenstein and his bride, the Mummy, the Invisible Man, a family of werewolves, and more -- to celebrate his daughter Mavis's 118th birthday. For Drac, catering to all of these legendary monsters is no problem -- but his world could come crashing down when one ordinary guy stumbles on the hotel and takes a shine to Mavis.

Taken 2 - Bryan Mills is the retired CIA agent with a "particular set of skills" who stopped at nothing to save his daughter Kim from kidnappers. When the father of one of the villains Bryan killed swears revenge, and takes Bryan and his wife hostage in Istanbul, Bryan enlists Kim to help them escape. Bryan then employs his unique tactics to get his family to safety and systematically take out the kidnappers, one by one.

Dredd - Dredd is assigned to train and evaluate Cassandra Anderson, a rookie with powerful psychic abilities thanks to a genetic mutation. A heinous crime calls them to a neighborhood where fellow Judges rarely dare to venture - a 200 story vertical slum controlled by prostitute turned drug lord Ma-Ma and her ruthless clan.

Pitch Perfect - Beca is that girl who'd rather listen to what's coming out of her headphones than what's coming out of you. Arriving at her new college, she finds herself not right for any clique but somehow is muscled into one that she never would have picked on her own: alongside mean girls, sweet girls and weird girls whose only thing in common is how good they sound when they sing together.

A Charlie Brown Thanksgiving - When Peppermint Patty invites herself and the entire Peanuts gang to Charlie Brown's house for Thanksgiving, the results are all too predictable, but chef Snoopy and pilgrim Woodstock carry the day.

Movies are subject to change without notice

Announcements

► *Indicates new announcement*

► MCCS Youth Sports Registration

Marine Corps Community Services youth basketball registration is today—Monday and cheerleading today—Wednesday at the Cherry Tree House at 3:30 p.m.

Four age groups will be accepted, 7–9 coed, 10–12 coed, 13–14 and 15–16. Placement will be determined by participant's age as of Dec. 31.

Registration for basketball is \$35 per child until Monday. Late registration is an additional \$10 beginning Tuesday.

Registration for cheerleading is \$35 per child until Monday. Late registration is an additional \$10 beginning Tuesday.

For more information call 466-5493.

► NHCCP Limited Services

The Naval Health Clinic will be open for limited services after 11 a.m. today due to mandatory command training.

However, the pharmacy refill counter located at the Marine Corps Exchange remains open from 10 a.m.–8 p.m.

For more information contact the Naval Health Clinic at 466-0266.

Tours of Cedar Grove Cemetery

The Craven Chapter of Questers International and the New Bern Historical Society will provide tours of Cedar Grove Cemetery through Nov. 24.

Tours offer glimpses into the lives of more than two centuries of New Bern residents. Tickets are \$10 and can be purchased at the New Bern Historical Society, Monday through Friday, 9:30 a.m.–4:30 p.m. or at the gate prior to the tour.

Tours begin at 4 p.m. on Saturdays through Nov. 24.

For more information call 635-1374.

Operation Christmas Child Collections

Operation Christmas Child is requesting shoe boxes with gifts inside for its national collection week through Monday.

Fill a shoe box with school supplies, toys, necessity items and a note of encouragement for a child overseas suffering due to disaster, disease, war, terrorism, famine or poverty.

Collection sites are located around the Pamlico County area. Visit <http://www.samaritanspurse.org/occ> to find drop off locations.

Child Safety Seat Check

The safety and standardization office with the training support department will host a child safety seat check

and clinic at the child development center today from 8 a.m.–noon.

The event is open to all personnel aboard the air station. Certified technicians will check car seats for proper installation and usage. There will be educational brochures available for parents and caregivers. The event is free, and no appointment necessary.

Contact Mary Lamb at 466-4090 for more information.

Recycling Day 5K

Participate in a healthy and fun activity during the Recycling Day 5K run aboard the air station Friday.

Register by today at the environmental affairs department, Bldg. 4223.

Check-in is at 11 a.m. The race begins at 11:30 a.m. at the fitness area on the corner of Slocum and Roosevelt Blvd.

Free T-shirts will be given to the first 75 participants who check-in on race day.

For more information, call environmental affairs at 466-3631, or visit <http://bit.ly/PgD8cc>.

Havelock Youth Lacrosse Registration

The 2013 lacrosse season is right around the corner. Registration begins this month to help get the word out to all returning and new players.

Register at Cups-n-Cones in Havelock Saturday, Dec. 1, Jan. 5 and Jan. 17 from 10 a.m.–2 p.m.

Contact Casi Walton, HYLA president, at 259-7089 for more information.

Fairfield Harbour Arts and Crafts Bazaar

Fairfield Harbour will host the Arts and Crafts Bazaar at the New Bern Community Center and Firehouse Saturday from 9 a.m.–2 p.m.

The event showcases the work of Fairfield Harbour artists and crafters, and will display a wide assortment of handmade gifts for the upcoming holiday season.

Crafts will include jewelry, pottery, holiday decorations, artwork, homemade soaps, hand creams and other accessories.

► NHCCP Thanksgiving Pharmacy Services

The Naval Health Clinic pharmacy and the refill counter at the Marine Corps Exchange will be closed Nov. 22 for Thanksgiving and will be open from 10 a.m.–3 p.m. Nov. 23. Plan to pick up medications early.

For more information contact the exchange at 447-7041.

Gallop for the Gravy 5k

Wilmington West Rotary will host its sixth annual Gallop for the Gravy 5k, Thanksgiving morning, at 8

a.m.

The race starts at the Wilmington Family YMCA. Music, special prizes and other activities will take place throughout of the event.

All proceeds will benefit Wilmington West Rotary's Race for Clean Drinking Water Initiative, as well as University of North Carolina Wilmington and Cape Fear Community College scholarships.

Visit <http://bit.ly/SisIMn> or call 910-343-9614 for more information or to register.

► Wilmington Art and Crafts Show

The Wilmington arts and crafts show will be held Thanksgiving weekend at the Wilmington Convention Center Nov. 24–25, from 10 a.m.–5 p.m.

Price of admission is \$6 for adults, children under 12 are free.

Visit <http://www.holidayartshows.com> for more information.

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.

Monthly and Weekly Events

Al-Anon Family Group Meeting

Al-Anon family group meetings are held Tuesdays at 8 p.m. for family members and friends of individuals with possible alcohol problems. Meetings are held at Havelock First Baptist Church.

For more information, call 447-8063.

Table Talk Bible Study

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

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

Courage to Change

Cherry Point and Havelock Courage to Change support group is for friends and families of people who suffer from alcoholism. Meetings are held at St. Paul's Lutheran Church in Havelock, Tuesdays at 7 p.m.

For information, call 241-6155.

Marine Corps League Meetings

Cherry Point's detachment of the

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, 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 Nov. 6 and Dec. 6 at 9 a.m. For more information, call 466-4201.

Zumba

Zumba exercise classes are offered every Monday, Wednesday and Thursday at the Marine Dome 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 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:

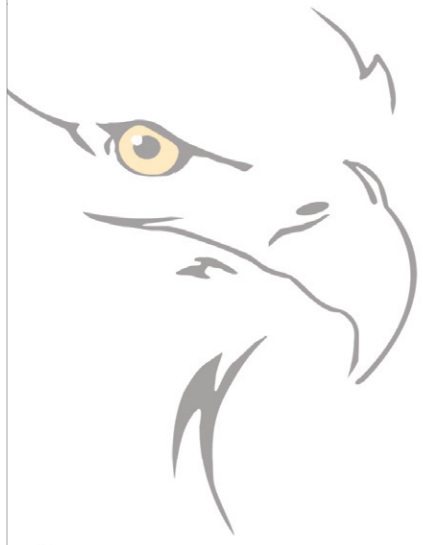
Dry Runs

A sign to watch for is "dry runs." Before execution of the final operation or plan, a practice session will be run to work out the flaws and unanticipated problems.

If you find someone monitoring a police radio frequency and recording emergency response times, you may very well be observing a dry run.

Another element of this activity include mapping out routes and determining the timing of traffic lights and flow. This stage is actually our best chance to intercept and stop an attack. Multiple dry runs are normally conducted at or near the target area

If you observe any suspicious activities, call Cherry Point Emergency Dispatch immediately at 466-3616 or 466-3617



OPERATION EAGLE EYES

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
- MOE'S MART
- NEW YORK TOBACCO CENTER
- ONE STOP SHOP
- SMART BUY
- SMITTY'S R&R
- TOBACCO FOR LESS
- TOBACCO HOUSE CIGARETTE CENTER