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MALS-40 activates for Afghanistan

LANCE CPL. S. T. STEWART

MCAS CHERRY POINT

Marine Aviation Logistics Squadron 40, commanded by Lt. Col. Ryan G. Goulette, was activated during a ceremony at Miller's Landing Wednesday.

During the ceremony, Goulette and Master Gunnery Sgt. Prentice P. Lucas, the unit's senior enlisted advisor, uncased the squadron's colors, signifying the official activation.

The squadron will deploy to Afghanistan in January to provide aviation logistics support to 2nd Marine Aircraft Wing (Fwd.), commanded by Brig. Gen. Gary L. Thomas.

"Without Marine aviation logistics squadrons, it would be impossible for us to conduct sustained expeditionary air operations," said Thomas. "We are very fortunate to have Lt. Col. Goulette take command of this great squadron. He is a great leader with the experience and expertise to ensure the success of this squadron."

The squadron will deploy for a year. For the first six months, Lucas will serve as the senior enlisted advisor and will be replaced by Sgt. Maj. Thomas W. Foster.

MALS-40 last deployed in 2011 to support 2nd Marine Aircraft Wing (Fwd.) commanded by Maj. Gen. Glenn M. Walters. The squadron plans to deploy with more than 200 Marines and will grow to more than 300 Marines in Afghanistan.

Goulette said teamwork will be the key to success during the squadron's deployment.

"We often say in the Marine Corps, that it's the ultimate team

See **MALS-40** page A7

MCIEAST hosts gubernatorial visit



CPL. ANDREA CLEOPATRA DICKERSON

Cherry Point was one stop of several the governor and governor-elect made in an effort to foster relationships between local military and government officials.

CONTRIBUTED ARTICLE

MARINE CORPS BASE CAMP LEJEUNE

MARINE CORPS BASE CAMP LEJEUNE, N.C. – North Carolina Gov. Beverly E. Perdue and Governor-elect Pat McCrory visited the three bases in the state attached to Marine Corps Installations East Friday to build relationships between the incoming governor and military and community leaders.

"Each installation has its own specific issues and concerns," said Commanding General of MCIEAST and Marine Corps Base Camp Lejeune Brig. Gen. Thomas A. Gorry. "It's important for the governors to have an appreciation for the specific military issues, and get a site visit in order to better understand the varying dynamics."

The governor and governor-elect arrived by plane aboard Marine Corps Air Station New River where they were greeted by Gorry, boarded a UH-1Y Venom from Marine Light Attack Helicopter Squadron 269 and were given a bird's eye view of the area during a helicopter tour. From there, the elected officials were treated to a luncheon with civilian and military leaders at the general's quarters, followed by a tour of Camp Lejeune, the Memorial Gardens in

Jacksonville and Marine Corps Air Station New River.

On what might be her last visit to military installations as governor, Perdue was reflective about her term. "We've done a lot of things to make the quality of life different, but at the end of the day as governor and lieutenant governor, this Marine force has been deployed for more than 11 years. We've seen the valor and giving of the communities and families, and it makes me proud to have this relationship with the military."

Their tour also highlighted key locations aboard MCB Camp Lejeune such as the Wounded Warrior Complex, the Naval Hospital, the new base entry road project and the numerous, newly-finished and current construction projects featuring LEED Platinum certifications for energy efficiency.

Midway through the visit, McCrory offered some thoughts on his future tenure as governor of the most military friendly state in the nation: "This tour strengthens my resolve to make sure that we keep and expand the strong military presence here in North

See **GOVERNOR** page A7



CPL. BRIAN ADAM JONES

Retired Maj. Gen. Charles F. Bolden Jr. smiles as he sees his official portrait as part of his induction into the First Flight Society's Paul E. Garber First Flight Shrine in Kitty Hawk, N.C., Dec. 17, the 109th anniversary of the first powered flight.

Marine honored at 109th anniversary of first flight

CPL. BRIAN ADAM JONES

MCAS CHERRY POINT

KITTY HAWK, N.C. – In the small town in North Carolina's Outer Banks where aviation was born on this date 109 years ago, little is the same.

The area once sought out by two brothers from Ohio for its ideal windy weather and relative seclusion is now a popular beach town. A large memorial now looms over a hill near the air strip the Wright Brothers used on that fateful day. Even the terrain is different. The sandy expanse that Orville Wright launched his flying machine into the air from for 12 seconds at 10:35 a.m. on Dec. 17, 1903, is now a grassy marshland.

And Monday, the 109th anniversary of that first flight, was a cold, rainy morning – nothing like the sunny ideal conditions that helped enable history more than a century ago.

The weather made a planned fly-over impossible. EA-6B Prowlers from Marine Tactical Electronic Warfare Squadron 1 were slated to join aircraft from U.S. Coast Guard Air Station Elizabeth City and numerous civilian planes to pay tribute to the birth of an era in this year, the centennial of Marine aviation.

But the Marine Corps was honored in a different way – retired Maj. Gen. Charles F. Bolden Jr. was this year's inductee into the

First Flight Society's Paul E. Garber First Flight Shrine. Bolden's remarkable career includes flying more than 100 combat sorties in the Vietnam War; serving as an astronaut, where he flew four times in the space shuttle; serving as commanding general of the 3rd Marine Aircraft Wing; and now heading NASA, where he oversaw the conclusion of the space shuttle program and the successful launch of a vehicle on Mars.

"I see myself as a representative of Marine aviation," said Bolden. "It's quite an honor because of the people you're joining in the shrine." As its newest inductee, the

See **FIRST FLIGHT** page A7

Otis welcomes new sergeant major

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

Sgt. Maj. Misitupa Tueichi assumed his post as Marine Aerial Refueler Transport Squadron 252 sergeant major from Sgt. Maj. Rick Caisse Friday.

Caisse will retire and move on to instruct at a Reserve Officer Training Corps post.

"Leaving '252 will be bittersweet," said Caisse. "I hate leaving the Marine Corps; I've been doing it since I was a child. I have the thought of leaving the squadron, but I've come to terms with leaving, and I'm starting to look forward to it."

"I've had Marines ask me advice on staying in, and the one thing I always tell them is to be themselves," said Caisse.

He explained that throughout his career, the Marine Corps has offered him so many opportunities to challenge himself that there isn't much left that he considers to be much of a challenge.

"As stressful as the Marine Corps can be, it has taught me to handle it very well," said Caisse. "I've learned when everyone else is freaking out, it's time to take a deep breath. It's taught me how to



Sgt. Maj. Tueichi

See **VMGR-252** page A7

VMGR-252 Marines return home

LANCE CPL. S. T. STEWART

MCAS CHERRY POINT

A detachment of more than 30 Marines with Marine Aerial Refueler Transport Squadron 252 returned to Cherry Point Saturday from a seven-month deployment with the 24th Marine Expeditionary Unit.

The detachment deployed with the Camp Lejeune-based MEU to provide aerial refueling and troop and cargo transport capabilities while operating primarily in Djibouti in the Horn of Africa.

The detachment deployed with two KC-130J Hercules aircraft and completed more than 950 flight hours.

"We moved constantly," said Maj. James Poppy, the detachment officer in charge. "The Marines were outstanding during the deployment. It's good to be back, and the Marine deserve to be back."

The deployment was split into one three-month deployment from April to July and one four-month deployment from August to December.

"I am happy to be back after all the hard work

See **RETURN** page A7



LANCE CPL. S. T. STEWART

Capt. James R. Friedlein, a KC-130J Hercules pilot with Marine Aerial Refueler Transport Squadron 252, holds his children after returning from a seven-month deployment with the 24th Marine Expeditionary Unit Saturday.

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RIVERINE

See A3 for photos and story



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

News Briefs

Paxton Posts as ACMC

Gen. John "Jay" Paxton pinned on a fourth star and assumed duties as the assistant commandant of the Marine Corps Saturday. Paxton replaced Gen. Joseph Dunford.

Dunford will take over in February as the top U.S. commander in the war in Afghanistan.

Paxton recently served as head of Marine Corps Forces Command, Marine Corps Forces Europe and Fleet Marine Forces Atlantic in Norfolk, Va.

Breathalyzers Start Jan. 1

The Marine Corps' Alcohol Screening Program will be implemented beginning Jan. 1, according to Marine Administrative Message 709/12.

Under the program, all Marines will be subject to mandatory semi-annual breathalyzer tests to provide commanders an additional tool to identify Marines and Sailors at risk for adverse effects of alcohol abuse or misuse.

Marines who measure a .01 blood alcohol content level will be referred to the Substance Abuse Counseling Center for screening and treatment as appropriate.

Marines who register .04 or higher BAC will be referred to medical personnel to determine whether they are fit for duty.

Though the focus of the program is deterrence and education, commanders are empowered to discipline intoxicated Marines as the situation warrants.

Units Slated for ITX

Units from Cherry Point are preparing to leave for the Integrated Training Exercise, replacing Enhanced Mojave Viper, at Marine Corps Air Ground Combat Center Twentynine Palms.

Units slated to deploy include Marine Attack Squadron 542 and Marine Wing Support Squadron 271, leaving in early 2013.

ITX will consist of many of the same training objectives as EMV. The exercise will prepare Marines to fight and win in international operations.

E-mags at Library

More than 260 electronic magazine titles are available and free to air station patrons through the Marine Corps Community Services library website.

Patrons can read full digital versions of the magazines on most portable devices, including most smart phones and tablets or on personal computers.

To download the free application, register and access e-magazines, visit <http://library.usmc-mccs.org> or stop by the air station library.

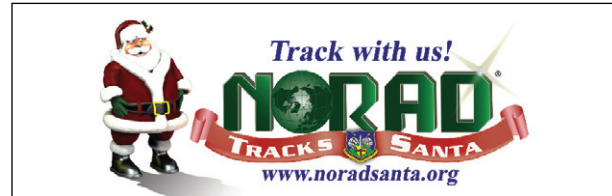
For more information, contact the library at 466-3532.

SSN Removal Update

According to Marine Administrative Message 720/12 beginning Dec. 2012, social security numbers will no longer be encoded onto the 39 barcodes of all newly issued and reissued Department of Defense identification cards.

The social security numbers will continue to be encoded in the portable data file, PDF417, barcode until Dec. 2013.

There is currently no plan for removal of the social security numbers from the integrated circuit chip contact interface of the common access cards.



How a high school play opened my heart to Vietnam Vets

LANCE CPL. CORY D. POLOM

MARINE CORPS AIR STATION CHERRY POINT

It was opening night for the Chesaning Association of Performing Arts winter competition play "Tracers." Within the first five minutes, during a scene when my character was at boot camp in the push-up position, I noticed several large, elderly men walking out of the theater.

This was the first time I had acted in a high school play, and it was a very meaningful performance that would change the way I viewed the subject of the Vietnam War.

I played the character "the Professor" – a bookworm type who enlisted to serve in Vietnam.

In preparation for this, the cast trained in close-order drill, weight training and even sat down with local Vietnam veterans who told us of their experiences.

"I held my best friend as he was dying after being shot in the chest," one veteran said as he wiped tears from his eyes.

Since that day, I have researched the war and the effect it had on these veterans.

I discovered that more than 4,000 names on the Vietnam Veterans Memorial Wall are lance corporals like me. There are eight women, whose names appear on the wall alongside 254 Medal of Honor recipients.

Upon returning home, most military members are welcomed by their home community with open arms, but not these men.

Instead, people would spit on them and call them things like "murderers" and "pawns." They weren't given a ticker-tape parade or even a "thank you."

Since then, Vietnam veterans have been slowly gaining the respect and recognition they didn't receive when they came home.



A young girl stencils the name of a fallen warrior from the Vietnam Veterans Memorial Wall in Washington, D.C. Visitors can stencil any name on the wall as a souvenir.

I recently visited the Vietnam Veterans Memorial Wall in Washington, D.C., where veterans and family members spent three days reading off the more than 58,000 names of U.S. men and women who were killed or went missing in action during the war.

It was there that I had the great honor of speaking with several veterans of this terrible conflict, stopping them and just telling them something long overdue, a few little words that brought some of them to tears, "Welcome home, and thank you for your service."

One veteran asked me through his tears why I had



PHOTOS LANCE CPL. CORY D. POLOM

Two veterans of the Vietnam War speak with a visitor at the Vietnam Memorial in Washington, D.C., Nov. 10.

chosen those words, and I told them of my history with this play and how I learned of the harsh treatment they received upon arriving back in the states. He wiped his tears and told me how when he got home, his own family turned their backs on him for years and that he didn't even meet his grandchildren until 10 years ago.

"I can count how many people told me 'thank you' in the first 10 years of being back here in the states," he said. "Eight people; and they were other veterans."

As he spoke with me, unfolding more stories of the years following the war, I recognized the thousand-yard stare that I had been taught about from the veterans I had talked to my freshman year of high school.

Finally after 20 minutes of talking, he asked me if I served, and when I told him I was currently enlisted in the Marines, he said, "It means more to me that you, a young Devil Dog, would go out of your way to recognize me and my brothers of our war than if the president came here and told me, 'thanks for serving.'"

As a young woman approached him, we said our good-byes and went our separate ways.

I walked along the wall, reading some of the names engraved into the wall, periodically stopping to thank other vets for their service and to welcome them home. A letter, laminated and placed at the foot of the wall, caught my eye.

It was written to Steven H. Adams, an airman who went missing in action during the war, from an Iowa native. The writer explained how he wears Adams' name on his MIA bracelet even though they had never met.

As I knelt beside the wall and read this letter, I was instantly taken back to the stage, to opening night.

I remember how, following the show, several veterans in the audience came and addressed the cast concerning our performance.

I took that opportunity to ask one man, whom I had seen walking out earlier in the night, why he had left. As his smile slowly faded he said, "The opening scene triggered a flashback of things people asked and said to me when I returned from the war. Also of the first day of boot camp when I met my best friend, and it reminded me that he never came home."

For those who returned from the war, it was a flight home only to be ridiculed and hated by the country they loved and were willing to die for.

For me, this war was defined by the heartache felt when these men and women returned home. It was the pain and sorrow for those lost. But the most important thing is remembering and honoring those who never came home and thanking those who did.

CPL. RASHAD ELLIS

Job Title: CH-53E mechanic and aerial observer

Unit: Marine Heavy Helicopter Squadron 366

Hometown: North Attleboro, Mass.

Age: 21

Date Joined: May 31, 2009

Marine Heavy Helicopter Squadron 366, a CH-53E Super Stallion squadron, provides heavy lift capabilities and transport of combat troops, supplies and equipment for the 2nd Marine Aircraft Wing. Cpl. Rashad Ellis, a CH-53E mechanic and aerial observer, helps keep the squadron's aircraft mission ready at all times.

"Our tempo can go from slow to crazy in a heartbeat," said Ellis. "From turning wrenches to going on flights, it's my job to keep these aircraft ready to rock and roll."

Ellis spoke about working on the Super Stallions as if they were living beings.

"It's a temperamental aircraft, but I still love it," he said.

Ellis said the highlight of his enlistment was his deployment to Afghanistan.

"I have too many moments with this squadron to pinpoint one that stands out specifically," he said. "I have stories of people out there sun tanning in their off time. All of the flights and missions we went on and people I met really made the experience unforgettable."



Highlighting Cherry Point's Warriors



LANCE CPL. GLEN E. SANTY

The Windsock

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REMEMBER TO RECYCLE





PHOTOS BY LANCE CPL. CORY D. POLOM

Sailors with Navy Riverine Squadron 2, Detachment 22, extract from simulated enemy territory during a training exercise in the Cherry Point area. The boat team conducted several training exercises on the waterways surrounding Marine Corps Outlying Field Atlantic and Cherry Point during their trip here from Little Creek, Va., Dec. 10-14.

Navy special boat team prepares locally for counter-drug ops abroad

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

As waves tossed two small assault boats around, the Sailors aboard were on watch for movement on the water as their small vessels made their way to the insertion point.

Cold water splashed over the walls of the boats, but the Sailors didn't deviate from their course. They stood ready to deploy into the wet marshlands, where intelligence informed them of the location of a small weapons cache.

Their mission was to quietly insert, recover the cache and get out undetected without incident. Navy Riverine Squadron 2, Detachment 22 succeeded in accomplishing the mission. After the ground team recovered three rifles buried under some dead shrubs and sticks, they moved back to the boats for extraction.

Although this was just a training scenario the team used for their upcoming deployment, this could easily become a true-life scenario these Sailors face while deployed to South America within the next year, said Petty Officer 1st Class Dwayne Brown, operations specialist with the riverine team. The team will be conducting anti-drug trafficking operations in multiple countries throughout South America.

The boat team conducted several training exercises on the waterways surrounding Marine Corps Outlying Field Atlantic and Cherry Point during their trip here from Little Creek, Va., Dec. 10-14.

"The land and waterways around this area are similar to what we will be seeing on deployment," said Brown. "That is the reason for choosing this location. We can give these Sailors real-life training with real-world similarities to the locations we will see in South America."

MCOLF Atlantic provides the Sailors with a quiet location for training in an austere environment. They constructed shelters and tents, and there is very little to no cell phone reception, putting the Sailors in a state of seclusion for this training.

"We want them to get use to this type of place," said Brown. "That way it will not be a shock to them while on deployment."

During the training for the deployment, the Sailors found themselves dealing with different weather patterns including freezing winds and sharp, stinging rainfall.

"A lot of the weather patterns we deal with make the waters rough and choppy," said Petty Officer 2nd Class Richard Oyler, an engineer and half gunner for the squadron. "We have to be prepared for any type of scenario. We have to be on alert for enemy contact, weather and even water depth."

The team fought the conditions, the cold water and high winds to a successful end to their training.

"Anytime we can come out and get some great training on the water is a great step towards mission accomplishment," said Lt. Cmdr. Dave Cearley, the executive officer of Riverine Squadron 2.



Petty Officer 2nd Class Neil Gahimer, a gunner with Navy Riverine Squadron 2, radios for extraction after his team recovered a simulated weapons cache in the Cherry Point area Dec. 12.



Petty Officer 1st Class Michael Pearson, a gunner with Navy Riverine Squadron 2, keeps watch over the water behind a Mark 44 mini-gun on a riverine vessel Dec. 12. The Sailors conducted training to prepare for an upcoming deployment to South America.



Sailors with a special boat team, extract from simulated enemy territory during a training exercise in the Cherry Point area Dec. 12. The Sailors inserted to investigate and recover a simulated hidden weapons cache.



Sailors with Naval Riverine Squadron 2 visiting Cherry Point, race down a nearby waterway, Dec. 12.

Squadron delivers Christmas to most isolated village in America

CPL. JESSICA ITO

MARINE FORCES RESERVE

SUPAI, Ariz. – CH-46E Sea Knight helicopters provide all-weather, day-or-night assault transport of Marines, supplies and equipment. On Tuesday, Dec. 4, it served another purpose. It was Santa's sleigh.

As the helicopter stirred up dust and touched down on the Grand Canyon floor, the children of the small Havasupai tribe could not be contained. They ran to greet the helicopter before the red cloud of dust settled. They had waited for this day all year.

To Marines, this day is known as Operation Havasupai. Their mission is to provide a Christmas party for children of the tribe in the remote Supai village. Though visiting this party typically requires an eight-hour hike down a steep, narrow path, the Marines arrived by air.

"Having this operation, with Toys for Tots coming to the most isolated village in America, is an extreme honor and a blessing," said Mark S. Baez, the local school psychologist. "Our children look forward to it all year long."

When the large, jolly man finally stepped out of his dual-rotor, Marine Corps sleigh, he was almost knocked to the ground by children scrambling for a hug. But Santa wasn't the only one the kids were waiting for.

Santa's not-so-little helpers this year were the Marines of Marine Medium Helicopter Squadron 764, along with members of the Flagstaff Marine League Charities, Flagstaff Toys for Tots, St. Mary's food bank and The Friends from Utah charity organization.

"Today I saw little kids run past Santa to see the Marines in uniform," said Sgt. Joel Wright. "It seems like a lot of people here look up to us."

There are more than 700 tribal members, and many of the young men and women expressed their aspirations to become U.S. Marines.

Mr. Kringle, escorted by two Marines in dress blues, passed out toys to more than 175 Havasupai children.

"Every year we come down, it's just a great feeling. I get to be a kid again because I'm walking around with Santa, so I know exactly how these kids feel," said Staff Sgt. Dan Iversen, Santa's escort and an emergency response team leader with Environmental Services Division. "It's just a good time."

The operation also provided the Marines of HMM-764 a unique training opportunity.

The training and delivery allowed the pilots to experience flying in a different environment. Pilots maneuvered between narrow canyons and landed in a confined area to deliver their cargo – in this case, toys. Wright said the aircraft reacts differently when flying in the canyon, which is also at a high altitude.

"It gives us the opportunity to work together and get everyone down there safely," he said.

This is the 17th year that the Marines of HMM-764 have played a role in this operation; it is also their last.

In January of 2013, the squadron will transition into an MV-22B Osprey squadron.

The Marines of HMM-764 hope to see the operation continue on even though they will not be participating.

"I know this is our squadron's last one, and they don't really have anything planned for next year, but it would be cool if the Marine Corps kept this going," said Wright. "It's kind of our thing, and they definitely want us out here."

Roberts said they plan to start over and establish a connection with another reserve unit that may be able to assist with next year's operation.

"This annual operation is a fantastic community effort to assist those who are less fortunate and who have little or no access to the real world," said Christine McGee, who was responsible for arranging the operation. "It could not otherwise be accomplished, but for the Marines."



PHOTOS BY CPL. JESSICA ITO

Flagstaff Toys for Tots donations await transportation to a remote village in the Grand Canyon. Marines with Marine Medium Helicopter Squadron 764 loaded the toys gathered by the Flagstaff Toys for Tots organization for more than 175 Havasupai children Dec. 4 at the Grand Canyon National Park Airport. They loaded the toys on a CH-46E Sea Knight helicopter, flew through narrow canyons and landed in a confined area in order to deliver the toys on time.



Children of the Havasupai tribe gather around Santa after he arrives in Supai, Ariz., in the Grand Canyon Dec. 4.

MALS-14 receives Platinum Wrench award



PHOTOS BY LANCE CPL. PAUL E. WYATT

Marines awarded for 30 years of dedicated aviation maintenance

(Top) The Marines of Marine Aviation Logistics Squadron 14 power plant division pose with their Pratt and Whitney Platinum Wrench award here Dec. 7. The power plant Marines received the award on behalf of MALS-14. The award was presented by Michael Chotkowski (far left), a representative of Pratt and Whitney, for decades of outstanding work with the EA-6B Prowler's engine. The logistics squadron worked on more than 2,000 J-52 engines over the last 30 years. Lt. Col. Jeffrey M. Bolduc, commanding officer of the squadron, (right of Chotkowski), accepted the award on behalf of the squadron.

(Left) The Platinum Wrench award is presented by Michael Chotkowski of Pratt and Whitney, to Lt. Col. Jeffrey M. Bolduc, commanding officer of Marine Aviation Logistics Squadron 14, in the squadron's hangar Dec. 7. The Marines of MALS-14's power plant division helped earn the award for the squadron's continued work on the EA-6B Prowler's J-52 engine.



26th MEU Marines return to sea

Marines depart Norfolk to conduct training exercises

CPL. MICHAEL LOCKETT

26TH MARINE EXPEDITIONARY UNIT

USS BATAAN, At Sea – Embarked aboard the USS Bataan, the USS San Antonio, and the USS Carter Hall, the 26th Marine Expeditionary Unit returned to the waves Dec. 11.

After traveling from Camp Lejeune to Naval Station Norfolk, Va., and then out to sea, the MEU is taking part in training exercises covering the length and breadth of its widely-varied mission sets. From amphibious assaults to humanitarian assistance and disaster relief missions, the 26th MEU is slated to refine all of its skills.

For many Marines and Sailors with the unit, this will be their first time aboard a warship. From the narrow passageways and tight living quarters with beds stacked four high to the absent cell phone and commercial Internet services often taken for granted ashore, the transition can be a rough one.

“We’re practicing being on ship,” said Chief Petty Officer Elizabeth Davenport, independent duty corpsman with the 26th MEU. “The battalion landing team is practicing their assaults, the aviation combat element is getting deck certified, and we’re all getting familiarized with ship life.”

The raid forces of Battalion Landing Team, 3rd Battalion, 2nd Marine Regiment, the ground combat element of the MEU, will practice motorized, mechanized and air raids during the exercise.

“We’re heading out to the field,” said Cpl. Edgar Berrios, a field radio operator with BLT 3/2. “We’ll be set-

ting up the combat operations center and coordinating operations.”

The three raid packages give the MEU commander the flexibility to decide what level of force he needs to accomplish a given mission.

At the same time, the aircraft of the Marine Medium Tiltrotor Squadron 266 (Reinforced) will complete certification exercises to qualify to land on the small decks of the amphibious ships the MEU will embark upon. The operations of the aviation combat element are critical; aviation assets could be utilized to fly Marines to and from every conceivable operation, from vertical assaults to evacuations or disaster relief.

Combat Logistics Battalion 26 will train for noncombatant evacuation operations, humanitarian assistance missions, and a variety of other mission profiles the MEU may be called upon to perform. The battalion’s assets give the MEU the flexibility to conduct self-sustaining operations.

The Marines and Sailors of the 26th MEU will continue training at sea and ashore for their upcoming deployment.

The 26th MEU operates around the globe, providing the president and unified combatant commanders a forward-deployed, sea-based quick reaction force. The MEU is a Marine Air-Ground Task Force capable of conducting amphibious operations, crisis response, and limited contingency operations. The 26th MEU is slated to deploy in 2013.



PHOTOS BY CPL. KYLE N. RUNNELS

Marines and Sailors of the 26th Marine Expeditionary Unit board the USS Bataan Dec. 10. The Marines and Sailors will conduct multiple training exercises including variations of raids; visit, board, search and seizure training; and tactical recovery of aircraft and personnel simulations during their third major training exercise of the pre-deployment training process.



Marines and Sailors of the 26th Marine Expeditionary Unit prepare to board the USS Bataan at Naval Station Norfolk, Va., Dec. 10.

MALS-40 from page A1

sport and it really is,” said Goulette. “MALS-40 is a prime example. Every Marine, Sailor and civilian among us is top notch, motivated and ready to go forward to get the job done.”

Thomas echoed Goulette’s sentiments.

“I am confident in the success of the squadron because of the great Marines that make up this unit and the tremendous support that those Marines have from their families back home,” said Thomas. “We are looking forward to the challenges ahead, and I look forward to working closely with Lt. Col. Goulette and the great Marines of MALS-40.”

VMGR-252 from page A1

handle situations and think things through.”

Tueichi came to VMGR-252 from Marine Corps Embassy Security Group, region 4, in South America.

“It’s a good feeling,” he said. “I’m proud and honored to be here as the sergeant major of these Marines.”

Tueichi said he is taking on his new position one step at a time, learning the ins and outs of VMGR-252 and adjusting as need be from there.

He said he will expect all Marines to uphold the highest of Marine Corps standards which he said is “the only guideline we have in the Marine Corps.”

RETURN from page A1

the Marines did,” said Capt. James R. Friedlein, a KC-130J Hercules pilot with the squadron. “I just want to relax and spend time with my family.”

Friedlein’s wife and children were happy to have him return from his third deployment. As he stepped of the aircraft, his young son, wearing a miniature flight suit that matched his dad’s, ran and jumped in Friedlein’s arms.

“I am beyond excited to have him back,” said Friedlein’s wife. “The hardest part is having him away from his children. I’m just so happy that he is home.”

Lt. Col. W. John Butler, commanding officer of VMGR-252, said his Marines couldn’t have returned at a better time.

“I am happy to see every Marine home for Christmas,” said Butler. “The Marines have done phenomenal all year, and they deserve to spend the holidays with their families.”



S. T. STEWART

The son of a KC-130J Hercules pilot with Marine Aerial Refueler Transport Squadron 252, salutes two KC-130J Hercules as the aircraft land Saturday at Cherry Point.

GOVERNOR from page A1

Carolina,” he said. “We have the resources, and it’s been extremely good for our economy and it’s important for national security. I have the responsibility to continue to work with Washington, especially during these difficult times, to ensure that investment remains in North Carolina.”

“Everything we do within Marine Corps Installations East affects the state of North Carolina,” said Gorry. “Environmental and energy issues, natural resources, conservation, water and land management, economic impact, transition assistance for our veterans, and quality of life for our military families - everything has to be done in a transparent manner and in corporation with the state. It’s with great satisfaction we have such a bond between the military and civilian community here, as well as with the state legislature.”

Once the ground tours aboard MCB Camp Lejeune and Marine Corps Air Station New River were complete, the gubernatorial party traveled to Marine Corps Air Station Cherry Point to meet with Col. Philip J. Zimmerman, the commanding officer of the air station, and tour Marine Transport Squadron 1, Fleet Readiness Center East and the Future Joint Strike Fighter Facility before concluding their visit.

“As we move forward during this time of budget constraints,” Gorry added, “it’s even more important to firmly understand all of the issues, all of the options, and have very open communication between the civilian community and the base, so we can make the best decisions for our Marines, Sailors and their families.”

FIRST FLIGHT from page A1

general joined the ranks of men and women like Charles Lindbergh, Amelia Earhart, John Glenn, and Neil Armstrong.

“I think he stacks up pretty well. We honored Neil Armstrong when he made it to the moon. I think Charlie Bolden represents making it to another planet,” said Geneva Perry, the president of the First Flight Society, a group dedicated to preserving the history of Kitty Hawk and the first powered flight. “From the sands at Kill Devil Hills, to the moon, and now to Mars. And as we are recognizing the centennial of Marine aviation, it seemed appropriate that our honoree be a Marine.”

Modern aviation has grown leaps and bounds since the Wright Brothers flew 120 feet in a flyer made of spruce wood and canvas.

“I can’t in my wildest imagination believe the Wright Brothers had a clue how much their 12-second flight would change the world,” Perry said.

Just last month at Marine Corps Air Station Yuma, Ariz., the Marine Corps activated the first operational F-35B Lightning II squadron, Marine Fighter Attack Squadron 121.

“It’s so appropriate for the Marine Corps to be rolling out the newest generation of aircraft in the F-35 in our 100th year,” Bolden said. “This is the most advanced aircraft the nation has operated since 1903.”

Bolden stressed that the only reason Marine aviation exists is to support the warfighters on the ground. Through that mission, Marine aviators have carved a slice out of aviation history. The members of the First Flight Society agreed.

“Bolden in our eyes represents a part of aviation history,” said Bill Harris, a member of the First Flight Society. “When we honor Marines, we also honor the Wright Brothers.”

Indeed, one of the major changes to the region over the last century has been the prevalence of the Marine Corps in eastern North Carolina.

“All military is family to us. We’re very familiar with seeing the aircraft from Cherry Point fly the skies,” said Perry. “We love them.”



PHOTO BY 1ST LT. JEAN-SCOTT DODD

Philippine service members and U.S. Marines off-load relief supplies from a Marine Corps KC-130J Hercules Dec. 15 at Davao International Airport, Mindanao, Republic of the Philippines. The service members loaded the supplies onto trucks to be taken to a central distribution hub where the Philippine Government and nongovernmental organizations transported them to displaced citizens in need due to the devastation caused by Typhoon Bopha.

III MEF Marines conclude relief efforts in the Philippines

COURTESY STORY

III MARINE EXPEDITIONARY FORCE / MARINE CORPS INSTALLATIONS PACIFIC

OKINAWA, Japan – Personnel and aircraft with III Marine Expeditionary Force concluded their support to humanitarian assistance and disaster relief operations Dec. 17. Relief efforts were conducted at the request of the government of the Republic of the Philippines in the wake of Typhoon Bopha, which made landfall Dec. 4.

The III Marine Expeditionary Force Forward Command Element, which consisted of Marines with the 3rd Marine Expeditionary Brigade, established the bilateral coordination center, which provided command and control for U.S. Marine relief efforts and coordinated requests for support with the government and Armed Forces of the Philippines, U.S. Embassy and Office of U.S. Foreign Disaster Assistance, part of the U.S. Agency for International Development.

“The Marines did an absolute great job in eight days moving 750,000 pounds of relief supplies by conducting 22 sorties, which enabled a lot of support in a short amount of time and really helped those affected in the Philippines,” said Col. Mark J. Menotti, officer in charge of the III MEF FCE. “The U.S. service members and USAID personnel on the ground in Mindanao in the southern Philippines, working alongside Philippine service members, were able to receive and distribute supplies that the forward command element and sent the same day. The quick turnaround was due heavily to our pre-established relationships and familiarization working together twice a year during every (Amphibious Landing Exercise) and (Exercise) Balikatan, which made the process seamless in getting relief supplies out to where they were needed.”

The bilateral coordination center also consisted of personnel with the Armed Forces of the Philippines, Pacific Air Forces, OFDA, Joint-U.S. Military Assistance Group-Philippines and Joint Special Operations Task Force-Philippines. The center enabled prioritization of effort and synchronized humanitarian assistance and relief efforts, resulting in more efficient coordination and operations.

Marine Corps KC-130J Hercules aircraft with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, arrived Dec. 8 to begin relief operations. The squadron surpassed more than 110 flight hours Dec. 9-16 and delivered more than 750,000 pounds of relief supplies consisting of family ration packs, relief aid boxes containing personal hygiene items and clothing, high-energy biscuits,



PHOTO BY LANCE CPL. MATTHEW MANNING

Lance Cpl. Michael J. Burst guides relief supplies onto a KC-130J Hercules aircraft during humanitarian assistance and disaster relief operations Dec. 12 at Villamor Air Base in Manila, Republic of the Philippines. Multiple countries have donated supplies to support Philippine-led relief efforts following Typhoon Bopha. Burst is an aircrew trainee with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Control Group 36, 1st Marine Aircraft Wing.

rice, generators, mosquito nets, blankets, sleeping mats, tents and liquid containers.

“This relief effort highlighted the range of military operations that III MEF can conduct in a short amount of time with the flexibility of our operational task-force. Within seven hours of being told to execute, we had the KC-130Js on the deck in Manila and flew the first relief mission less than 24 hours after being tasked,” said Menotti.

The relief effort included one water purification unit transported from U.S. Marine Corps Forces Pacific which has been producing 5,500 gallons of water per hour for eight hours each day, four water purification specialists, three personnel from USAID and the Philippine Department of Social Welfare and Development, and a United Nation’s World Food Programme relief module and three of their tents.

VMGR-152’s aircraft and personnel transported relief supplies from Villamor Air Base in Manila to Davao International Airport in Mindanao daily. Upon landing at Davao, Philippine service members worked alongside U.S. Marines to unload supplies as quickly as possible onto awaiting trucks. The supplies were then distributed by Philippine government and nongovernmental organizations to displaced families affected by the typhoon as directed by the Philippine Department of Social Welfare and Development and the National Disaster Risk Reduction and Management Council.

U.S. service members with JSOTF-P and USAID OFDA representatives remain in Mindanao supporting relief efforts as requested by the Philippine Government.



Have yourself a merry little Christmas dinner

LANCE CPL. PAUL E. WYATT
MCAS CHERRY POINT

With the holiday season upon the Marines and Sailors of Cherry Point, one can practically smell Mom's Christmas turkey roasting.

Military service comes with sacrifices, and some service members will not make it home for the holidays.

The food service specialists at the air station mess hall will work tirelessly to make sure all patrons have a great holiday experience, said Sgt. Aaron Sansaricq, a food service specialist with Marine Wing Support Squadron 274. Just because Marines are away from home does not mean they can't have a small taste of home.

"We put our hearts and our souls into making sure everybody who comes has a great holiday meal," said Sansaricq.

Sgt. Maria Marques, a food service specialist with Headquarters and Headquarters Squadron, said the meal will have a festive feel to it.

"My house is decorated because it makes you feel at home," Marques said. "Why shouldn't the chow hall be decorated?"

Marques also expects the holiday feast to bring a sense of community to the Marines and Sailors who can't make it home for the holidays.

"It's nice to get together, so Marines will see they aren't the only ones who can't go home," Marques said.

Many service members experience depression around the holidays when they can't go home, said Marques. Enjoying a great meal in a cheery place can help.

Holiday meals such as this are planned weeks in advance, according to Sgt. Christopher Stewart, a food service specialist with H&HS. The chow hall makes sure they have all the ingredients they need at least a week in advance, and start preparing some items up to three days in advance.

Stewart said his dedication and passion for the job are what drives him to want to present the best food he can every day. He said he tries to improve every dish he makes.

It's the kind of dedication to the Marine Corps family that can help ease the burden for Marines unable to go home for the holidays.



PHOTOS BY LANCE CPL. PAUL E. WYATT

Lance Cpl. Ryan Kuncio, a food service specialist with Marine Wing Support Squadron 271, pours chicken into a dish he prepared at the Cherry Point mess hall Dec. 17. "Every day is making sure the mission gets done, making sure Marines get fed," said Sgt. Aaron Sansaricq, a food service specialist with MWSS-271.

Holiday mess hall menus and schedules

- Dec. 21 Friday – Normal hours, no midnight rations, deli line closed at 3 p.m.
- Dec. 22 Saturday – Weekend and Holiday routine, no midnight rations.
- Dec. 23 Sunday – Weekend and Holiday routine.
- Dec. 24 Monday – Weekend and Holiday routine.
- Dec. 25 Tuesday – Weekend and Holiday routine.
- Dec. 26 Wednesday – Weekend and Holiday routine, deli bar open 5 – 10 p.m., midnight rations served from 11 p.m. – 1 a.m.
- Dec. 27 Thursday – Normal Hours

Christmas Day Meal

The Marine Corps Air Station, Cherry Point Mess Hall will serve a special Christmas Day meal. 3:30 p.m. – 5 p.m. The meal price for family members of service members E-5 and above is \$7.50. Family members of E-4 and below will pay \$6.40.

Shrimp Cocktail	Assorted Crackers
Tomato Juice Cocktail	Garlic Croutons
Tomato Vegetable Soup	Dinner Rolls
Deviled Eggs	Assorted Candies And Nuts
Roast Beef	Mince Meat Pie
Boneless Roast Turkey	Pumpkin Pie
Baked Canned Ham	Assorted Fruit Pies
Savory Bread Dressing	Assorted Ice Cream
Mashed Potatoes	Cranberry Sauce
Glazed Sweet Potatoes	Chilled Egg Nog
Corn	Salad Bar with Assorted Dressings
Peas with Mushrooms	Bread and Condiments
Chicken Or Turkey Gravy	Assorted Beverages
Pineapple Sauce for Ham	

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 December 20

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, sautéed mushrooms and onions, southern-style greens, brown gravy, bean with bacon soup

Friday December 21

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

Saturday December 22

Lunch - Mesquite roasted pork loin, chicken provencal, red beans with rice, Italian roasted potatoes, mixed vegetables, broccoli polonaise, lentil vegetable soup
Dinner - Cream of chicken soup, java molasses pork loin, Swiss steak with mushroom gravy, Lyonnaise potatoes, buttered egg noodles, stewed tomatoes, peas

Sunday December 23

Lunch - Baked fish with butter crumb topping, herbed baked chicken, potatoes au gratin, confetti rice, herbed roasted carrots, balsamic roasted vegetables, tomato 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 24

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

Tuesday December 25

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 26

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

Insufficient sleep linked to depression

Laurie Varner

NAVAL HEALTH CLINIC CHERRY POINT

The holiday season is normally a time of excitement, love and enjoying time with friends and family, but it can also be a time of stress due to lack of sleep. During this holiday season, give yourself the gift of staying healthy, getting more sleep, and really enjoying the season!

Insufficient sleep has been linked to the onset of and correlates with a number of chronic diseases and conditions, including diabetes, cardiovascular disease, obesity and depression. Insufficient sleep also contributes to motor vehicle crashes and machinery-related accidents, causing substantial injury and disability each year.

Causes of insufficient sleep include lifestyle and occupational factors e.g., access to technology and work hours. In addition, some medical conditions, medications and sleep disorders affect the quantity and quality of sleep.

Sleep quantity:

Although individual needs vary, below are some general guidelines:

- Newborns (0-2 months), should sleep 12-18 hours
- Infants (3-11 months), should sleep 14-15 hours
- Toddlers (1-3 years), should sleep 12-14 hours
- Preschoolers (3-5 years), should sleep 11-13 hours.

- School-age children (5-10 years), should sleep 10-11 hours
- Teens (10-17), should sleep 8.5-9.25 hours
- Adults, should sleep 7-9 hours

Sleep quality:

- Go to bed at the same time each night and rise at the same time each morning.
- Make sure your bedroom is a quiet, dark, and relaxing environment kept at a comfortable temperature.
- Make sure your bed is comfortable and use it only for sleeping and not for other activities, such as reading, watching TV or listening to music. Remove all TVs, computers and other gadgets from the bedroom.
- Physical activity may help promote sleep, but not within a few hours of bedtime.
- Avoid large meals before bedtime.

If you are having trouble sleeping, especially if it interferes with your performance during the day, seek evaluation and treatment by a physician. Before visiting your physician, keep a diary of your sleep habits for about ten days to discuss at the visit. This information may offer clues that can help your doctor diagnose and treat specific issues.

Holiday travel tips

- Make sure that your car is well-equipped for travel. Check the tire tread, battery, antifreeze, windows and brakes. Also, ensure that you have a jack and lug wrench and that your spare tire is properly inflated.
- Allow extra time in your schedule. This is one of the busiest times to travel; patience and flexibility is needed.
- Have a charged cell phone with you.
- Avoid driving during late night hours.
- Keep a safety kit in your vehicle.
- Pack jumper cables, flashlights, blankets and food if you plan to take a long trip.

MCAS Cherry Point
STATION THEATER
E Street

Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

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

NOW SHOWING

Thursday, December 20

6:00pm - Cloud Atlas R

Friday, December 21

5:00pm - Rise of the Guardians PG

7:00pm - Man with the Iron Fist R

9:00pm - Flight R

Saturday, December 22

2:00pm - Rise of the Guardians PG

4:15pm - Rise of the Guardians PG

6:15pm - Man with the Iron Fist R

8:30pm - Flight R

Sunday, December 23

2:00pm - Rise of the Guardians PG

4:15pm - Man with the Iron Fist R

Monday, December 24

2:00pm - Christmas Cartoon Marathon

Tuesday, December 25

2:00pm - Rise of the Guardians PG

MOVIE SYNOPSIS

Rise of the Guardians - Tells the story of a group of heroes each with extraordinary abilities. When an evil spirit known as Pitch lays down the gauntlet to take over the world, the immortal Guardians must join forces for the first time to protect the hopes, beliefs and imagination of children all over the world.

Man with the Iron Fist - Since his arrival in China's Jungle Village, the town's blacksmith has been forced by radical tribal factions to create elaborate tools of destruction. When the clans' brewing war boils over, the stranger channels an ancient energy to transform himself into a human weapon. As he fights alongside iconic heroes and against soulless villains, one man must harness this power to become savior of his adopted people.

Cloud Atlas - Cloud Atlas' explores how the actions and consequences of individual lives impact one another throughout the past, the present and the future. Action, mystery and romance weave dramatically through the story as one soul is shaped from a killer into a hero and a single act of kindness ripples across centuries to inspire a revolution in the distant future.

Flight - Whip Whitaker, a seasoned airline pilot, miraculously crash lands his plane after a mid-air catastrophe, saving nearly every soul on board. After the crash, Whip is hailed as a hero, but as more is learned, more questions than answers arise as to who or what was really at fault and what really happened on that plane?

Movies are subject to change without notice

This Holiday Season...



Santa Should Be The Only One Driving Loaded

Announcements

► *Indicates new announcement*

► NORAD Tracks Santa

All of the preparations for Santa's journey are in place! Santa's elves have been busier than usual this year preparing for Santa's Dec. 24th launch!

Receive updates from the North Pole, find out where Santa is, and discover new surprises and more fun holiday activities by visiting Santa's activity page at <http://www.noradsanta.org/en/>.

Gift-Wrapping at the MCX

The Enlisted Spouses Club will offer free gift wrapping at the Marine Corps Exchange Friday from 4-8 p.m.

For more information about the event, contact Bethany Revenaugh at 444-0766.

► 'A Christmas Carol'

The Charles Dickens classic, 'A Christmas Carol' plays at the TheatreNOW in Wilmington Friday, 6:30 p.m.

Ebenezer Scrooge and his ghostly visitors will inhabit the stage while patrons enjoy a four-course Victorian meal. Ticket includes show, dinner and party favors.

Price of admission is \$48 for adults, \$38 for children under 12.

For more information, call 399-3669.

► Christmas Lights River Cruise

The Crystal Coast Lady will host the Christmas Lights River Cruise Saturday from 7-8 p.m.

The tour includes apple cider, hot chocolate and fresh baked cookies.

Reservations are required.

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

► Island of Lights New Year Celebration

Kure Beach will host the Island of Lights New Year Celebration at the Kure Beach Pier Saturday at midnight.

The event will include a giant lighted beach ball being dropped at midnight, dancing, refreshments, raffles and more.

Visit <http://www.islandoflights.org/> for more information.

Free Photos with Santa

Santa is coming to the Marine Corps Exchange to have his picture taken with willing patrons Saturday and Sunday, 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.

Monthly and Weekly Events

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, call Ancil Jones at 622-5245.

Domestic Violence Support

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

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.

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.

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, breakfast with Bernie and the Bernie's Beary Merry Mistletoe March.

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

SMP Christmas Brunch

The Cherry Point Single Marine Program will host a SMP Christmas Dinner for all single and unaccompanied Marines and Sailors at the Roadhouse Dec. 25 starting at noon. The event will include games, food and more.

For more information, contact the SMP at 466-3027.

Save the Night

The St. Thomas Preservation Hall will host a New Years' Eve masquerade ball, "Save the Night," Dec. 31 at the Hall.

Tickets cost \$150 and registration is required prior to the event. Benefits will go to the Centre of Redemption, a safe house four young girls rescued from sex trafficking who are pregnant.

For more information or to purchase tickets and register, visit <http://www.savethenight.org>.

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 Monday-Friday.

For more information, call 466-3044.

► Rocky Mount Resolution Run

The Tar River Running Company will host 5k and 1-mile fun runs in the parks and greenways of Rocky Mount, N.C., Jan. 1 at 2 p.m.

The Resolution Run is designed to be a low-cost race that encourages runners to start the year out on the right foot. Only 150 runners allowed this year.

Visit <http://bit.ly/rockymt5k> for more information.

► Special Olympics Polar Plunge

Onslow County will host the 2013 Polar Plunge at Onslow Beach Jan. 5. Registration is at 9 a.m.; the plunge is at 11 a.m.

Visit <http://bit.ly/specolympol>, for more information or registration.

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.

Education Fairs

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

The next fair is Jan. 11.

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

Young Marines

The Cherry Point Young Marines is a youth organization for ages 8-18. Groups meet Friday nights 5:30 p.m.-8 p.m. and Saturdays 8 a.m.-12 p.m. The group is for youth mentors.

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

Special Olympics Volunteers

The Cherry Point Commissary is seeking volunteers to assist with Special Olympics Jan. 8.

Volunteer to help with registration, assisting Olympians or cheering on competitors.

The event includes a 5K motivational run with Special Olympian double bronze medalist Andy Delafield, a meet and greet with five-time gymnastics medalist, Monica Hernandez, live entertainment, games and more.

To volunteer or for more information, contact Phyllis Black, store director, by emailing Phyllis.black@deca.mil or call 466-0800, ext. 103.

Jekyll and Hyde the Musical

The Durham Performing Arts Center will host Jekyll and Hyde the Musical in Durham Jan. 12.

Price of admission is \$74 and includes transportation and tickets.

For transportation meet, at the ITT office, next to military clothing, at 10 a.m., the bus will leave at 10:15 a.m.

For more information, call 466-2179.

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:

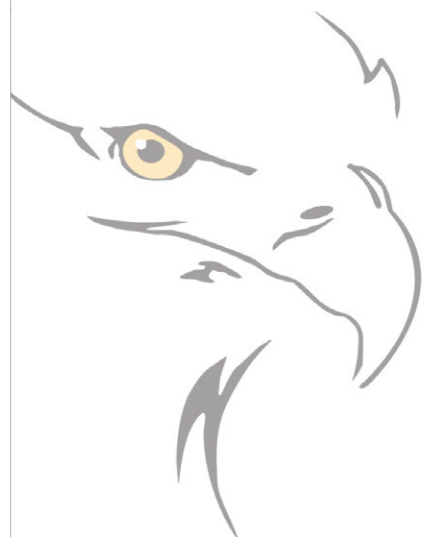
Progressive surveillance

Progressive surveillance is a technique whereby terrorists observe a target for a short time from one position, withdraw for a time, then resume surveillance from another position.

This activity continues until the terrorist determines target suitability or noticeable patterns in the target's operations or movements.

This type of transient presence makes the surveillance more difficult to detect or predict.

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