

The Windsock

Happy 237th Anniversary
Navy Chaplain Corps!

Vol. 70, No. 48

www.cherrypoint.marines.mil

November 29, 2012

Cherry Point family uses story of survival to raise awareness about premature births



CONTRIBUTED PHOTO

One-day-old Lily Parrish touches her father, Jonathan Parrish's hand at the neonatal intensive care unit of Jackson-Madison County General Hospital in Jackson, Tenn., March 7, 2009. Lily was born 59 days premature and spent 32 days in neonatal intensive care. Jonathan Parrish has since joined the Marine Corps and is now a lance corporal assigned to Marine Attack Squadron 542 at Cherry Point. The Parrish family serves as the ambassador family for the Crystal Coast March of Dimes March for Babies. The March of Dimes is a national organization that raises funds for research on pregnancy, prematurity, and birth defects.

CPL. BRIAN ADAM JONES
MCAS CHERRY POINT

When Lily Parrish was born almost two months prematurely, she was so small that her father's wedding band could fit around her arm.

Hanging in the hall of the Parrish home here there's a photo of that moment—a one-day-old child, weighing barely 2 pounds, clinging to life in neonatal intensive care, wearing a symbol of her parent's love on her tiny sleeve.

Lily was due in May 2009. Her mother, Tiffany, started suffering complications in January. Things quickly grew more serious.

"She was literally starving to death inside of me," Tiffany said.

Doctors administered a treatment involving steroids in an attempt to save Lily's life. On March 6, 2009, a full 59 days before she was due to give birth, Tiffany underwent a cesarean section at Jackson-Madison County General Hospital, in Jackson, Tenn.

"The doctors told me that I wouldn't hear her cry. They said they had to whisk her away immediately to try to save her life," Tiffany said. "But the steroid injections worked. Not only did she cry, she was screaming her head off."

The Parrish family still had a rough road ahead. Tiffany's complications with the pregnancy created a threat to her own

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CPL. BRIAN ADAM JONES

Tiffany Parrish, center, smiles with her two daughters, Lily, left, and Allie at their home here Nov. 26. The Parrish family serves as an ambassador family for the March of Dimes, an organization that raises funds for research on pregnancy, prematurity, and birth defects.

Angel Trees usher in season of giving, caring

JOINT PUBLIC AFFAIRS OFFICE
MCAS CHERRY POINT

As the holiday season arrives and the spirit of giving is rekindled, a fresh opportunity for Cherry Point based Marines, Sailors and families



to take care of each other will begin Friday at the Marine Corps Exchange and Troop Stores. "Angel trees" will be set up at each location and adorned with angel ornaments, each representing a child whose Christmas will be made brighter by anonymous giving.

The 2012 Cherry Point Angel Tree project, spearheaded by Gail A. Walters, wife of 2nd Marine Aircraft Wing commanding general Maj. Gen. Glenn M. Walters, is a method for anonymous donation of Christmas gifts to children of Marines and Sailors aboard Cherry Point who may be facing financial difficulties during the holiday season.

"It's about taking care of each other and the kids," said Walters. "'Tis the season for giving, and if we can go that extra mile, we can help make sure that we are giving to those who need it the most."

Walters said her priority is helping to improve the quality of life for everybody aboard the station, and the angel trees will help improve the lives of some young families during what may be their time of deepest need. She recalled a spouse who had been the recipient of a gift through an angel tree program as a child. "She told me it was something she will never forget," she said.

Exchange and Troop Store patrons will be able to select an angel ornament from the trees and fulfill the gift wish printed on that ornament. Additional information on the ornament will include the child's gender, age and, if appropriate, clothing size. Gifts should not exceed \$25 each, but individuals may choose more than one angel with the expectation that each wish will be fulfilled. After purchase, the anonymous gifts should be brought to the service desks at the

See **ANGEL** page A3

2nd MAW squadron readies to employ revolutionary weapons upgrade in Afghanistan

LANCE CPL. S.T. STEWART
MCAS CHERRY POINT

As thousands of Marines with the 2nd Marine Aircraft Wing (Forward) prepare to deploy to Afghanistan early next year, a group of Marines with the Corps' oldest continuously active squadron prepares for a unique role.

Marine Aerial Refueler Transport Squadron 252 primarily focuses on refueling aircraft in mid air and transporting troops and cargo with the KC-130J Hercules, the Marine Corps' largest aircraft, and an enduring symbol of American aviation.

The transport squadron is also training to employ a revolutionary and now proven weapons upgrade that attaches to the well-known KC-130J Hercules.

The Harvest HAWK (Hercules Airborne Weapons Kit) is used to turn a C-130 into a Marine Corps-style gunship. This mounted weapons kit allows the squadron to provide intelligence, surveillance and reconnaissance, multi-image reconnaissance and close air support to Marines and their Afghan and coalition partners conducting counterinsurgency operations.

Training with this new weapon has been the number one priority for the Harvest HAWK team of Marines

with VMGR-252, and they have been busy since their return from Afghanistan in June.

"From the moment our Harvest HAWK detachment returned from Afghanistan, we began training a new team to go out on the next deployment," said Capt. Thane Norman, a fire control officer with the squadron. "Each member of our team is required to complete six flights on the Harvest HAWK, but we go way beyond the requirement."

The Harvest HAWK team has participated in

See **HARVEST HAWK** page A3

New CFC deadline: Dec 14

CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

The Combined Federal Campaign extended its final donations deadline from Nov. 29 to Dec. 14 to ensure everyone on Cherry Point is afforded an opportunity to donate.

The CFC is a charity drive aimed at federal employees that enables them to pick from thousands of charitable organizations and donate to as many of them as they wish through a single charity campaign.

Pamela Hacker, chairwoman of the Combined Federal Campaign for the Cherry Point area, said part of the reason for the extension was due to units returning from training exercises and deployments. Many Marines have been gone to Yuma, Ariz., or on Marine expeditionary units around the world during the campaign season and would not have an opportunity to donate without the extension.

So far, the campaign has not raised as much money as last year. The additional time may allow participants to attempt to close the gap.

"Donations are extremely low this year," said Hacker. "We're

See **CFC** page A3

HMH-366 adopts local middle school

CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

Marine Heavy Helicopter Squadron 366 adopted H.J. MacDonald Middle School during a ceremony at the school in New Bern Nov. 19.

In accordance with the contract signed by both the squadron and the school, Marine volunteers will provide mentoring, tutoring and other services to the children of the school. The program is effective immediately and will continue for the foreseeable future because there is no end date on the contract.

"We have about 15 percent of our student population that is connected to the military in some way," said Deborah Langhans, the principal of the school. "I think having the squadron support us is not only helping the students from military families but all of our students here."



CPL. SCOTT L. TOMASZYCKI

Lt. Col. Richard T. Anderson Marine Heavy Helicopter Squadron 366's commanding officer, signs an adoption contract with leadership from H.J. MacDonald Middle School at the school Nov. 19.

"I think that certainly there is no better role model for today's youth than a United States Marine," said Lt. Col. Richard T. Anderson,

See **SCHOOL** page A3

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In This Edition:



Safeguarding History

See A5 for photos and story



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News Briefs

Force Size Set Beyond 2014

Top Obama administration officials want to keep about 10,000 U.S. troops in Afghanistan when formal combat ends in 2014, to cement a limited, long-term American military presence in the country according to senior U.S. officials.

A post-2014 troop level of that size would represent the midpoint of preliminary recommendations by Gen. John Allen, the commander of U.S. and international forces in Afghanistan.

Allen proposed maintaining a force between 6,000 and 15,000 U.S. troops to conduct training and counterterrorism efforts when the North Atlantic Treaty Organization mission formally concludes at the end of 2014, officials said. In contrast, the U.S. maintains no residual force in Iraq.

Early recommendations reflect the Obama administration's preference for a relatively small long-term presence.

Some administration officials believe a small long-term presence will put less stress on the armed forces and be more palatable to both the American and Afghan publics.

Some outside defense analysts have said it would require a much larger U.S. presence – perhaps as many as 30,000 troops – to continue to train the Afghan security forces and keep Afghanistan stable.

Access Rd. Running Trail

Cherry Point Facilities and Maintenance completed a 1.4-mile running trail parallel to Access Rd. aboard the air station.

The trail was built to provide more fitness facilities for Marines on the north side of the flight line, keep Marines from exercising next to the road, and connect Range Road to the Roosevelt running trail.

The trail contains two bridges to keep the trail as flat and safe as possible for runners, bikers and walkers.

24th MEU Extension

The 24th Marine Expeditionary Unit and Iwo Jima Amphibious Ready Group have been extended due to operational commitments in the U.S. Sixth Fleet area of responsibility until further notice.

Last week the 24th MEU and IWO ARG were directed to stay in theater until otherwise directed, delaying their return to their home bases at Camp Lejeune and Norfolk, Va., after their regularly scheduled deployment that started in March.

There are currently no specific plans for the 24th MEU or IWO ARG to be employed, but their continued presence in the region is a prudent measure to allow the Navy/Marine Corps team to respond to any crisis or contingency, if directed.

The 24th MEU consists of 2,300 Marines and Sailors embarked across the three amphibious assault ships of the IWO ARG – USS Iwo Jima, USS Gunston Hall and USS New York.

Women's PFT Change

A new All Marines Message was published Tuesday announcing changes to the female physical fitness test.

ALMAR 046/12 outlines the timeline and scoring for replacing the flexed arm hang with pull-ups.

The transition will take part in two phases through 2013 and 2014.

During phase one, the 2013 calendar year, female Marines will have the option to choose between performing pull-ups or the flexed arm hang on the PFT.

Effective Jan 1, 2014, pull-ups will fully replace the flexed arm hang. ALMAR 046/12 provides complete details and scoring information.

Steps to surviving holiday weight gain

Laurie Varner

NAVAL HEALTH CLINIC CHERRY POINT

It seems to happen every holiday season. You attend parties and office gatherings to share a few festive moments with family, friends, colleagues and lots and lots of food. But when the holiday season is finally over, the bathroom scale reveals that you've gained some weight, much to your chagrin.

Research studies show most adults gain some weight over the holidays. But don't despair because this year can be different.

"I recommend to my patients that they just try to keep their current weight, as opposed to focusing on losing weight," said Julia Renee Zumpano, registered dietitian with Naval Health Clinic Cherry Point's preventive cardiology and rehabilitation program. "Even though it's hard to resist temptations all around you, there are simple steps you can take that can keep the extra holiday pounds off."

How can you try to maintain your weight and heart health during such a tempting time? We've compiled eight tips to surviving the holiday hoop-la that is sure-fire success – this season and in the future.

Get moving

One of the most effective ways to maintain or lose body weight is to engage in regular, sustained aerobic activity*. To burn off those extra calories, kick up your exercise. If you exercise for 30 minutes a day, increase it to 45 minutes.

If you exercise three times a week, move it up to five times a week. Exercise is a great way to burn those extra calories you may be taking in this time of year. Remember those iced reindeer cookies you had with lunch?

Here are some ideas to get you moving:

- If you have a stationary bicycle or treadmill at home, dust it off and put it in front of the television or radio for some background entertainment while you're exercising. Why not watch your favorite television show and exercise at the same time?
- Go to the library and get a book on tape or CD, listen to it as you exercise.
- Haven't used your gym pass in a while? Hire a personal trainer to teach you effective calorie-burning techniques, or join that kickboxing class you always wanted to try.
- Go for a walk.
- Put a little kick in your cleaning technique. Fire up some music and dance while you clean.
- Have bad knees or other joints? Don't worry – water aerobics or swimming is the answer. The water prevents your weight from bearing down on the joints and is an effective way to burn calories.

(* If you haven't exercised in at least six months, check with your doctor before starting.)

Aim for seven-a-day

Making sure you eat seven or more servings of fruits and vegetables each day is a great way to help fill-up your stomach but not your calorie level. When compared to other snack foods like chips, crackers and cookies, gram for gram, fruits and vegetables contain fewer calories and tons more nutrients.

What's more, the fiber in fruits and vegetables fill you up faster than traditional snack foods. Pack your refrigerator with bags of cut-up vegetables and whole or cut-up fruits. Grab a bag while on the go or at work.

Make a pact with yourself that you'll eat your seven-a-day before you snack on any cookies or other holiday treats. You're sure to take in fewer calories overall.

Control the risk for temptation

Controlling even the slightest chance of coming in contact with tempting foods is one way to effectively reduce your intake. While you won't be able to control all situations, focus on the ones you can. For example, do you keep candy or cookies at your desk or workspace?

Do you frequent the dining room table or pantry where you store all your holiday goodies? Make a mental note of tempting places and try to control them. For example, make a pact with co-workers that goodies will be kept solely in the break room, not at the front desk or in various offices. Mentally plan out how you will avoid tempting situations. If you can't avoid them entirely, see the next tip.

Limit to one-a-day

While you can't control every situation, you can control how much food goes into your mouth. If you are constantly bombarded with holiday parties and displays of desserts or candies, you can still effectively help prevent overeating and weight gain. One way is the one-a-day method.

Allow yourself one small serving of a cookie or piece of candy each day during the holiday season. Remember that you may have to compensate for it later in the day by reducing your total caloric intake or by burning a few extra calories while exercising. If you aren't confronted with holiday foods that day, just skip your one-a-day, but don't compensate and double-up on your serving the next day.

Never go to a party hungry

Before you go to a holiday party, eat a healthy snack such as a serving of your favorite fruit, fat-free

See **WEIGHT** page A9

Chaplain's Corner : Toleration

CMDR. PHIL KING

MARINE AIRCRAFT GROUP 14 CHAPLAIN

The English philosopher John Locke (1632-1704) has been called one of the fathers of the way we think about civil liberty, freedom, government and the rule of law. His writings and wisdom are reflected in our Declaration of Independence and are fundamental to our understanding of democracy. One of Locke's great writings was a letter written to a good friend, who had it published; it was called "A Letter Concerning Toleration," and spoke primarily to the need of Christian religions to be tolerant of one another and went deeper in an exploration of

the relationship of religion and government. In his opening, Locke states, "... I esteem that toleration to be the chief characteristic mark of the true church. ... Let anyone have ever so true a claim to all these things, yet if he be destitute of charity, meekness and good will in general toward all mankind, even those that are not Christians, he is certainly yet short of being a true Christian himself."

This is a powerful moral conviction from a man who was most probably agnostic. So what does it mean to be tolerant? Some define it as enduring adversity, others as the word forbearing, which means to show patience in the face of being provoked. We all had that training in basic.

Our recent election has left many nerves frayed, and a sense of judgment may too quickly find voice in conversations that are best either avoided or managed with mutual respect for differences. I've found that these political differences we share are more

See **TOLERATION** page A9

CPL. TIMOTHY A. CROMER

Job Title: Fixed-Wing Airframe Mechanic

Unit: Marine Attack Squadron 223

Hometown: Tipton, Iowa

Age: 22

Date Joined: Oct. 19, 2009

Working alongside a tight-knit group of fellow mechanics, Cpl. Timothy A. Cromer, a fixed-wing airframe mechanic with Marine Attack Squadron 223, said he knows that without him and his Marines, the squadron's AV-8B Harriers would not leave the runway.

Cromer works as a collateral duty inspector with his unit, which means he inspects and approves the work the Marines under his charge complete.

However, he said he still enjoys working on the jets, especially the fiberglass and composite components.

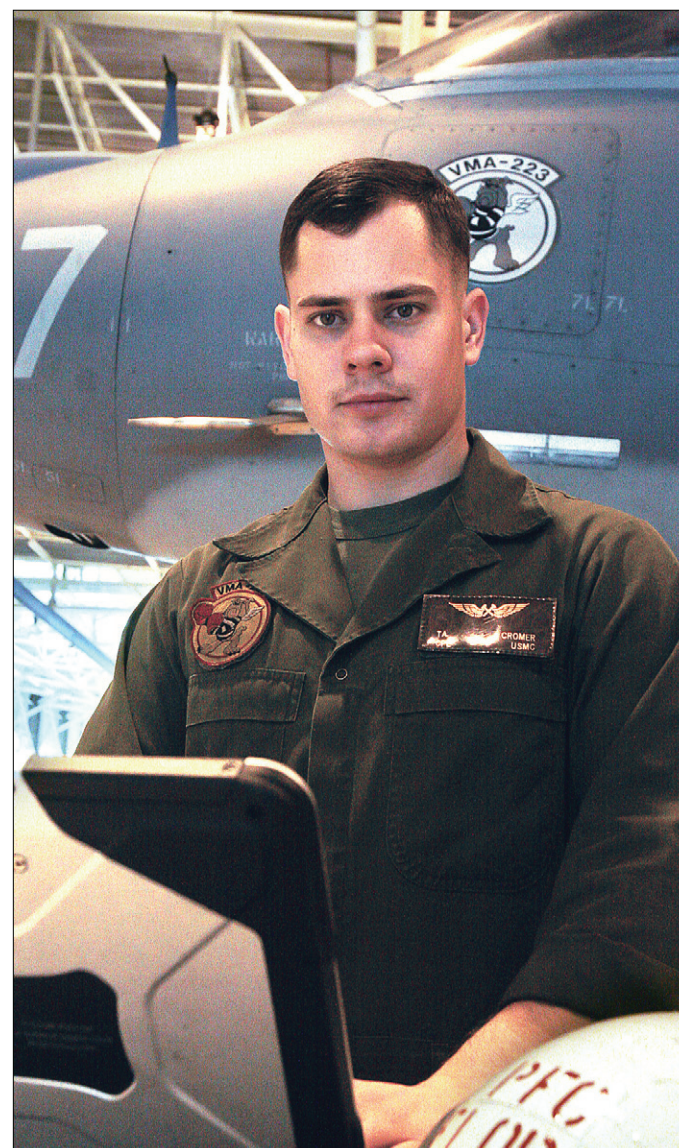
"I really enjoy working with my hands," Cromer said. "I like working with composites. It feels like I am making something out of nothing."

Cromer deployed to Afghanistan last year, where he said the work was a lot more intense. The Harriers he works on provide close-air support for Marines conducting counterinsurgency operations on the ground.

"The work in Afghanistan is a lot more up-tempo," Cromer said. "In garrison, you may work to the best of your ability, but there is not much pressure. In Afghanistan though, if you don't get the jets in the air, the (infantrymen) will suffer."



Highlighting Cherry Point's Warriors



LANCE CPL. PAUL E. WYATT

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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466-3542

PREMATURITY from page A1

life. She had fluid in her lungs, and her kidneys and liver were shutting down. Even after Tiffany pulled through, Lily spent more than a month in neonatal intensive care, sleeping in an incubator. Her parents had to scrub and clean their hands and arms and don sanitary gear just to see her.

The Parrish family's ordeal lead Tiffany to look into the March of Dimes, a 75-year-old organization dedicated to fighting prematurity. It turns out that the steroid injections that saved Lily's life were a result of March of Dimes-funded research, Tiffany said.

Fast forward more than three years. Lily is an energetic child with blonde hair and big eyes. Last year, Tiffany gave birth to a full-term, healthy baby girl, Allie. Tiffany's husband, Jonathan Parrish, joined the Marine Corps and is now a lance corporal assigned to Marine Attack Squadron 542 at Cherry Point.

The Parrish family was recently selected as the ambassador family for the Crystal Coast March of Dimes March for Babies, an annual awareness march scheduled for May 19 in Morehead City. As an ambassador family, the Parrish family will use their story of survival to boost awareness for the March for Dimes mission.

"We pick a family every year that had a premature child," said Gretchen Jones, March of Dimes division director for southeastern North Carolina. "I met Tiffany last year, and I thought she'd just be the perfect person."

Tiffany said she is excited to use her role as an ambassador for March of Dimes to share her story with anyone who will listen.

"Lily is the reason I am doing this," Tiffany said. "Seeing what my daughter went through has inspired me to do everything I can. One in every eight babies is born premature. It is the number one cause of deaths for infants."

Founded by Franklin D. Roosevelt in 1938, March of Dimes played an instrumental role in the eradication of polio. Since shifting their focus in 1970, they have raised more than \$1.8 billion to research premature pregnancies. November is National Prematurity Awareness Month.

CFC from page A1

at about 55 to 60 percent of the donations received in 2011."

This year's campaign began Sept. 13. As of Nov. 26, the Cherry Point CFC has raised \$113,000. During the 2011 campaign, Cherry Point raised about \$205,000.

"We don't focus on the dollar figure, we focus on the contact," said Hacker. "It's the time to give, and we want to make sure everyone has that opportunity."

Hacker said the donations found in CFC booklets help people across the world who are in need. She said Hurricane Sandy in New York was an excellent example of CFC donations going to work. The Red Cross provides disaster relief, and other charity organizations will help rebuild the region and help residents rebuild their lives.

The campaign also features charities aimed at helping military personnel, like the Wounded Warrior Project, the Marine Association Foundation, and the Armed Forces Aid Campaign.

To make a donation, contact your unit CFC representative.



CONTRIBUTED PHOTO

On the day she was born, weighing just 2 pounds and 59 days premature, Lily Parrish sleeps in the neonatal intensive care unit of Jackson-Madison Country General Hospital in Jackson, Tenn., March 6, 2009, with her father's wedding band around her arm. November is National Prematurity Awareness Month, and as an ambassador family for the Crystal Coast March of Dimes March for Babies, the Parrish family is working to raise awareness about prematurity.

ANGEL from page A1

Exchange or the Troop Store where they will be collected, along with the accompanying ornament, for delivery to the military parent's unit. All purchased gifts and accompanying ornaments must be turned in to the service desks by Dec. 17.

The children of uniformed personnel E-5 and below are eligible for inclusion in the angel tree project, even if their family does not specifically celebrate Christmas. Those parents wishing to have their children included must coordinate with their respective unit's sergeant major. Each child's personal information will be kept confidential and used only for the distribution of gifts prior to Christmas.

HARVEST HAWK from page A1

multiple training exercises in the last five months, including working with a team of British forces from the United Kingdom's 1st Armored Division in October, helping train the British forces to effectively coordinate air strikes with the squadron's newest weapons system.

They also trained with Marine Corps Forces Special Operations Command and most recently, the Harvest HAWK team sent a detachment of Marines to Savannah, Ga., for a two-week mission readiness exercise earlier this month.

During their training the team focused on employing the aircraft using the added ordnance and targeting system.

A Harvest HAWK-equipped KC-130J Hercules carries four AGM-114 Hellfire and 10 Griffin missiles and a version of the target sight sensor used on AH-1Z Viper attack helicopters.

Both types of missiles can be laser-guided and the Griffin missiles can be guided using global positioning technology.

The targeting system on the aircraft makes for more precise aim and a lower chance of incurring collateral damage during airstrikes.

The squadron has supported military operations for years by transporting troops and cargo, but now can wield its aircraft as a weapon in direct support of Marines on the ground.

The Hercules is capable of remaining in the air for more than 10 hours at a time. This capability allows 2nd MAW (Fwd.) to provide continuous overwatch and close air support.

While equipped with the weapons kit, the Hercules can still perform its traditional missions.

"The Harvest HAWK is a unique asset that only the Marine Corps has," said Norman. "The best part about the Harvest HAWK is it's just an attachment. We can take the weapons kit off at any point, and with some rewiring, we can attach it to another C-130."

SCHOOL from page A1

the commanding officer of the squadron. "I think the students recognize that. When they see a Marine in uniform, they know exactly what that stands for. I do believe that a good role model and mentorship could help shape a young person's thinking, the way they want to be and the way they want to grow up."

The school recently held a fall festival with the help of Marines stationed at Cherry Point. Immediately afterward, Marines were already volunteering to help next year.

"The Marines who already participated in our fall festival were a tremendous help, and the kids absolutely loved it," said Tina Izzo, president of the school's Parent Teacher Association. "I think it's going to be a good experience for both sides."

The impact goes both ways, said Anderson. He said the experience of mentoring children can facilitate Marines' growth.

"When you have students that are very impressionable looking up to them to get guidance on how to structure the kind of a person they're going to be when they grow up, now that puts a lot of emphasis and a lot of positive pressure on Marines to be better than they are right now," said Anderson.

For some of the children, this will be their first time experiencing military mentorship while in school.

"I think this will be kind of cool," said Tristin, a 13-year-old student at the school. "I've never had this happen in any of my old schools, and I've (attended) three different schools."



CPL. AARON DIAMANT

The battle colors of Marine Fighter Attack Squadron 121 fly for the first time during their redesignation ceremony at Marine Corps Air Station Yuma Nov. 20. Previously based at MCAS Miramar and flying the F-18D, the squadron is the first operational Marine Corps F-35B squadron.

First operational F-35 squadron honored in historic ceremony

CAPT. STACI REIDINGER

MCAS YUMA

MARINE CORPS AIR STATION YUMA, Ariz - Celebrating 100 years of Marine Aviation, 3rd Marine Aircraft Wing welcomed its first F-35B squadron during an official ceremony at Marine Corps Air Station Yuma, Ariz., Nov. 20.

Marine All Weather Fighter Attack Squadron 121, formerly an F/A-18 Hornet squadron, was redesignated as the Corps' first operational F-35 squadron, Marine Fighter Attack Squadron 121.

The arrival of the F-35B Lightning II to Yuma signifies the Marine Corps' forward progress in transitioning the F-35 from a testing and training aircraft to a fully-operational tactical aviation capability.

Hundreds of senior military, civic and industry leaders attended the ceremony to mark the next generation of tactical aviation dominance in the Marine Corps to include Sen. John McCain, Arizona Gov. Jan Brewer, Under Secretary of the Navy the Honorable Mr. Robert Work and Commandant of the Marine Corps Gen. James Amos.

"Today marks the beginning of Joint Strike Fighters flying over the skies of Arizona for perhaps the next 50

years," said McCain during the ceremony. "That's another 50 years for the city of Yuma, and the state of Arizona to do their part to help ensure this great nation remains strong and secure."

Lt. Col. Jeffrey Scott, commanding officer of VMFA-121, is joined by Sgt. Maj. Carlos Williams, who is serving as the squadron's first sergeant major. Both Marines were hand selected to lead the squadron. The squadron will be home to approximately 300 Marines and is expected to receive additional F-35s throughout the next eight to 12 months, with a total of 16 aircraft scheduled to arrive by late 2013.

As the Corps' top leader and a Marine aviator, Amos provided words of encouragement and optimism about the forward progression of the F-35B program with its first operational basing at MCAS Yuma.

"For the first time in aviation history, the most lethal fighter characteristics – supersonic speed, radar-evading stealth, extreme agility, short takeoff/vertical landing capability, and an impressive array of 21st century weapons – have been combined in a single platform, the F-35B Lightning II you see behind me," stated Amos. "VMFA-121 is at the forefront of one of the most significant tran-

sition periods in the 100-year history of Marine aviation as we replace nearly every aircraft in the Corps between 2005 and 2025. Certainly, it is the most significant transition in quite some time, maybe since the introduction of the helicopter to our forces in the post-World War II 1940s," Amos added.

VMFA-121 will now join Marine Aircraft Group 13 alongside four AV-8B Harrier Squadrons, the first of which is scheduled to decommission by the end of 2013. Marine Aircraft Group 13 commanding officer Col. Michael Gough witnessed the re-shaping of the Corps' fixed wing capabilities.

"This is a tremendous step for Marine Aircraft Group 13, a huge leap actually," said Gough. "This amazing new aircraft, coupled with the exceptional Marines and Sailors of Marine Fighter Attack Squadron 121, will showcase Marine aviation's innovative spirit and dedication to unparalleled combat excellence. We are all very proud to be part of such a momentous beginning and look forward to the exciting road ahead."



GUNNERY SGT. DUSTIN DUNK

The second F-35B Lightning II, BF-20, lands at Marine Corps Air Station Yuma during the redesignation ceremony of Marine Fighter Attack Squadron 121 Nov. 20.



CPL. AARON DIAMANT

Gen. James Amos, Commandant of the Marine Corps, speaks of the importance of the F-35B to the Marine Corps and the Department of Defense during the redesignation ceremony of Marine Fighter Attack Squadron 121 at Marine Corps Air Station Yuma Nov. 20.



CONTRIBUTED PHOTO

Maj. Joseph J. Foss, a Marine pilot and World War II fighter ace with 26 confirmed kills, flies over San Diego, Calif., in an F4-U Corsair. Foss was the second highest scoring Marine ace during America's involvement in World War II. The Marine Corps History Division was created in 1919 to record and preserve the Corps' history.

History Division safeguards Corps' legacy

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

With more than 237 years of history behind it, the Marine Corps boasts its share of larger-than-life heroes who, through feats of bravery and sacrifice, earned places in its legendary lore.

As time passes, some stories fade from memory. To preserve the heroes of the past from the ravages of time, Headquarters Marine Corps created the History Division in 1919, whose job it is to record, preserve and distribute the Corps' history as it happens.

From the start of their careers, every Marine is indoctrinated with the rich history of the Marine Corps. Tales of heroes from Capt. Samuel Nicholas to Sgt. Dakota Meyer are taught to every recruit in every platoon in boot camp and retold at every Marine Corps birthday ball.

"A certain amount of pride helps keep one on the straight and narrow. Pride in the Corps and prior Marines means that you take ownership for your actions and do not want to tarnish the name Marine or the Corps by inaction or misdeeds," said Annette Amerman, a senior reference historian. "Pride also instills community – the Corps is a family and having pride in one's family keeps morale up and that leads to better combat efficiency."

The field history branch is responsible for collecting historic material from major exercises and operations. Made up of mostly reserve officers, they deploy to collect photos of Marines in action, interviews with the Marines who took part, and artifacts present at the battles.

"Part of the field historian's mission is to deploy overseas with Marine Corps units," said Capt. Joseph L. Rossiter, a field historian. "Field historians do not stick with one unit, but will try to attach to several units getting an overview of the actions all Marines are doing in theater."

When the facts are gathered and placed in the proper context, the historians make it readily available to both Marines and the

general public. Archiving historical documents and artifacts in one place makes it easier to obtain, and ensures consistent procedures and improved accuracy, said Amerman.

Their work puts the Marine Corps in the public eye and reminds the American people why the Corps exists.

"America needs what the Corps does, a force-in-readiness, always able to go to the tough places quickly and get the job done," said Amerman. "America needs to be reminded of that, especially during tough times like these. We historians help Americans remember they want and need a Corps."

On a local level, the history division takes care of the command chronology, honors and lineage programs, tracking the various operations units have taken part in and the awards units earned. The unit historical officer tracks the command chronology information and maintains local historical programs for the benefit of the unit's Marines.

Marine Tactical Electronic Warfare Squadron 2 has a long history that includes operations during the Cuban Missile Crisis, the Vietnam War, the Persian Gulf War, and the War on Terror.

"Knowing where VMAQ-2 came from in the past helps them to figure out where we need to go in the future," said Capt. Judson P. Riordon, the squadron's historical officer. "It gives them a good sense of pride and accomplishment, especially just coming home from deployment just over a month ago now."

Riordon gave a brief history on his unit, originally a photoreconnaissance squadron activated during the 1950s. In 1975, it became solely an electronic warfare squadron, and in 1992 was broken down into three squadrons; VMAQ-1, 2, and 3.

"It's pretty unique for sure," said Riordon. "For a lot of us younger guys, the only way we're going to find out about it is to read some of the history."



CONTRIBUTED PHOTO

A 1978 depiction by Col. H. Avery Chenoweth of his experiences as a second lieutenant during the Korean War with Marines disembarking from HRS-1 helicopters.



CONTRIBUTED PHOTO

An oil on canvas painting by Capt. Charles G. Grow of Sgt. Tooke, Company C, 1st Light Armored Infantry Battalion, in Feb. 1991.

From the start of their careers, every Marine is indoctrinated with the rich history of the Marine Corps.



CONTRIBUTED PHOTO

1st Lt. Baldomero Lopez scales the wall during the amphibious landing at Inchon, Korea. Later during the battle, Lopez was wounded while attempting to clear out a bunker with a grenade. "We historians help Americans remember they want and need a Corps," said Annette Amerman, a senior reference historian with the Marine Corps History Division.



LANCE CPL. MIKE GRANAHAN

Gunnery Sgt. Andrew Bauer, left, and Maj. John P. Arnold pilot an MV-22 Osprey Containerized Flight Training Device at Marine Corps Air Station Futenma Sept. 20. Arnold is the officer in charge of Marine Aviation Training Systems Site Futenma, 1st Marine Aircraft Wing. Bauer is the site's staff noncommissioned officer-in-charge.

Osprey simulator promotes safety, prepares pilots

LANCE CPL. MIKE GRANAHAN

III MARINE EXPEDITIONARY FORCE / MARINE CORPS INSTALLATIONS PACIFIC

MARINE CORPS AIR STATION FUTENMA, Japan – All Marine pilots face an endless number of variables every time they take to the air in their respective platforms. However, the Corps provides its personnel with special equipment, preparing pilots for as many of those variables as possible.

On Okinawa, Osprey pilots train with the MV-22 Osprey Containerized Flight Training Device, an Osprey flight simulator located at Marine Corps Air Station Futenma. The air station has two simulators, which can be linked together for simultaneous training of two pilots.

The simulator is a safe and cost-effective training device in which pilots sit in an Osprey cockpit and conduct virtual flight missions, allowing them to experience and respond to almost any foreseeable flight situation without putting lives or aircraft at risk.

“In the real world, mistakes can cost lives and damage equipment,” said Gun-

nery Sgt. Andrew Bauer, the staff non-commissioned officer in charge of Marine Aviation Training Systems Site Futenma, 1st Marine Aircraft Wing. “Practicing emergency procedures and specific flight patterns in the simulator allows aircrews to pilot the Osprey more efficiently and safely in the real world.”

While the simulator offers a unique, valuable opportunity for pilots, it is important to note that virtual flight hours are no replacement for the critical training and experience that real-life flights provide, according to Col. Jeff A. Hagan, the assistant to the chief of staff, G-3, operations and training, 1st MAW.

“The simulator is a fantastic asset for our Osprey pilots, but the actual sensations and feelings experienced in the air during actual training flights are critical,” said Hagan. “The role of the simulator is to supplement training flights and provide opportunities for pilots to practice a variety of scenarios.”

The device simulates situations the pilots may encounter, from enemy threats

to friendly maneuvers to inclement weather conditions, according to Maj. John P. Arnold, the officer in charge of MATSS Futenma.

“They can conduct air-to-air refueling, link two simulators together and see each other’s aircraft, and practice (flight) formations,” said Arnold.

Since the majority of flight missions for Ospreys involve a two-aircraft formation, simulators provide excellent opportunities for realistic training when linked up, according to Arnold.

“The pilots get to conduct the same mission and rehearse communications procedures over the radios in the presence of their instructors,” said Arnold. “This allows the pilots to get instant, direct and invaluable feedback while training.”

Another advantage of the simulator is its ability to prepare pilots to fly in a wide range of weather conditions.

“We can put any weather condition possible in the simulator, so pilots can practice flying at night, in the snow, during heavy winds, rain, dust storms, brown

or white out landings, and in any cloud level,” said Arnold.

Using a virtual alternative to an actual aircraft promotes safety while saving training dollars.

“With the high cost and wear and tear on actual aircraft (during real-world training), flight simulators allow Marine aviators to safely train and execute any of the various missions that could be given to them in a cost-effective environment,” said Wendell Smith, the MATSS Futenma contracting officer representative.

Perhaps most importantly, the simulator gives pilots a chance to think through what actions they would take in a variety of scenarios virtually before encountering them physically.

“This approach to training ensures every conceivable ‘what if’ scenario is identified and properly dealt with before ever strapping into the cockpit,” said Bauer. “It greatly reduces the risk of an actual mishap.”



LANCE CPL. GLEN E. SANTY

Staff Sgt. Terri Kopetzki, a clarinetist and assistant enlisted conductor with the 2nd Marine Aircraft Wing Band, sings “Joy to the World” during a 2012 Christmas Concert rehearsal Nov. 27. “I have been very impressed with all the Marines attitudes and the hard work they have put in,” said Kopetzki.

Band tunes up for holiday concert

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

The holiday season is a busy time for Marines with the 2nd Marine Aircraft Wing Band. This season, the band performed at no fewer than 39 Marine Corps birthday ball ceremonies in addition to preparing for one of its biggest concerts of the year.

2nd MAW Band members have spent every spare moment the last couple of months preparing for the annual 2nd MAW Christmas Concert, which will be performed at the Marine Corps Air Station Cherry Point theater Dec. 7. Doors open at 6 p.m.

Staff Sgt. Terri Kopetzki, the assistant enlisted conductor and a clarinetist with the 2nd MAW Band, said as performers and Marines, it is their job to manage the “organized chaos” to put on the best show they can.

Chief Warrant Officer 3 Benjamin Bartholomew, the 2nd MAW band officer, said being busy is not something unique to the band, and they are definitely capable of meeting their mission through this busy time.

“This year we covered 39 birthday ball ceremonies in a one-month period,” he said. “But we kept a decent schedule, and now that the birthday balls are pretty much over with, we’ll have a solid two weeks to prepare for the Christmas concert.”

The musicians have mostly practiced in small groups – a method of fine-tuning their concert selects.

“I have a great staff here, the gunnery sergeants do a great job of preparing all of the smaller ensembles that are in the band, so once the individual pieces are in place, it’s just a matter of getting it to roll together for the performance,” said Bartholomew. “A few days before the concert is when we actually start running through, so we’re working out the logistics, and it’s a changing stage.”

Kopetzki said the Marines are all in the holiday spirit and looking forward to the performance.

“I have been very impressed with all the Marines attitudes and the hard work they have put in,” said Kopetzki. “I don’t personally get sick of Christmas music, but I’m sure there are some who do. Christmas to me is one of those times where if you’re not happy to play Christmas music, what’s the point? Everyone should have high emotions for this time of year because there’s so much excitement going on.”

Cpl. Osman Chaudhry, a percussionist, said throughout the practices, military training and other commitments, the overall mood of the band has been jolly.

“I personally love this job,” said Chaudhry. “I have all the benefits of being a working musician and full-time Marine. From ammo can lifts to tuning a bass, it’s one of the best jobs in the Marine Corps.”

In a teaser to the concert, Kopetzki shared that due to the date, a piece was chosen to honor the 71st anniversary of the attack on Pearl Harbor.

In last year’s concert, roughly 2,000 attendants packed the air station theater to watch the band’s performance. The band expects another packed house this year.

“The only way to describe (playing in front of so many people) is that when all the work you’ve put into a concert is coming together and you’re performing everything you’ve worked hard on, the sounds of the band are just settling,” said Kopetzki. “It’s a relief you finally get to share it.”

Those unable to attend the concert in person can see it streamed live via Google+ at <http://bitly/cherrypointplus> or YouTube at <http://bit.ly/cherrypointchannel>.

'542 conducts flight operations at sea



LANCE CPL. TUCKER WOLF

Marines with Marine Medium Tiltrotor Squadron 261 (Reinforced), 24th Marine Expeditionary Unit, prepare to conduct flight operations with an AV-8B Harrier to keep their qualifications current aboard USS Iwo Jima Nov. 20. The 24th MEU is deployed with the Iwo Jima Amphibious Ready Group and is currently in the 6th Fleet area of responsibility. Since deploying in March, they have supported a variety of missions in the U.S. Central, Africa and European Commands, assisted the Navy in safeguarding sea lanes, and conducted various bilateral and unilateral training events in several countries in the Middle East and Africa. The AV-8B Harrier detachment is from Marine Attack Squadron 542 based at Cherry Point.

WEIGHT from page A2

yogurt or a low-fat, whole grain granola bar. When you arrive at the party, you won't be craving hors d'oeuvres. "If you're going to a potluck dinner, bring a healthy dish to share such as a salad, veggie or fruit tray, or a low-fat pudding or fruit dessert," says Zumpano. "That way, you'll know you have at least one healthy item on the table spread."

Be in charge of your party choices:• *Small plate, please*

Be wise when choosing appetizers – a small portion of some appetizers may help you from overeating at dinner. "Pick up a small plate, and stick with vegetables, but limit or avoid the creamy dips," advises Zumpano. "Restrict your intake of butter crackers, chips, cheese and meats. If you must have a deep-fried appetizer, eat only one small serving. Never go back for seconds. For dinner, fill half of your plate with salad and vegetables, one quarter with meat, and the final quarter with starch," Zumpano says.

• *Avoid the sauce*

Avoid sauces made from cream, half-and-half or meat drippings. For salads, use oil and vinegar, vinaigrette or low-fat dressings. Broth-based or vegetable sauces are fine.

• *What about desserts?*

The best low-calorie choices are fruit, Jell-O, pudding, an unfrosted mini muffin, shortbread cookies, ginger snaps or angel food cake. If you must have a dessert with frosting, butter cream, cream cheese, or chocolate chips, limit yourself to one small cookie or one thin slice of cake.

• *Watch the drinks*

"Besides restricting your alcohol to one or two servings, you also need to restrict the type of alcohol," says Zumpano. "For example, instead of high-fat eggnog, have a light beer or wine. After that, stick with calorie-free drinks such as water, unsweetened ice tea, hot tea or coffee."

Say No Politely

Many times you feel forced to eat foods because people keep putting it in front of you. Learn to say no politely, such as "No thank you; I've had enough. Everything was delicious," or "I couldn't eat another bite." You'll find saying no isn't so hard to do after all.

Focus on socializing

Don't stand around the food table when you are at a party. Focus your energies on making conversation with others instead of focusing on food. Conversation is calorie-free.

Remember, the holidays are meant to celebrate good times with family and friends. Enjoy the holidays and plan effective strategies to help you achieve your weight loss goals. Achieving what you sought will give you one more good reason for holiday cheer! Happy Holidays!



LANCE CPL. GLEN E. SANTY

A Marine checks her weight before the holiday break. The holidays are meant to celebrate good times with family and friends, but effective strategies can help you achieve your weight loss goals.

TOLERATION from page A2

often than not windows into much deeper beliefs we have that are filled with emotional weight; that makes them difficult to discuss rationally, and we should respect our own need to protect such personal feelings by not resorting to attacking or denigrating someone who believes differently.

In John Locke's time, and until very recently, Christian religious difference was a source of terrible disagreement and often violence. Locke invokes the words of Paul the Apostle when he reminds people that a living, working faith must have "charity," an old English word used to translate the Greek word "agape," or "love." In other words, all our power and prominence, all our rightness and authority, is meaningless if we are incapable of showing love and good will to our adversaries and neighbors alike.

I think Locke's ideas are still relevant today. The fact that we use words like "conservative" and "liberal" instead of "Catholics" and "Protestants" as in Locke's time, only demonstrates that it's enduring in human nature to disagree, find fault and fight. As warriors in service to our nation, especially serving forward in a war against opponents who argue that their religious beliefs justify killing those who are different, our understandings of toleration and democracy are powerful disciplines against the madness that afflicts and drives humanity to murder.

The recent election was part of the legacy of the founders that we can manage difference differently. We can be tolerant, and show respect. Imagine a world where everyone was treated so.

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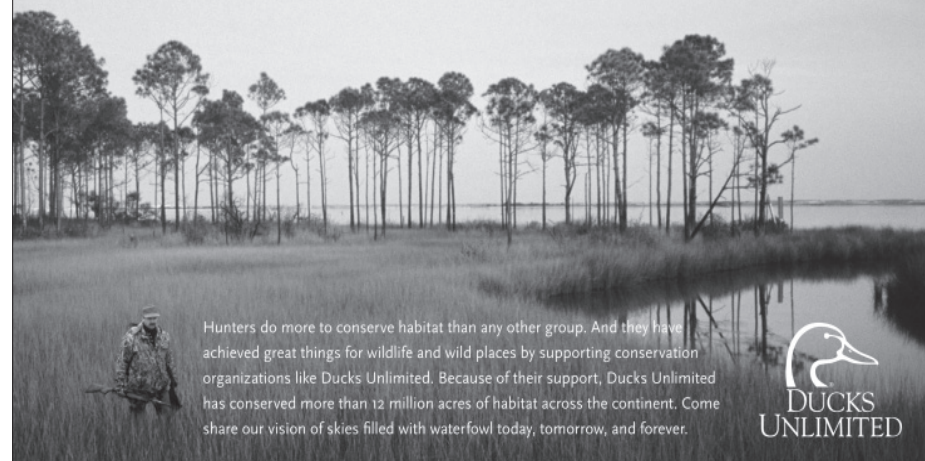
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hunter: another word for conservationist



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PHOTOS BY CPL. SCOTT L. TOMASZYCK

Volunteer guide Gunny Sgt. Richard Madore and his dog, Buster, take a rest and appreciate the beauty of the outdoors during a duck hunt aboard Cherry Point Jan. 22, 2011. Madore was a guide during a Wounded Warrior hunt at Cherry Point. Dogs are not allowed to be used during deer hunting season.

Cherry Point offers hunting opportunities

LANCE CPL. PAUL E. WYATT
MCAS CHERRY POINT

Walking through the woods on a hunting trip, Eric Floyd heard a sound close by. Unsure of whether it was a fellow hunter or his next target, he dropped to the ground and looked through the branches of a holly tree.

Floyd, a Cherry Point game warden, saw a deer. Heart pounding, he stood, nocked an arrow and drew his bow. He stopped noticing the cold and numbness in his arms and legs. He listened in silence, hoping the deer would wander closer. When he felt he could wait no longer, he stepped from behind the tree and released the arrow.

The deer did not make it far. About 40 yards away, Floyd admired his new trophy, a seven-point buck.

This story didn't take place in some snow-dusted mountain meadow in Montana. It happened right here among Cherry Point's Carolina pines. The air station offers a prime hunting locale for Marines, family members, and retirees hoping to bring home some fresh venison.

There are many different types of hunting on base including deer, squirrel, dove, rabbit and duck. There is also a trapping season for raccoon and possum.

Floyd, who has been hunting for more than 40 years, said there are benefits to hunting on the air station. There are more hardwood trees here than on many public lands, which means more acorns for deer to eat, along with natural food plots that help the deer stay healthy. Using dogs for hunting deer is prohibited on the air station as well, which keeps deer calm and traveling more predictable patterns.

The designated archery areas on the air station are another benefit to hunting on Cherry Point.

"We have areas that are strictly for bow hunting that can't be disturbed by gun hunters," said Alan D. Steinhauer, a U.S. conservation officer on the air station.

Hunting is also allowed seven days a week on Cherry Point. Outside, hunters can only hunt on private land on Sundays, said Floyd.

To hunt on Cherry Point, hunters must possess a North Carolina state hunting license and all hunting weapons, which

are limited to shotguns, muzzleloaders, bows and some .22 caliber rifles, must be registered at Pass and ID. Also, hunters must attend a free air station hunting orientation class, which is held every other Friday during the season. Once hunters have completed all requirements, they can purchase an air station hunting permit at the Marine Corps Exchange for \$10, according to Steinhauer.

Air station hunting orientation classes teach hunters the basic rules for hunting on Cherry Point. According to Steinhauer, the key to staying out of trouble is to know the rules and follow them.

Hunting is permitted on the air station from 30 minutes before sunrise until 30 minutes after sunset, but hunters can be in position an hour and a half before sunrise, according to the Cherry Point game warden website. Hunters must check in with the Conservation Law Enforcement office on Access Rd. before going to their hunting areas. A map of the six approved gun and seven bow hunting areas is available at the Environmental Affairs Department on Access Road.

Hunting seasons are the same on Cherry Point as they are in the rest of the state.

Gun season started Oct. 13 and will run through Jan. 1. In gun season, hunters can still hunt using bows and muzzleloaders, but exclusive seasons for those hunters are observed earlier in the year.

North Carolina hunting licenses come with six deer tags. With these, there are still limits on the numbers of bucks you can take.

"The most bucks you can take in a season is four," said Steinhauer. "You can go back and buy more doe tags once you have used your first six."

Occasionally, the department will host special events for groups of hunters. On Nov. 17, hunters took to the surrounding woods near Ordnance Point. The "Ordnance Hunt" takes place four times a year. The next is scheduled for Saturday. There is also a youth turkey hunt in the spring.

For more information on air station hunting regulations or upcoming events, contact the Environmental Affairs Department at 466-3593.



Volunteer guide Gunny Sgt. Richard Madore takes wounded warriors back to the docks after a full day of duck hunting aboard Cherry Point Jan. 22, 2011. Deer hunting is also authorized on the air station during the hunting season.



Gunny Sgt. Timothy Murray from Camp Lejeune's Wounded Warrior Battalion keeps his eyes open and shotgun ready for ducks flying overhead at Cherry Point Jan. 22, 2011.

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 29

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

Friday November 30

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

Saturday December 1

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

Sunday December 2

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

Monday December 3

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

Tuesday December 4

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 December 5

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



Monday, December 10

9:00am-noon

Miller's Landing (Club Drive)

Call 466-4637 to register at least one week in advance



FREE

Annual

CHRISTMAS TREE

Lighting

Friday, November 30
6:00PM - 7:30PM
 Grassy Area in front of
 Main Exchange parking lot

Come out for Christmas Carols, Holiday
 Cookies, Hot Cocoa, Wassail, Games,
 Door Prizes and a Special Visit by Santa!
Don't forget your cameras!

Outdoor Movie
 "How the Grinch Stole Christmas"
 from 7:00pm to 7:30pm.
Bring your chairs and blankets!

Open to all authorized patrons

For more info call
466-3001



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NOW SHOWING

Thursday, November 29

6:00pm - Pitch Perfect PG 13

Friday, November 30

5:00pm - Here Comes the Boom PG

7:00pm - Alex Cross PG 13

9:30pm - Paranormal Activity 4 R

Saturday, December 1

2:00pm - Hotel Transylvania PG

4:15pm - Here Comes the Boom PG

6:45pm - Alex Cross PG 13

9:00pm - Paranormal Activity 4 R

Sunday, December 2

2:00pm - Alex Cross PG 13

MOVIE SYNOPSIS

Pitch Perfect - Becca 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.

Here Comes the Boom - Former collegiate wrestler Scott Voss is a 42-year-old apathetic biology teacher in a failing high school. When cutbacks threaten to cancel the music program and lay off his teacher, Scott begins to raise money by moonlighting as a mixed martial arts fighter. Everyone thinks Scott is crazy - most of all the school nurse, Bella - but in his quest, Scott gains something he never expected as he becomes a sensation that rallies the entire school.

Hotel Transylvania - Welcome to the Hotel Transylvania, Dracula's lavish five-stake 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.

Alex Cross - Young homicide detective/psychologist Alex Cross meets his match in a serial killer. The two face off in a high-stakes game of cat and mouse, but when the mission gets personal, Cross is pushed to the edge of his moral and psychological limits.

Paranormal Activity 4 - All the activity has lead to this.

Movies are subject to change without notice

2D MARINE AIRCRAFT WING BAND

PRESENTS THE

2012

CHRISTMAS

CONCERT

FRIDAY, DECEMBER 7th AT 7PM
MCAS CHERRY POINT THEATER
 -TOYS FOR TOTS WELCOME
 -DOORS OPEN AT 6PM

FREE ADMISSION

Announcements

► Indicates new announcement

Toys for Tots

Toys for Tots is returning to Marine Corps Air Station Cherry Point through Dec. 16. Drop off locations are as follows:

- The Roadhouse 3542 E. Street
- The Marine Corps Exchange
- Havelock Walmart
- Morehead City Walmart

Contribute by donating a new, unwrapped toy, hosting a Toys for Tots event or volunteering at the local warehouse.

For more information call Sgt. Jesse T. Cody at 466-7316 or email Jesse.t.cody@navy.mil.

► A Beary Merry Christmas

The downtown council of the New Bern area Chamber of Commerce is hosting "A Beary Merry Christmas," in downtown New Bern through Dec. 25.

The event includes the Beary Merry Christmas scavenger hunt, Beary Beautiful Wreath, Christmas Bear Trolley Tour, Breakfast with Santa, Jaycees Christmas parade, Christmas flotilla, The Holly and the Ivy Holiday Homes Tour, breakfast with Bernie and the Bernie's Beary Merry Mistletoe March.

Visit <http://www.downtownnewbern.com> or call Amanda Banks at abanks@salemcpa.net.

► I Golf For Food

The Sound Of Freedom Golf Course is offering all golfers who pay greens fees and riding cart fees for 18 holes an "I Golf for Food" gift certificate good for an up to \$10 value-lunch at Miller's Landing through Dec. 31.

The offer is valid for any round played Monday-Friday.

For more information call 466-3044.

Annual Christmas Tree Lighting

Cherry Point Marine Corps Community Services will host the annual Christmas tree lighting in the Marine Corps Exchange parking lot Friday, 6-7 p.m.

The event will include Christmas carols, holiday cookies, hot cocoa, games, door prizes, a special visit by Santa and an outdoor movie, "How the Grinch Stole Christmas." Bring chairs and blankets.

For more information call 466-3001.

Gift-Wrapping at MCX

The Enlisted Spouses Club will offer free gift wrapping at the Cherry Point Exchange on the following dates:

- Friday from 4-8 p.m.
- Dec. 1, 2, 8, 9, 15, 16, 22 and 23 from 10 a.m.-6 p.m.
- Dec. 7 and 21 from 4-8 p.m.

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

► Free Photos with Santa

Santa is coming to the Marine Corps Exchange to have his picture taken with willing patrons Saturday, Sunday, Dec. 8, 9, 15, 16, 22 and 23 from 11 a.m.-3 p.m.

One free roll of wrapping paper will be given to the first 100 customers with a Toys for Tots donation.

For more information call the exchange at 447-7041.

► Christmas Flotilla Open House

The Crystal Coast Lady cruise line will host a Christmas Flotilla open house at the New Bern Grand Marina, Dock F, aboard the Crystal Coast Lady Saturday.

The event is free and patrons will enjoy complementary hot apple cider and clam chowder. No reservations are required.

Visit <http://www.crystalcoastlady.com> or call George Aswad at 728-8687 for more information.

Havelock Youth Lacrosse Registration

The 2013 lacrosse season is right around the corner. Register for all returning and new players at Cups-n-Cones in Havelock, Saturday, Jan. 5 and Jan. 17 from 10 a.m.-2 p.m.

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

► Enlisted Monitor Visit

The Enlisted Monitors will visit Cherry Point to give Marines the opportunity to sit down and discuss career paths within their fields Dec. 6 from 8 a.m.-5 p.m.

There will be several briefs for different target audiences.

Marines are encouraged to attend these informative briefs. The schedule is as follows:

- 8-8:30 a.m., first term FY13 FTAP Marines, at the station theater.
- 8:30-9:30 a.m., for SDA/MCIOC/Reserve/MARSOC FY13 FTAP Marines, at the station theater.
- 1-2 p.m., manpower brief for staff NCOs and officers, at the station theater.
- 2-2:10 p.m., MCIOC brief for staff NCOs and officers, at the station theater.
- 2:10-2:20 p.m., EFMP brief for Staff NCOs and officers, at the station theater.
- 3-4 p.m., career counselor brief for sergeants and above, at the station theater.
- 8 a.m.-5 p.m., monitor interview for all enlisted Marines, at Millers Landing.
- 8 a.m.-2:30 p.m., career counselor interviews for sergeants and above, at Millers Landing.

Aviation monitors only will be on Cherry Point for aviation monitor interviews for enlisted Marines at Millers Landing Dec. 7 from 8 a.m.-3 p.m.

For more information contact your unit career planner.

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 next class for 2012 will be 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 fair is Nov. 30. For more information call, Dana Bayliss, at 466-2046.

2nd MAW Band Christmas Concert

The 2nd Marine Aircraft Wing Band will perform its annual Christmas concert at the station theater Dec. 7.

Doors open at 6 p.m. Admission is free. Toys for Tots donations are welcome.

Rotary Corn Toss Tournament

Swansboro Rotary will host the second Rotary Corn Toss Tournament at the Rotary Civic Center in Swansboro Dec. 8.

The cost is \$50 per two-person team. Registration begins at 10 a.m.; competition begins at noon. Swansboro Rotary funds support a variety of community projects, including scholarships for deserving high school graduates.

For information call 910-326-6175.

► The Nutcracker

New Bern Ballet Company will host the Nutcracker at the Two Rivers theater and event center Dec. 14.

The event is free; doors open at 5 p.m.; show starts at 6 p.m. The event will include door prizes, cookies, goody bags for kids, popcorn, drinks and a photo opportunity with Santa. Cameras are welcome.

For more information call 466-3850.

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 - 466-5490.

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.

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.

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.

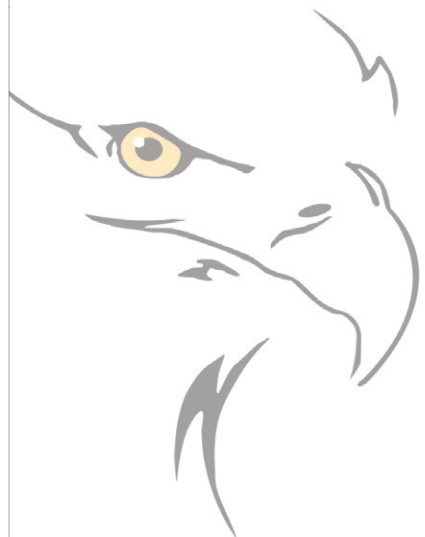
Signs of Terrorist Activity:

Fixed Surveillance

Fixed surveillance is done from a static, often concealed position, possibly an adjacent building, business or other facility.

In fixed surveillance scenarios, terrorists may establish themselves in a public location over an extended period of time or choose disguises or occupations such as street vendors, tourists, repair or delivery men, photographers or even demonstrators to provide a plausible reason for being in the 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
 TOBACCO LEAF
 VETERANS AFFAIRS SERVICES