

The Windsock



CPL. SCOTT L. TOMASZYCKI

A CH-53E Super Stallion sits parked on the flight line at Marine Corps Air Station Cherry Point, N.C., Jan. 22. Super Stallions are equipped with forward looking infrared sensors and their pilots use night vision goggles in order to fly in low light conditions. To fly in these dangerous conditions, a pilot must be specially trained and certified.

Night training keeps flyers safe

CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

When Marines load into the back of a CH-53E Super Stallion for a night raid in the mountains of Afghanistan, they entrust their lives to the man at the stick. To ensure the Marines safely reach the fight, the pilot is highly trained in the night vision equipment he uses to navi-

gate.

Marine Heavy Helicopter Squadron 366 trains its pilots and co-pilots to ensure they can meet all mission requirements, including troop transport, confined area landing, and transporting external cargo loads even in the absence of moonlight to guide them. To meet this challenge, the squadron trains select

pilots to become night vision system instructors, who are then certified by trainers from Marine Aviation Weapons and Tactics Squadron 1.

"The most dangerous thing we do is flying at low-light level, which is basically starlight with no moon out," said

See **STALLION** page A3

Sgt. Maj. awarded Bronze Star for dedication to duty

CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

Sgt. Maj. Mario P. Fields demonstrated the importance of leading from the front during a deployment with the 26th Marine Expeditionary Unit in support of Operation Enduring Freedom when he acted as a sweeper after an improvised explosive device detonated, injuring one of his Marines.

A first sergeant at the time, Fields worked alongside a corporal to sweep for IEDs and clear a path to a landing zone, ensuring the injured Marine was immediately evacuated.

"Every Marine is a rifleman," said Fields. "No matter your rank or billet, we all have to do our part to help accomplish our mission."

That action was just one of many tireless efforts he engaged in from the moment the MEU deployed in August 2010, while serving as company first sergeant of Weapons Company, Battalion Landing Team, 3rd Battalion, 8th Marine Regiment, the ground combat element of the MEU. He earned the Bronze Star for his constant dedication to duty.

Fields, currently serving as the Marine Wing Headquarters Squadron 2 sergeant major, accepted the Bronze Star Nov. 1 during a ceremony aboard the air station.

"It is truly an honor to receive the Bronze Star," said Fields. "I had the unique challenge of leading 250 troops who were spread out across different parts of the world at times."

See **BRONZE STAR** page A3



LANCE CPL. PAUL E. WYATT

Lance Cpl. Bradley Bachman, left, and Cpl. Kenneth Storvick, both combat engineers with Marine Wing Support Squadron 271, smooth freshly-laid concrete outside the Marine Attack Squadron 223 hangar here Jan. 9.

MAW engineers complete project for 'Bulldogs'

LANCE CPL. PAUL E. WYATT
MCAS CHERRY POINT

Combat engineers from Marine Wing Support Squadron 271 built a new walkway for VMA-223 Jan. 8 -11.

"Basically, we had this big mud hole in front of the turnstile. It looked unsightly," said Capt. Stephen Davis, a logistics officer with Marine Attack Squadron 223. "Instead of asking (Cherry Point facilities maintenance) to do it, as they are busy, we asked a support squadron to do it for us."

By working with another squadron to have the walkway built, VMA-223 saved a lot of time and cut through the red tape, according to Davis.

"Doing it this way, we had it done in a month," said Davis. "We got all the permissions and supplies from the air station and the

Marine aircraft group, but by working out a deal with MWSS-271, we got our sidewalk with minimum wait."

The benefit was not only the attack squadron's. Marine combat engineers got valuable training that is hard to get in garrison, said Sgt. Heath Keller, a combat engineer with MWSS-271.

"Normally we don't do work like this in garrison," said Keller. "The last time I worked with concrete was in 2011, while I was deployed in Afghanistan with the 8th Engineer Support Battalion. We were placing end caps on culverts to deter improvised explosive device emplacement."

Keller said most of the work he and his Marines do is in a field environment. He said it felt good building something more permanent than they may have built in the field.

Whistle Stop sales help community

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

The Whistle Stop Thrift Shop has been serving Cherry Point patrons since 1974 and is staffed by volunteers, many of whom are retirees, military spouses and Department of Defense employees.

"The Whistle Stop is a great place to get household items, clothing and military accessories for very cheap prices," said Sandy A. Arturi, a manager at the thrift shop, "with all donated items being sold and the profits going to many community projects."

Arturi said the Whistle Stop raised more than \$100,000 last year. Funds raised by the thrift shop have supported the Chaplains' Christmas dinner giveaway, the air station library, the Injured Marine Semper Fi Fund and local schools. Last year, the Whistle Stop donated more than \$5,000 to the Havelock High School Marching Band for new uniforms.

The thrift shop has many uniform items for inexpensive prices. For instance, a complete set of camouflage utilities is \$10. The store also carries covers, boots and ribbons.

"I have had several lance corporals and below who come into the thrift store for uniform items," said Cpl. Shane A. Orrick, a military police officer with

Headquarters and Headquarters Squadron. "It helps the Marines who don't have \$80 to spend on a new set of cammies."

"The amazing prices here have helped many junior Marines and even young families," said Sgt. Maj. Holly C. Prafke, the H&HS sergeant major and the manager of Treasures of the Point Consignment Shop located in the thrift shop. "Both the thrift shop and consignment shop are here for all the families, and they give back to the community."

Consignment shop items are handmade by air station residents and employees. Other items sold at the thrift shop include furniture items, sporting equipment and books.

Those who wish to donate used items can drop them off at the back of the thrift shop. Receipts are available for tax purposes when donations are made during volunteer working hours.

The thrift shop is open Tuesday and Thursday, 10 a.m. - 2 p.m., and the Saturday following the payday on the 15th of each month from 10 a.m. - 2 p.m. Volunteers are on hand during these times and Mondays from 9 a.m. - 2 p.m. For more information, call 252-444-0949 or visit the Whistle Stop Thrift Shop Facebook page at facebook/whistle stop thrift shop.



LANCE CPL. CORY D. POLOM

Cpl. Shane A. Orrick, a military police officer with Headquarters and Headquarters Squadron, checks out some boots being sold at the Whistle Stop Thrift Shop Jan. 19.

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Marines support Presidential Inauguration
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News Briefs

MEF Deploys to Afghanistan

Marines and Sailors of II Marine Expeditionary Force (Forward) are in the process of deploying to Helmand province, Afghanistan, in support of Operation Enduring Freedom, and will complete the deployment process in February.

Commanded by Maj. Gen. W. Lee Miller, II MEF (Fwd.) will join NATO International Security Assistance Force as it replaces I MEF (Fwd.) from Camp Pendleton, Calif., as Headquarters, Regional Command Southwest. Its mission will be Security Force Assistance to guide, advise and assist the Afghan National Security Forces as they assume responsibility for providing security for the Afghan people.

II MEF (Fwd.) will include approximately 7,000 personnel including 2nd Marine Aircraft Wing (Fwd.) from Cherry Point, II MEF Headquarters Group (Fwd.) and Combat Logistics Regiment 2 from Camp Lejeune and Regimental Combat Team 7 from Camp Pendleton.

MALS-31 Augments MALS-40

A detachment of approximately 40 Marines with Marine Aviation Logistics Squadron 31 deployed to Helmand Province, Afghanistan, in support of Operation Enduring Freedom Jan. 11.

The Marines will augment MALS-40 to provide aviation logistics support to forward-deployed aviation squadrons.

Marine Corps' ITX Launched

Marine Corps Air Ground Combat Center Twentynine Palms, Calif., launched the first Integrated Training Exercise as the Marine Corps' leading pre-deployment training Jan. 11.

More than 15 units Marine Corps-wide are participating in ITX 1-13, the successor to Enhanced Mojave Viper.

Marine Attack Squadron 542 and Marine Wing Support Squadron 271 from Cherry Point are among the units participating.

ITX maintains many of the same or slightly modified fundamental core events previously found in EMV.

Combat Action Ribbon Revised

Marine Administrative Message 038/13 revised eligibility for the Combat Action Ribbon and updated coordinating instructions were released Jan. 17.

The purpose of the MARADMIN is to inform commanders of the most recent change to the eligibility criteria for the ribbon.

This change allows award of the ribbon to Marines and Sailors who take direct action to disable, render safe or destroy an active enemy improvised explosive device, mine or scatterable munitions.

Eligibility for this revised criteria was effective Nov. 15 and is retroactive to Oct. 7, 2001.

Marines Test Mindfulness

The U.S. Marine Corps is studying how to make its troops even tougher through meditative practices, yoga-type stretching and exercises based on mindfulness.

Marine Corps officials say they will build a curriculum that would integrate mindfulness-based techniques into their training if they see positive results from the pilot project.

Mindfulness is a Buddhist-inspired concept that emphasizes active attention on the moment to keep the mind in the present.

Chaplain's Corner :

Integrity underlies core values

CMDR. PHIL KING
MARINE AIRCRAFT GROUP 14 CHAPLAIN

The dictionary offers that integrity "... is the inner sense of 'wholeness' deriving from qualities such as honesty and consistency of character." The recent televised confession of cycling superstar Lance Armstrong to doping and the controversy swirling around Notre Dame star linebacker Manti Te'o, whose imaginary hoax girlfriend supposedly died of leukemia during his senior season, highlights the struggle we all have with simply being honest.

Many of us were taught from the cradle to not lie, right alongside saying "please" and "thank you." And yet the parade of scandals involving deceit by high-profile leaders and role models certainly boggles the mind. Why is being honest so difficult, and why is lying often so easy? It's an important question to consider.

This past Monday we celebrated the presidential inauguration and Martin Luther King Jr. Day; ceremonies that call to mind the expectation of justice and honesty in our lives.

Dr. King was a role model to my parents and was a hero known to me while I was still a small boy. Many see him as not just a courageous man of faith but a leader in a movement of truth, calling our country and the world to a greater sense of honesty and accountability.

In April of 1963 during a peaceful protest march in Birmingham, Ala., Dr. King was arrested and put in jail. It was there he wrote one of his most famous state-

ments, "Letter from Birmingham Jail." He concludes his letter with these words:

"... Never before have I written so long a letter. I'm afraid it is much too long to take your precious time. I can assure you that it would have been much shorter if I had been writing from a comfortable desk, but what else can one do when he is alone in a narrow jail cell, other than write long letters, think long thoughts and pray long prayers? If I have said anything in this letter that overstates the truth and indicates an unreasonable impatience, I beg you to forgive me. If I have said anything that understates the truth and indicates my having a patience that allows me to settle for anything less than brotherhood, I beg God to forgive me."

Dr. King demonstrated that integrity, like character, is tempered in the fires of adversity, be it jail cells or difficult deployments. It is in the times we are most tempted to lie and deceive that call for our most courageous honesty. Very often speaking the truth comes at a price, but the price of deceit is far greater, as Lance Armstrong and Manti Te'o can attest.

Integrity underlies the three core values of honor, courage and commitment. In many ways, integrity represents the soundness of our beliefs, the strength of our convictions, the source of our hope. Practicing integrity – being honest – sometimes with courage, sometimes with gentleness, but always with conviction, is both a practical and necessary life skill. Let's all do this, every day, with intention.

THE WINDSOCK
Weekly Photo Competition
January 24-31, 2013

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Vote on Google+ - <http://bit.ly/CherryPointPlus>
Vote on Flickr - <http://bit.ly/cpflickr>



Windsock Photo of the Week Jan. 10

Photo By Lance Cpl. S. T. Stewart

Cpl. Colton Duran, an aircraft mechanic for the EA-6B Prowler with Marine Tactical Electronic Warfare Squadron 2, hugs his wife Cathia during a return ceremony at the squadron's hangar aboard the air station. More than 100 Marines with the squadron returned from a six-month deployment to Afghanistan Oct. 2.

SGT. CLIFFORD F. MORLEY

Job Title: Improved movement target simulator NCO
Unit: 2nd Low Altitude Air Defense Battalion
Hometown: Toledo, Ohio
Age: 25
Date Joined: April 2007

When Marines report to 2nd Low Altitude Air Defense Battalion at Cherry Point, they dedicate much time learning how to identify more than 100 types of aircraft.

Every week Sgt. Clifford F. Morley dedicates his day to helping Marines do just that.

As the improved movement target simulator noncommissioned officer, he is in charge of running the battalion's simulator.

In the simulator, the Marines use inert training Stinger missiles to lock onto computer-generated targets. It adds realism for Marines becoming familiar with the Stinger missile, practicing aircraft identification, and shooting down enemy aircraft.

"We can't do our mission if the Marines can't quickly and accurately identify, target and shoot down the enemy, and that's where the simulator plays a huge role," said Morley.

He also trains the Marines to target and shoot down unmanned aerial vehicles.

A few times a year the Marines practice live fire exercises using remote-controlled planes and .50-caliber machineguns in a controlled environment.

"Being proficient at our job is of the utmost importance," said Morley, a native of Toledo, Ohio. "I love having the privilege of training the Marines."



Highlighting Cherry Point's Warriors



LANCE CPL. GLEN E. SANTI

The Windsock

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REMEMBER TO RECYCLE



STALLION from page A1

Capt. L. Orion Jones, a CH-53 instructor pilot for MAWTS-1. “The goggles don’t pick up a lot of details or a lot of contrast in the scene that you’re looking at. You’re looking through a straw tube; you have a 40-degree field of view, so you lose all of your peripheral vision.”

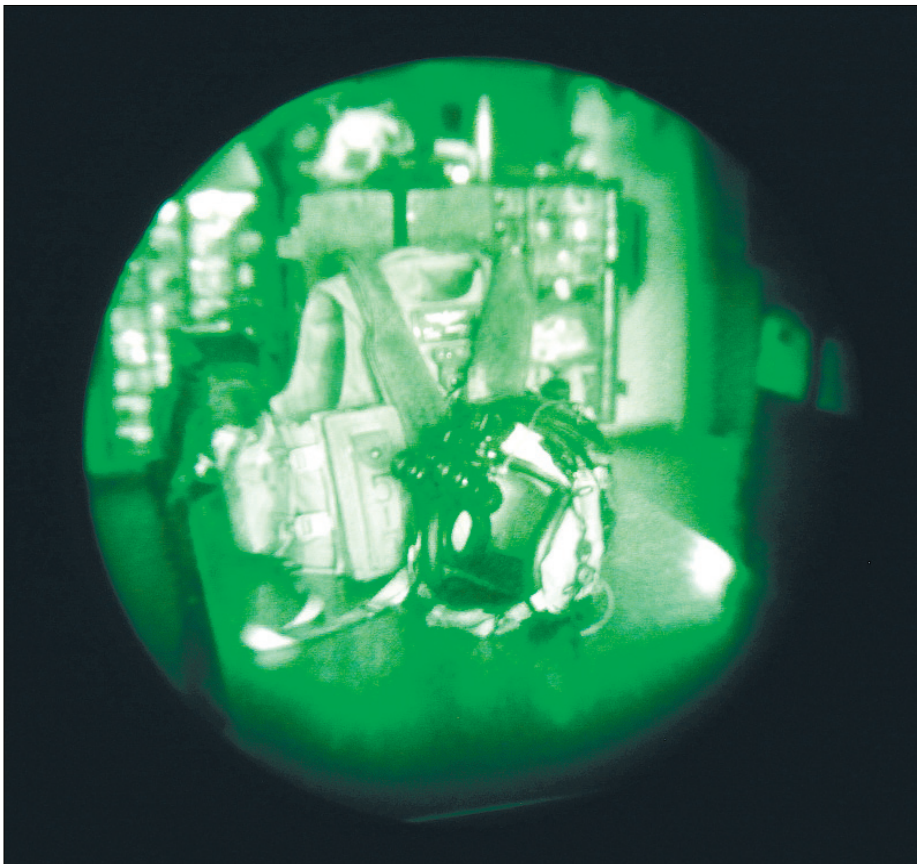
Instructor pilots also have to fly their own aircraft through the night while guiding students experiencing low-light flights for the first time in order to accomplish training objectives.

“The low-light environment itself is stressful even when you’re with people who know what they’re doing and you have confidence in the guy sitting next to you,” said Capt. Eric B. Philips, a pilot with HMM-366 who qualified as a night systems instructor Jan. 15. “And then to be an instructor and take someone out who’s brand new and has never been in a low-light environment, that in itself is stressful. You have to be confident in your ability to operate safely.”

That confidence is reinforced by extensive experience. Prospective instructors are required to log 100 hours flying with the night vision goggles, at least 50 of which have to be in a low-light environment. During the certification process, they are required to pass a 50-question written test, give a lesson to the MAWTS-1 instructor, and then go on a flight with the instructor demonstrating how to teach students about CH-53E capabilities at night.

After certification, pilots can train others to fly in low-light environments, which in turn increases the squadron’s night operations capability in real-world scenarios.

“The whole idea is to train with our weapon system, which is our aircraft, in a more tactical and effective manner,” said Philips. “Any time you can have somebody come out with some expertise and teach you to do that better, and any time I can instruct a young guy in how to use that system better and more effectively, that’s what it’s all about.”



CPL. SCOTT L. TOMASZYCKI

Flight gear equipped with night vision goggles sits ready for use in the Marine Heavy Helicopter Squadron 366 equipment room on the air station Jan 17.

BRONZE STAR from page A1

While deployed, not only did he perform his responsibilities as company first sergeant, he at times assumed duties as acting sergeant major aboard ship and as the defacto Weapons Company commander.

As the senior enlisted Marine, Fields said he knew he had to step up to the plate and do whatever was needed to help accomplish the mission. For him, that meant serving on the chow line, lending a listening ear to his Marines and looking out for their welfare and morale.

Fields said that his dedication to duty will continue throughout his service, and he could not do his job without the Marines under his charge.

“Even though it is my name on the award, I could not have done it without my Marines,” he said. “This award really has all of their names on it. When I wear it, I am wearing it for them.”



LANCE CPL. JOSEPH F. SANCHEZ

Maj. Gen. Glenn M. Walters, commanding general of 2nd Marine Aircraft Wing, presents Sgt. Maj. Mario P. Fields, Marine Wing Headquarters Squadron 2, with a Bronze Star during a ceremony on Cherry Point Nov. 1.



PHOTO BY SGT. RAY LEWIS

The first commanding officer of a Marine Reserve Osprey squadron, Lt. Col. David A. Weinstein, addresses service members, family and friends after a change of command ceremony at Edwards Air Force Base, Calif., Jan. 12. Weinstein assumed command of Marine Medium Helicopter Squadron 764 before the unit was redesignated to Marine Medium Tiltrotor Squadron 764. The Marine Forces Reserve's first tiltrotor squadron must establish programs, obtain qualifications and pass inspections before it can receive its first aircraft, expected in November. The unit is expected to be a fully-operational tiltrotor squadron by mid-2014.

Reserves receive first MV-22 Osprey squadron

SGT. RAY LEWIS

U. S. MARINE CORPS FORCES RESERVE

EDWARDS AIR FORCE BASE, Calif. – Marine Forces Reserve has never had a MV-22 Osprey squadron – until now. Marine Medium Helicopter Squadron 764 were redesignated as Marine Medium Tiltrotor Squadron 764 during a ceremony here Jan. 12.

“It was kind of one big last event to say goodbye,” said Lt. Col. David A. Weinstein, commanding officer of VMM-764.

The event started with a change of command where Lt. Col. Scott A. Craig, relinquished command of HMM-764 to Weinstein.

“It has been a busy two years supporting operations and executing the transition plan of action,” said Craig, about the tiltrotor transition. “But it’s opening doors with the Osprey, and we did our best to set those guys up at Miramar.”

Weinstein gladly accepted the torch, and said he is very eager to demonstrate the capability the Osprey can provide for the 4th Marine Aircraft Wing. After Weinstein took command, the re-designation ceremony began.

Re-designated

“Over the past 48 years, the CH-46 has flown every clime and place around the world,” said Brig. Gen. William Collins, commanding general of 4th Marine Aircraft Wing. “It has supported our Marines literally everywhere. It has been tested under fire in countless conditions. It’s delivered combat troops, supplies, MEDEVACs and has earned the title of the ‘battle frog.’ We will never forget.”

The ceremony reflected on the history of the CH-46 and the future of aviation with the tiltrotor capability.

“This last year marked a significant milestone... as we just passed 100 years of Marine aviation,” Collins said. “How fitting it is to go into this 101st year with another milestone, and that milestone is for this squadron to transition to a new aircraft.”

The Marines of the squadron agreed.

“We were the last to fly on the CH-46 in the Reserves and the first to transition to a new aircraft,” said Sgt. Jacob L. Anthony, an Active Reserve aviation operations Marine. “It feels historical.”

According to Boeing, the Osprey is the first aircraft designed from the ground up to meet the needs of the Defense Department’s four U.S. armed services. The tiltrotor aircraft takes off and lands like a helicopter. Once airborne, its engine nacelles can be rotated to convert the aircraft to a

conventional airplane configuration capable of high-speed, high-altitude flight.

Marines will get to see that the capability the MV-22 brings will revolutionize 4th MAW, Weinstein said.

Relocated

After the re-designation ceremony came the official relocation of VMM-764 from Edwards, AFB to Marine Corps Air Station Miramar, also in California. But they couldn’t leave without a thank you and goodbye to their brothers and sisters in the Air Force.

For more than 13 years, the airmen here have provided Marines with outstanding overall support, said Collins. “We have established relationships that, at this point, we are sad to see go. But as always we will remain friends, and we look forward to seeing you all in the future.”

Weinstein said the Marines of the squadron are very excited to relocate and get flying.

Although VMM-764 is officially a tiltrotor squadron, the unit must establish programs, obtain qualifications and pass inspections before it can receive the MV-22 Osprey – the first delivery is expected in November. The unit plans to be a fully-operational tiltrotor squadron by mid-2014. The Marine Corps will transition the one remaining Reserve CH-46 squadron, HMM-774, to a tiltrotor squadron by 2017.

“As we transition to the MV-22, the airplane itself has a new capability that has taken us to the next chapter of Marine Corps history,” Collins said. “It, right now, is providing our commanders across the globe ... an unprecedented level of performance in the tactical, strategic ... and operational options for our commanders. We look forward to the transition of this capability within 4th MAW.”

Marines needed

The Marines who stayed with the squadron are Active Reserve Marines who lateral moved from CH-46 to MV-22 specialties.

That left VMM-764 with a fraction of the manpower the unit needs. The tiltrotor squadron now needs to fill 70 percent of its enlisted Selected Marine Corps Reserve slots.

Marine recruiters are looking for MV-22 specialists for airframes, avionics, general support equipment, flight equipment and the seat shop over the next couple years, he said.

Marines interested in joining the VMM-764 team should call the prior service recruiter at Site Support Miramar at 858-577-8345.



PHOTO BY CPL. ANDREW JOHNSTON

A CH-53E Super Stallion helicopter and MV-22B Ospreys land aboard Camp Lejeune June 18. Marines with 2nd Battalion, 8th Marine Regiment, 2nd Marine Division, boarded the aircraft to be flown to various training areas on base.



PHOTO BY SGT. RAY LEWIS

(Left) Lt. Col. Scott A. Craig, commanding officer of Marine Medium Helicopter Squadron 764, relinquishes command to Lt. Col. David A. Weinstein during a change of command and re-designation ceremony at Edwards Air Force Base, Calif., Jan. 12. After Weinstein took command, HMM-764 was re-designated to Marine Medium Tiltrotor Squadron 764. The unit completed its move to Marine Corps Air Station Miramar Friday. VMM-764 is Marine Forces Reserve's first tiltrotor squadron.



PHOTOS BY CPL. SCOTT L. TOMASZYCKI

Trevor Romain, a motivational speaker for children, addresses Arthur Edwards Elementary students in Havelock Jan. 17. Romain is touring American military bases both at home and abroad to talk with the children of military families and help them deal with the emotions caused by deployed parents and the stresses of military life.

Trevor Romain helps Cherry Point children with challenges

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

Trevor Romain, a motivational speaker for children, returned to the Cherry Point area this week as part of the "With You All The Way" tour sponsored by the USO.

Romain's lessons help children deal with the emotions and worries that come with parents deploying, which may come in handy to the children of 2nd Marine Aircraft Wing (Forward) personnel who recently deployed to combat operations in Afghanistan.

In the past two years, Romain has entertained and taught about 100,000 children, including about 60,000 military children, at dozens of American military bases stateside and abroad.

Romain teaches multiple techniques to help children deal with the stress of a parent's absence for six months to a year. One technique is for the child to keep a jar of bite-size chocolates equal in number to the days their parent will be gone. Every day the child can eat one chocolate, and as they see the jar empty, know their parent is that much closer to coming home. He also advocates using Skype and other venues such as social media websites to keep in contact.

Romain also teaches kids how to deal with a parent coming home after a deployment. Before a deployment, certain behaviors and activities are considered normal. After a deployment, both the parent and the child have grown and changed, which means there's no going back to the old normal, and a new normal has to be created. It takes time for both sides to readjust. Romain helps children relate by comparing it to returning to school after summer break, when everything is the same, and yet somehow it feels different.

Beth Wynn, a school counselor at Arthur Edwards Elementary, said she uses Romain's TV show, deployment kits and divorce kits to help children at the school.

"He understands what they're going through with the military lifestyle," said Wynn. "I've seen the way he has touched them emotionally. Trevor Romain, to them, is a movie star."

Romain decided to make it his mission in life to help children after an experience as a soldier with the South African mili-



Trevor Romain, a motivational speaker for children, discusses problems like bullying with a student at Arthur Edwards Elementary in Havelock Jan. 17. Romain is also an author and created an animated series that teaches children how to deal with problems.

tary operating in Angola. He was walking through an overcrowded children's hospital when a small child whose legs had been severely injured in an explosion said, "Please sir, hold me tight." Romain picked the child up and held him as he cried.

When he returned to visit the child, Romain tripped and fell, and all the children started laughing. Realizing he could make the children laugh with his own pain, he started using slapstick comedy to make the children a little happier.

After realizing he could make children laugh and mix in lessons about life, he devoted his time to the project of happiness and education. He wrote books, started an animated television series, and visited hospitals for children with cancer. Now, he travels the world teaching children with humorous lessons.

"One of the things that I think is very important is that there are problems – there are always problems – but what we're trying to do is give kids tools to be able to work through the problems in the future," said Romain. "We want to leave kids with tools to manage and self-regulate as they go through their lives."

His main focus is helping them grow by facing problems, solving them and growing from the experience. He also helps

children communicate their problems to their parents, support each other and helps parents understand how to communicate better with their children.

"Today, for example, I heard a student tell Trevor he doesn't feel like his father listens to him. So Trevor talked to him about how he can approach his dad and talk to him," said Wynn. "Sometimes young children and grownups speak a different language, and I think Trevor helps in that because he can speak both languages."

Romain said what a child is asking for is often disguised, and parents are not mind-readers. Also, parents will often tell a child what they think they need to hear instead of really listening to what they're asking for. Establishing communication channels helps the parents take care of their children.

"Especially in a military situation, we're telling kids to suck it up and be strong, and sometimes it's misinterpreted by kids as weakness when they ask for help when they're struggling," said Romain. "We are teaching and giving parents information on how to connect with their kids, how to hear their kids, and how to help them navigate by sharing their own story, personalizing what their child is going through."

Romain said overcoming challenges in

childhood is how kids grow and become resilient. While bullying, deployments, divorces and more can be uncomfortable and painful from the children's point of view, it can also be a learning and growing experience.

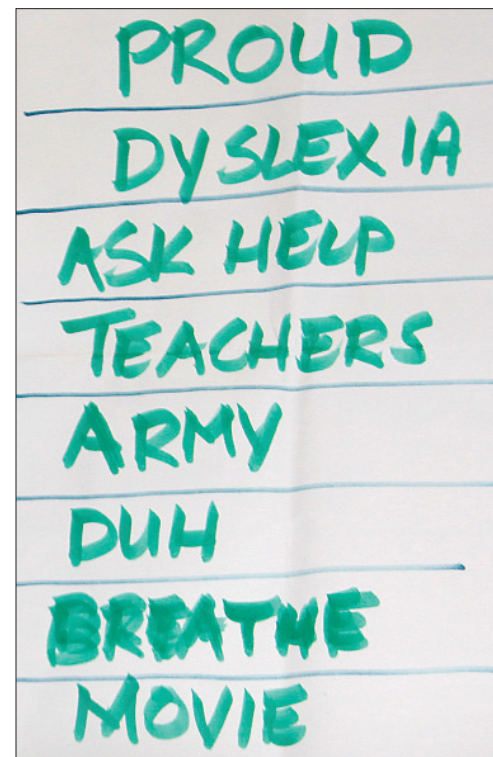
"I think a lot of times, parents are trying to protect their kids and almost shield them from negative feelings," said Romain. "The more you experience something in life, the more you learn how to navigate it and understand it and realize, 'Wow, that was terrible, but I got through it.' That is what we're advocating – for parents to be able to work through a situation with their kids instead of trying to hide stuff from them."

Wynn said Romain left an impression on the children that should affect them for some time.

"We are just really thankful and grateful to the USO for doing this," said Wynn. "It's difficult to find a really, really good speaker, and then when you do, the price is astronomical. This was a gift today for our students and our faculty. This is a gift that I don't think is going to be just a one-time opening, I think this gift is going to keep opening each day, and that's what makes it the best."



Trevor Romain, a children's motivational speaker, shows children how they can use breathing to help deal with stress during a stop on the USO's "With You All The Way" tour at Arthur Edwards Elementary School in Havelock Jan. 17. The tour has included stops at nearly every American military base abroad and educated tens of thousands of children.



A list of talking points Trevor Romain, motivational speaker for children, talked about throughout his visit at Arthur Edwards Elementary in Havelock Jan. 24.

MAG-26 Ospreys all present for first time in years

LANCE CPL. JORDEN M. WELLS

MARINE CORPS AIR STATION NEW RIVER

MARINE CORPS AIR STATION NEW RIVER, NC

– On Sept. 11, 2001, terrorists linked to al-Qaeda bombed the twin towers of the World Trade Center in New York City and the Pentagon in Washington, D.C. This attack on the United States sparked the beginning of the war on terror.

The first Marine Aircraft Group 26 unit to deploy during the war on terror was Marine Heavy Helicopter Squadron 263, known as “The Thunder Chickens.” During the nine-month deployment as part of the 24th Marine Expeditionary Unit in 2002-2003, the “Thunder Chickens” flew an unprecedented 9,568 hours and participated in Operation Enduring Freedom in the Horn of Africa, and Operation Iraqi Freedom in and around Iraq. For the first time in more than a decade, all of the squadrons that comprise MAG-26 were aboard Marine Corps Air Station New River at the same time. The MV-22B Osprey was introduced to the Marine Corps in 2000 and began training crew for the aircraft right away. In early 2007, then-Commandant of the Marine Corps Gen. James Conway announced that the first squadron of Ospreys would be deploying later that year. The first tiltrotor squadron to deploy was Marine Medium Tiltrotor Squadron 263.

At the start of the first deployment on Sept. 17, 2007, 10 Ospreys were sent with more than 150 Marines to Iraq aboard the USS Wasp. “The decision to use a ship rather than the Osprey’s self-deployment capability was made because of concerns over icing during the North Atlantic portion of the trip, the lack of available KC-130s for mid-air refueling, and the availability of the USS Wasp,” said Conway.



LANCE CPL. JORDEN M. WELLS

Pilots from all of the squadrons from Marine Aircraft Group 26 fly MV-22B Ospreys sporting their squadron logo on the tail in an echelon formation over the air station and the surrounding Jacksonville, N.C., area Jan. 11. For the first time in many years, all of the squadrons from MAG-26 were home aboard Marine Corps Air Station New River.

During deployments the MV-22B Osprey’s job responsibilities range from troop and supply transport to emergency casualty evacuations.

MAG-26 is comprised of seven Osprey squadrons. Six are deployable and one is a training unit, and for the first time in years, they are all present.

In celebration of this rare event, all of the squadrons got together and planned an eight-aircraft flight. Each squadron provided their “flag ship” Osprey with their unit’s logo painted on the tail. The eighth Osprey was used to take aerial photos of the formation in action.

“It is a rare opportunity for all of the squadrons that comprise MAG-26 to fly together in a formation at the same time,” said Lt. Col. Bret A. Hart, MAG-26 executive officer. “It was exciting and fun to see all of the Ospreys with their ‘flag ships’ flying in a formation together. It was a really proud moment to see them all fly over the air station and surrounding Jacksonville, N.C., area.”

The time with all of the squadrons being present at the same time was short lived through. VMM-264 deployed for Afghanistan Jan. 12.

MWHS-2 celebrates esprit de corps



PHOTOS BY CPL. SCOTT L. TOMASZYCKI

Lt. Col. Alan Solter, commanding officer of Marine Wing Headquarters Squadron 2 and president of the MWHS-2 mess night, awaits the second arrival of the beef at Miller's Landing aboard the air station Jan. 18. The first plate of beef was an extremely spicy practical joke and "the cook was shot as a result." Once the chef provided an edible plate of beef, Solter declared it safe for human consumption and the food was served.



A single rose stands on a lone table that is draped in black during the Marine Wing Headquarters Squadron 2 mess night at Miller's Landing. The table and its accoutrements serve as a reminder of all those who couldn't attend the mess night because they gave the full measure of devotion to their country.



Marines march into the mess during the MWHS-2 mess night at Miller's Landing. Mess nights are a tradition Marines adopted from British soldiers in the early 1900s when they served together in China.

NASCAR INSIDER

By RICK MINTER / Universal Uclick



Matt Kenseth drives the No. 20 Toyota during Sprint Cup Series Preseason Thunder testing at Daytona International Speedway on January 12. (NASCAR photo)

New beginning

Kenseth excited about future with Gibbs' No. 20

Change is one of the constants in NASCAR, but it still seemed strange for many to see Matt Kenseth, who spent all but two of his NASCAR starts with Jack Roush or longtime Roush employee Robbie Reiser as his car owner, driving Joe Gibbs' No. 20 Toyota in two recent test sessions.

Kenseth stunned the NASCAR world, including Roush himself, last year when he announced while atop the Sprint Cup points standings that he was swapping teams.

Kenseth had a strong lame-duck run at Roush, making the Chase and winning two of the final 10 races. Even so, he showed no hint of regret at his decision and seemed to be looking only forward as he met with reporters during a recent test at Daytona International Speedway.

"Everything has been really great," he said of his transition. "I don't think it could be any better."

He said the full story won't be known until after a few points-paying races.

"The results pretty much tell the story, and we're a few months away from really seeing results," he said. "I've been extremely encouraged. I'm really optimistic about the season, really like my group and really like the way they do things over at JGR [Joe Gibbs Racing] and the cars."

Kenseth backed away from drawing comparisons between the Fords he drove for Roush and the Toyotas he's driving for Gibbs, pointing out that since all NASCAR entries have been dramatically changed since last year that there's no fair comparison to be made.

"I'm looking 100 percent forward and not



Matt Kenseth and Jason Ratcliff during testing at Charlotte Motor Speedway Dec. 12. (NASCAR photo)

looking back, so it's not really fair to compare anything," he said. "But, I will say both tests so far my cars have been really fast. I really like how they drive. I really like how they react to change, and I've been pretty encouraged with how everything has been going so far."

He's also looking forward to working with Denny Hamlin and Kyle Busch, who have had great success driving Gibbs' cars.

"There are not many people that win more races than those guys, so I'm excited to work with them and learn from them and hopefully be able to contribute as well," he said, adding that he hasn't learned anything surprising about his new teammates.

"We haven't been out on a date or anything

yet with either one of them so I haven't really learned anything on a personal level," he said. "Just been working on racing stuff."

Kenseth did say he's spent some time getting to know his new crew chief, Jason Ratcliff, and that's important because having good chemistry between a driver and crew chief plays a major part in the success of a race team.

Ratcliff, who had built a strong resume as a crew chief in the Nationwide Series, spent last season as a Cup crew chief on the No. 20 Toyota, which was driven by Joey Logano, who has moved to the No. 22 Ford at Penske Racing. Kenseth said he and Ratcliff, who started his career as a mechanic and tire changer for Sadler Racing in 1995 and first became a crew chief in 1999, have tried to spend some time together away from the race track.

"I have been getting to know him a lot more on a personal level, and just trying to get to know each other a little bit as not just a driver-crew chief relationship, but kind of build a relationship there so we know each other a little bit," Kenseth said. "I've really enjoyed that, and again we haven't raced together yet, but I've really enjoyed getting to know him this winter and spend some time at the shop and spend some time at the track at Charlotte and [at Daytona] as well."

The on-track results have been fairly encouraging so far. Kenseth topped the charts on the final day of testing at Daytona with a lap at 194.062 miles per hour and was 13th fastest in last week's rain-shortened test session at Charlotte Motor Speedway with a lap at 192.143 mph.

NOTEBOOK

No. 7 adopted by family again

With Robby Gordon putting aside his NASCAR efforts to concentrate on his new racing venture, the Robby Gordon Stadium Super Truck Series, his Sprint Cup Series car number, the No. 7, became available to other teams.

Tommy Baldwin Jr. took the number for his Chevrolet, driven by Dave Blaney, and the new look will make its debut in the Daytona 500.

The number is special to Baldwin because it's the same one used by his late father, Tom Baldwin, a popular driver in the NASCAR Modified Series.

The younger Baldwin got his start in racing working on his father's No. 7 YN cars.

"The number has been in the Baldwin family for a long time and it is going to be pretty special to carry on that legacy in the NASCAR Sprint Cup Series," Baldwin said in a team release.

Tom Baldwin, one of the most popular drivers in Modified racing, was killed in a crash at Thompson International Speedway in Connecticut on Aug. 19, 2004. He was 57 years old.

Gordon's truck series makes its inaugural run in the University of Phoenix Stadium in Glendale, Ariz., on April 6.

Keselowski to field two trucks

Reigning Sprint Cup champion Brad Keselowski, like many a Cup driver before him, is also active as a team owner in NASCAR.

His Brad Keselowski Racing team has been fielding trucks in the Camping World Truck Series since 2008, but for 2013 the team plans to field two full-time entries.

Ryan Blaney will run the full schedule in the team's No. 29 truck with sponsorship from Cooper Standard, the company that was backing him last year when he became the truck circuit's youngest winner ever. Blaney, the son of Sprint Cup veteran Dave Blaney, got that milestone win last year at Iowa Speedway.

Doug Randolph will continue as crew chief as the team switches from Rams to Fords, the same manufacturer that Keselowski now represents on the Cup circuit.

The team also will campaign a No. 19 Ford with backing from the Cequent Group. The driver lineup includes Keselowski, his Penske Racing teammate Joey Logano and Dave Blaney, a former dirt-racing champion who will take the wheel when the circuit races on the dirt at Eldora Speedway on July 24.

Ross Chastain, who comes from a Florida watermelon-farming family, will join the lineup for the No. 19 and bring along sponsorship from the watermelon industry for five of his 15 starts.

"I couldn't be more pleased with the way 2013 is shaping up for BKR," Keselowski said in a team release. "We are poised for a successful season. We have been able to retain and attract top-notch personnel. The crew chiefs, drivers, and team members all put their hearts into this organization. Hard work equals results, and I am proud of each and every teammate's passion for excellence."

New crew chief helps Almirola

Since being paired with crew chief Todd Parrott last September, Aric Almirola has become much more competitive in the No. 43 Ford at Richard Petty Motorsports. In the final five races of 2012 he had three top-five starts and two top-10 finishes, including a fourth-place run at Martinsville. He led 69 laps at Kansas Speedway before being knocked out in a crash.

Then last week, he topped the charts during a test of the Generation 6 race car at Charlotte Motor Speedway with a best lap of 194.021 miles per hour. His teammate Marcos Ambrose was fourth at 193.285 mph.

Almirola's speed, while unofficial, bettered the 193.708 mph run by Greg Biffle in setting the track record last fall.

'63 Daytona 500 victory still resonates 50 years later

This year's Daytona 500, on Feb. 24, falls 50 years to the day since DeWayne "Tiny" Lund scored a Daytona 500 victory that is considered one of the most heartwarming stories in NASCAR history.

Lund won the 500, his first triumph in the series now known as Sprint Cup, as a replacement for Marvin Panch in the Wood Brothers No. 21 Ford.

Ten days prior to that 500, Panch, who had already qualified the Woods' Ford, wrecked a Maserati sports car while trying to set a speed record.

Panch lost control of the car in Turn Three, and it turned over. The doors of the Maserati, which wrapped up over the top of the car, had him pinned inside as fire broke out.

Lund, Glen Wood, founder of the Wood Brothers team, NASCAR official Johnny Bruner, mechanic Jerry Raborn and tire engineer Stephen Petrasek saw the crash, jumped Bruner's station and sped to the crash scene. Modified drivers Ernie Gahan and William Wimble were coming through the infield tunnel into the track, saw the crash, scaled a fence and came to Panch's aid as well.

"We were the first ones there," Wood recalled. "It was hot. Some of the guys got their hands burned real bad."

Lund, being the biggest and strongest of the rescue party, used his brute strength, and that was key to freeing Panch, Wood said.

For their efforts, Lund, Petrasek, Raborn, Gahan and Wimble each received the Carnegie Medal.

With Panch hospitalized with burns, the Woods needed a driver for their No. 21 Ford.

When Glen Wood and his brother Leonard, the team's chief mechanic, came down to making their final decision, the question they asked themselves was: "If it's the last lap and you're leading the race, which driver would you rather not see on your back bumper?"

That made the decision to hire Lund an easy one, Glen Wood said.

"Tiny was a pretty aggressive driver despite his weight, which was about 280 pounds at that time," he said.

The 1963 running of the Great American Race started under caution for a wet track and when the green flag was finally displayed, a total of 36 laps were run before the first caution flag flew. The Woods pitted, checking the tires and filling the car with fuel. After that, the team began a strategy that would put them in position to win on fuel mileage, if the caution flags played out in their favor.

They ran 40 laps on the next pit cycle, then 42 on the next two, leaving just one 40-lap run to the checkered flag. Also, their pit stops were quicker because they never changed tires, as their car was getting excellent tire wear.

In the closing stages of the race, Fred Lorenzen was leading with nine laps to go, but gave up the lead to stop for fuel. Then Ned Jarrett led briefly, but stopped with eight laps to go, leaving Lund out front.

"The announcers kept asking us when we were going to come in," Wood said. "We said we weren't

planning on it."

But the reporters were persistent. Kenny Martin, the Woods' gas man, assured the rest of the crew that he'd gotten the tank full, but the worries in the pit area continued to build.

"They kept asking us, and we began to wonder ourselves," Wood said. "But we did make it."

Glen Wood said his team and Lund shared 10 percent of the \$24,550 winner's purse with Panch. And Lund kept on driving the No. 21 until Panch returned in mid-season, for the World 600 at Charlotte.

In seven starts in the Woods' Ford that season, Lund had a win and five top-five finishes, with an average finish of fifth. In qualifying he had three front-row starts, with an average start of 5.8.

"Tiny was a good race driver," Wood said, pointing out that many of his wins came in divisions other than Sprint Cup. "He dabbled in a lot of different things."

Lund, who had some of his greatest success in the old Grand-Am Series, died in a crash during a Sprint Cup race at Talladega on Aug. 17, 1975. The Woods went on to win 98 Cup races and four more Daytona 500s, the most recent of them two years ago with Trevor Bayne driving. Glen Wood has been inducted into the NASCAR Hall of Fame and his brother Leonard will be inducted next month. A replica of Lund's winning Ford Galaxie will be on display at Daytona International Speedway during Speedweeks, then the car will be placed in the NASCAR Hall of Fame to commemorate Leonard Wood's induction.

NUMERICALLY SPEAKING

33 Drivers who participated in an official NASCAR Sprint Cup Series test at Charlotte Motor Speedway last week

204 Laps run by Michael McDowell, substituting for Denny Hamlin in the No. 11 Toyota, the most of any driver at the Charlotte test

20 Drivers who ran fewer than 100 laps at the Charlotte test

5 Drivers who raced a truck for Brad Keselowski Racing in 2012 (Brad Keselowski, six races; Ryan Blaney, nine; Parker Kligerman, 11; David Mayhew, four; and Grant Enfinger, one)



AIR FORCE STAFF SGT. WESLEY FARNSWORTH

Members of the United States Marine Honor Guard perform pass and review for the President of the United States in Washington Monday. Military involvement in the presidential inauguration dates back to April 30, 1789, when members of the U.S. Army, local militia units and revolutionary war veterans escorted George Washington to his first inauguration ceremony.

Marines support 57th Presidential Inauguration



AIR FORCE STAFF SGT. WESLEY FARNSWORTH

CPL. DANIEL WETZEL

HEADQUARTERS MARINE CORPS

In a tradition more than 200 years old, Marines from the President's Own Marine Band and Alpha and Bravo Company, Marine Barracks Washington, directly supported the Presidential Inauguration in Washington Monday.

More than 700,000 people made their way to the National Mall to watch President Barack Obama begin his second term as Commander in Chief of the United States.

More than 21,000 service members supported the inauguration but only about 5,000 participated in the parade. They marched for about a mile and a half along the streets of Washington, from the Capitol to the White House. Although only about 300 Marines marched in the parade, this small unit represented the Marine Corps as a whole.

"At the start we march on the drums, then we play 'Semper Fidelis,' the official march of the Marine Corps," said Master Gunnery Sgt. William Brown, Drum Major for the President's Own. "Once we get in front of the White House, the president is in a reviewing stand. Along side him is the Commandant of the Marine Corps. It's the time where the commandant is able to display the Marine Corps to the president, which is why it is so very important that we look our absolute best and sound great."

Lance Cpl. Taylor Griffard considered himself lucky to be a part of the ceremony. He marched with Bravo Company, a duty only held for two years, so he appreciated his tour falling in line with the presidential in-

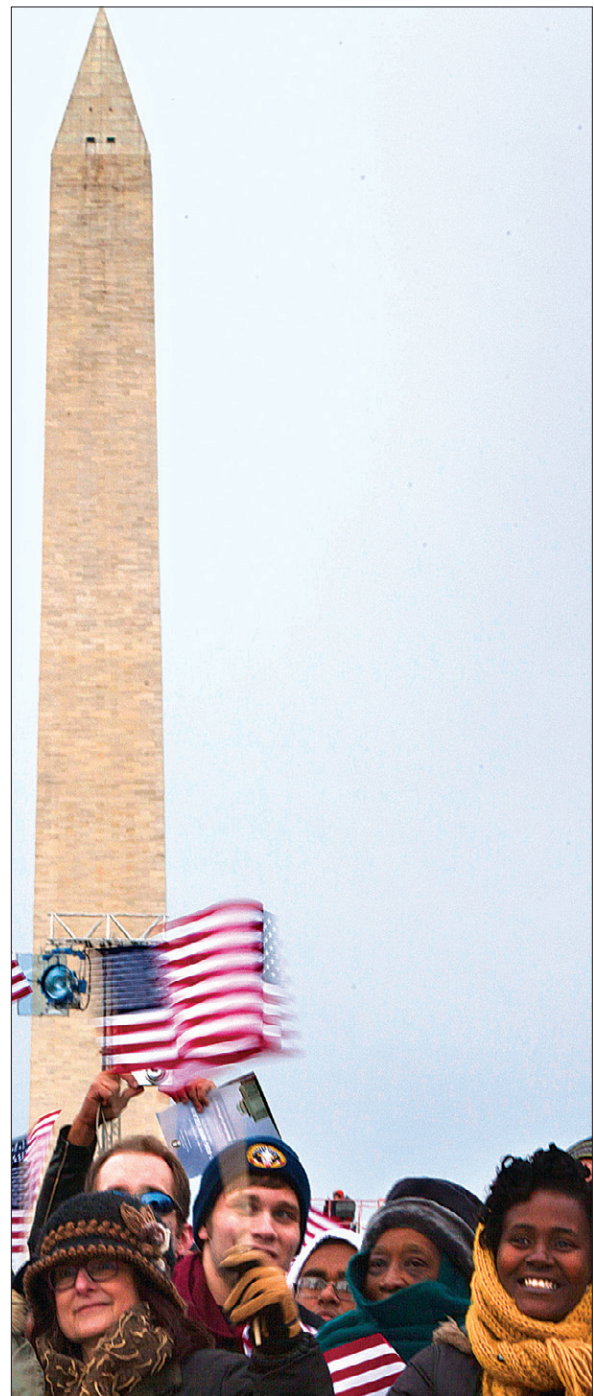
(Left) Members of the Joint Service Honor Guard line the steps of the Capitol as the President departs after his swearing in ceremony in Washington Monday.

auguration. Griffard said this was a great opportunity, regardless of political beliefs.

"This is huge for D.C., not just as a community but for the entire country," Griffard said. "To be out here and to be able to go to this event is a rare and amazing opportunity."

For the Marines who participated, representing the Corps is a responsibility they don't take lightly.

"I think it's very important to have the Marine Corps involved in the inauguration for the president of the United States," Brown said. "We're America's Marine Corps."



CPL. DANIEL WETZEL

Audience members gather in front of the Washington Memorial on the National Mall in Washington during the 57th Presidential Inauguration Monday. More than 700,000 people made their way to the National Mall for the day's events.



ARMY STAFF SGT. OPAL VAUGHN

President Barack Obama makes opening remarks during the Commander In Chief Inaugural Ball held at the Walter E. Washington Convention Center in Washington Monday.

Life & Times

Facebook.com/MCASCherryPoint

January 24, 2013

Marines help care for homeless animals

LANCE CPL. CAYCE NEVERS

MCAS CHERRY POINT

Marines stationed aboard Cherry Point spent Saturday morning helping care for homeless animals at the Carteret County Humane Society in Newport.

The Marines were split into three groups when they arrived at the animal shelter. They spent the morning cleaning cages and kennels, doing dishes, feeding the animals and walking the dogs.

"Having volunteers helps out a lot here," said Rachel E. Jackson, Carteret County Humane Society employee. "The staff here does not always get the chance to walk the dogs as often as they need to, so when volunteers come, the dogs get to walk and socialize with other people."

Jackson said more Marines have been taking the initiative to help at the shelter recently.

"The volunteers have been coming here since we opened, but the last few years more volunteers have been coming," said Jackson. "I think the people who come here to volunteer feel like they are partaking in helping to find

homes for these animals."

The Marines said they enjoyed the time they spent with the animals.

Once the chores were done, the helpers were allowed to let dogs out of the kennels and walk them. When they walked into the kennels with leashes in hand, the dogs jumped up and showed their excitement to get some exercise. The Marines made sure every dog got a chance to run around outside of their cages.

"It is important for us to volunteer and give back to the community, especially those (near) large military installations, because they do so much for us," said Lance Cpl. Joshua A. Litscher, an aviation information system specialist with Marine Aviation Logistics Squadron 14.

The dozen Marines who participated hailed from the Center for Naval Aviation Technical Training, Marine Wing Headquarters Squadron 2, Marine Attack Squadron 223, MALS-14 and Headquarters and Headquarters Squadron. For more information on volunteer opportunities like this, contact the Single Marine Program at 466-3027.



PHOTOS BY LANCE CPL. CAYCE NEVERS

Pfc. Emily D. Torres, an administrative specialist with Marine Wing Headquarters Squadron 2, walks a dog at the Carteret County Humane Society in Newport Saturday. Marine volunteers cleaned kennels and cages, fed the shelters' residents and walked the dogs.



Lance Cpl. Christopher R. Legeune, an aircraft maintenance administration specialist with Marine Attack Squadron 223, fills water bowls in the dog kennels at the Carteret County Humane Society.



Pfc. Alex L. Croswell, a student with the Center for Naval Aviation Technical Training, puts newspaper in a kitten's cage, while cleaning the kitten room. A dozen Marines volunteered their Saturday morning to helping homeless animals.



A Marine holds a kitten at the Carteret County Humane Society after cleaning its cage.



Pfc. Kenneth R. Murray, an administrative specialist with MWHS-2, brings clean dog food bowls to the kennels.



A puppy at the Carteret County Humane Society in Newport takes a break after being walked Saturday. The animals' direct care is provided by shelter staff and volunteers.

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 January 24

Lunch - Chicken and dumplings, pasta Toscano, steamed rice, steamed vegetable medley, Harvard beets, cream of spinach soup

Dinner - Mediterranean herb roasted chicken, herbed roast pork loin, mashed potatoes, dirty rice, glazed carrots, steamed broccoli, brown gravy, American bounty vegetable soup

Friday January 25

Lunch - Roast turkey, French fried shrimp, French fried fish, dirty mashed potatoes, green beans, calico cabbage, hush puppies, tartar sauce, cocktail sauce, New England clam chowder **Dinner** - Tater-tot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms, Manhattan clam chowder

Saturday January 26

Lunch - Baked ziti with four cheeses, arroz con pollo, club spinach, corn O'brien, toasted garlic bread, smoked ham and cabbage soup

Dinner - Three bean chili, apple glazed corned beef, shrimp curry, cilantro rice, parsley buttered potatoes, vegetable stir fry, savory summer squash

Sunday January 27

Lunch - Baked fish with butter crumb topping, herbed baked chicken, potatoes au gratin, confetti rice, herbed roasted carrots, balsamic roasted vegetables, tomato soup **Dinner** - Pork chops with smothered onion, chili macaroni, roasted sweet potatoes, French cut green beans, cauliflower combo, Wisconsin cheese soup

Monday January 28

Lunch - Southwestern corn chowder, pepper steak, turkey Monterey roasts, rosemary red potatoes, steamed rice, wax beans Creole, stewed chick peas and zucchini **Dinner** - Spanish chorizo and potato soup, veal parmesan, Tex-Mex chicken and rice, penne rigate noodles, marinara sauce, scalloped cream style corn, broccoli and red peppers

Tuesday January 29

Lunch - Beef with vegetables and barley soup, linguini with clam sauce, bayou chicken, rissole potatoes, mashed cauliflower, sautéed green beans and mushrooms **Dinner** - Bean with bacon soup, country fried steak, baked turkey and noodles, mashed potatoes, brown gravy, squash and carrot medley, peas

Wednesday January 30

Lunch - Cream of mushroom soup, chicken piccata, bayou jerked pork loin, chipotle roasted sweet potatoes, islander's rice, steamed spinach with garlic, lyonnaise carrots, mango and black bean salsa **Dinner** - Chicken tortilla soup, Hungarian goulash, Creole shrimp, brussels sprouts parmesan, corn

Stay safe on Cherry Point's roads

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

"A 160-pound individual versus a 4,000-pound vehicle is never going to be a good mix," said Staff Sgt. Brian P. Faulk, the accident investigation chief for the Cherry Point Provost Marshal's Office.

Simple axioms like this are why Cherry Point enforces a number of basic rules for cars, motorcycles, and pedestrians to prevent injury and loss of life or property. Even so, there are still a few issues PMO and the traffic safety manager, Michael Granger, continue to see endangering people on the air station.

"Lately we've had a trend of failure to yield the right of ways, which has produced several wrecks in the past week," said Faulk. "Individuals are not looking left or right, or during inclement weather, people are not turning on their headlights to warn the other vehicles they're coming toward them. That's the biggest trend right now."

Other issues involve drivers not paying attention because they're talking on a cell phone, changing radio stations or engaging in some other activity that causes them to take their eyes off the road. Faulk said inattentive driving causes accidents, and drivers can receive citations for it. Talking on a cell phone without

a hands-free device, for example, is an automatic 90-day suspension of driving privileges.

Granger said many accidents come from violating rules people have been taught since their high school drivers' education class, like avoiding following too closely, speeding, and always wearing seat belts.

"Accidents would probably still happen, but if everyone was driving the speed limit and allowing safe distances around vehicles, they would be way less likely to happen," he said.

While drivers need to maintain constant situational awareness, pedestrians also have responsibilities according to the law. Pedestrians have the right of way but are required to look both ways before crossing, and should never step in front of a vehicle that is moving too fast to safely stop.

"Pedestrians are what I'm concerned about," said Granger. "I'm just as concerned about their safety as the people driving down the road. (Physical training) is another huge thing on this base. You can't wear headphones unless you're on the trail. You're not supposed to run anywhere else on the base with headphones on or cross roads with headphones on, but we see it all the time. Why do people run on the road

when there's a perfectly good trail 50 feet away?"

Motorcycle drivers are also on the priority list of both Granger and Faulk. Three driver's courses are available for Marines and Sailors to learn safety. The first course is required in order to be allowed to drive on base. The state of North Carolina recently authorized the basic course to issue waivers so once the course is complete, motorcycle drivers no longer have to pass an additional driver's test in order to drive in the state. Also, prospective riders can go through their chain of command to get permission to bring motorcycles on station and attend the course on a space available basis.

Marines can find themselves accidentally in violation of Cherry Point's and North Carolina's driving laws because Marines are constantly moving from station to station, said Faulk. Between Okinawa, California, and North Carolina, rules and regulations change. Faulk recommends individual Marines look up the regulations and educate themselves for their own good. Commands can also ask Faulk for a traffic safety brief to educate Marines on driving safely on Cherry Point. He can be contacted at 252-466-2841.



You are not alone. There is support. If you or someone you know is in immediate danger of hurting himself or others, please call the National Suicide Prevention Lifeline.

1-800-273-TALK (8255)

It's important to talk about suicide and feelings of depression or PTSD. If you're looking for more information or resources, trained health professionals are available 24/7 at the:

DCoE Outreach Center

866-966-1020

resources@dcoeoutreach.org

www.dcoe.health.mil

Station gym hours

Hancock Fitness Center: 466-4018

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

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

Closed weekends and holidays

Devil Dog Gym: 466-2713/4420/4192

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

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

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

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

Marine Dome: 466-2566

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

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

Weekends and holidays: 1 - 5 p.m.

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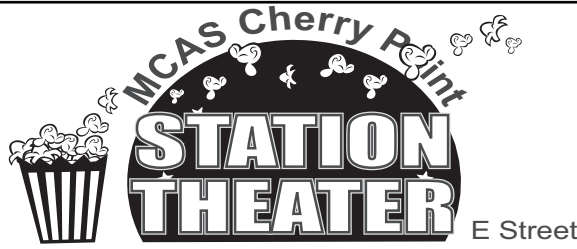
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NOW SHOWING

Friday, January 25

5:00pm - Parental Guidance PG

7:30pm - Guilt Trip PG13

9:45pm - This is 40 R

Saturday, January 26

2:00pm - The Hobbit Pg13

5:45pm - Guilt Trip PG13

8:00pm - This is 40 R

Sunday, January 27

2:00pm - Parental Guidance PG



Parental Guidance - Old school grandfather Artie, who is accustomed to calling the shots, meets his match when he and his eager-to-please wife Diane agree to babysit their three grandkids when their type-A helicopter parents go away for work. But when 21st century problems collide with Artie and Diane's old school methods of tough rules, lots of love and old-fashioned games, it's learning to bend - and not holding your ground - that binds a family together

Guilt Trip - Andy Brewster is about to embark on the road trip of a lifetime, and who better to accompany him than his overbearing mother, Joyce. After deciding to start his adventure with a quick visit at mom's, Andy is guilted into bringing her along for the ride. Across 3,000 miles of ever-changing landscape, he is constantly aggravated by her antics, but over time he comes to realize that their lives have more in common than he originally thought. His mother's advice might end up being exactly what he needs.

This is 40 - An original comedy that expands upon the story of Pete (Paul Rudd) and Debbie (Leslie Mann) from "Knocked Up" as we see first-hand how they are dealing with their current state of life.

The Hobbit - Bilbo Baggins, who is swept into an epic quest to reclaim the lost Dwarf Kingdom of Erebor from the fearsome Dragon Smaug. Approached out of the blue by the Wizard Gandalf the Grey, Bilbo finds himself joining a company of 13 Dwarves led by the legendary warrior, Thorin Oakenshield. Their journey will take them into the Wild, through treacherous lands swarming with Goblins, Orcs and deadly Wargs, as well as a mysterious and sinister figure known only as the Necromancer.

Movies are subject to change without notice

Announcements

► Indicates new announcement

Marine Corps Scholarship Foundation

The Marine Corps Scholarship Foundation is accepting applications through March 1.

The foundation provides need-based scholarships to the children of Marines and Navy corpsmen who attend an accredited undergraduate college or vocational or technical institution.

Special scholarships are available to the children of those who were wounded or fallen in combat.

For more information, applications and eligibility criteria, visit <http://www.mcsf.org>.

James Gregory Comes to Morehead City

Comedian James Gregory is scheduled to perform a stand-up comedy routine at the Morehead Center for Performing Arts Saturday, 8–10:30 p.m. Ticket prices are \$25.

For more information, visit <http://bit.ly/themhcenter> or call 726-1501.

Sudan Shriners' Parade

The Shriners will host a parade in downtown New Bern Saturday at noon.

The parade will include clowns, horses, mini-cars, bands and marchers.

The parade is part of the Winter Ceremonial, which occurs annually on the fourth weekend of January.

For more information, call 637-5197.

American Music Festival

The American Music Festival is scheduled for Saturday at 8 p.m. at the History Place in Morehead City.

Individual ticket prices are \$25 for adults and \$15 for students and service members.

For more information, call 728-6152.

Heart & Soul Half Marathon and 5K

Village of Walnut Creek will host the Heart & Soul half marathon and 5K in Goldsboro, N.C., Feb. 2.

Awards will be presented to the top three male and female participants in each age group.

Time will be kept by chip timing.

Each runner must pick up a chip to receive a time.

Registration fees vary between \$10 and \$45 depending on the race and purchase date.

To register, visit <http://www.runtheeast.com>.

► NC Aquarium Volunteer Open House

The North Carolina Aquarium at Pine Knoll Shores invites potential conservation ambassadors to test the

waters on Feb. 2 between 9 and 11 a.m.

Attendees also will be able to observe volunteers in action at various stations around the aquarium.

The aquarium currently is recruiting for a new volunteer post to help visitors get a bird's-eye view of the salt marsh. Volunteers staffing the salt marsh overlook and share knowledge about herons, egrets and other creatures visible from the shaded deck.

Volunteers receive free admission and discounts at the aquarium gift shop and special activities.

No prior experience is necessary.

Environmental education and animal handling training are provided, and flexible schedules are available.

For more information, contact volunteer coordinator Chris Carlin at 247-4003, ext. 286.

Cocoa 5K and 1-mile Fun Run

Carolina Chocolate Festival Cocoa 5K and 1-mile fun run will take place at Crystal Coast Civic Center in Morehead City Feb. 2.

The race is open to individuals and families.

Entry fees are \$15 per individual and \$40 per family up to four family members. Each additional family member is \$10.

The 1-mile fun run will begin at 7:30 a.m. The 5K run will begin at 8 a.m.

To register, visit <http://bit.ly/Cocoa5K>.

► Super Bowl Party

The Single Marine Program will host a Super Bowl XLVII Party at the Roadhouse Feb. 3 at 6 p.m.

Appetizer and drink specials will be offered during the event.

For more information, call 466-5555.

Ringling Brothers and Barnum and Bailey Circus

The Ringling Brothers and Barnum and Bailey Circus is scheduled to perform at the Palmerston North City Arena in Raleigh Feb. 6–10.

Ticket prices vary.

To reserve a seat, call 800-745-3000.

► Special Showing of Supersize Me

There will be a special showing of the documentary Supersize Me in honor of Healthy Heart Month at the air station theater Feb. 13 at 1 p.m. This free show will meet the criteria for the annual training requirement for the Semper Fit Nutrition Class.

New Bern Antique Show and Sale

The New Bern Preservation Foundation will host its annual antique show and sale Feb. 15–17 from 10 a.m.–5

p.m.

Tickets are \$7 in advance and \$8 at the door.

Tickets are good for all three days and can be purchased at Mitchell Hardware, Harris Teeter and the New Bern Preservation Office.

NC Zoo Snooze: 'Creatures of the Night'

Operation Military Kids and the North Carolina Zoo have partnered together to host a Zoo Snooze: "Creatures of the Night," for military youth, ages 7–12, March 1–2.

This overnight adventure will have participants spending the evening exploring the world of elusive backyard creatures with games, activities and presentations.

A nature hike, craft time and hands-on activities are just a few of the activities the youth can enjoy throughout their adventure.

A snack is provided in the evening and a light breakfast will be served the following morning.

Participants will receive a free pass into the zoo following the event.

The deadline to register is Feb. 18.

Price of registration is \$10.

For more information, visit <http://bit.ly/zoosnooze>.

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.

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.

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.

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 Feb. 15.

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

Young Marines

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

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

Welcome Aboard Expo

Cherry Point hosts a Welcome Aboard Expo every month at Miller's Landing.

The expo is open to all new Marines, Sailors, civilian employees and spouses.

The next expo is Feb. 20 at 9 a.m.

For questions or to register, contact Sandy Langlois at 466-5743 or email sandy.k.langlois@usmc-mccs.org.

Hotlines

2nd MAW Command Inspector General
466-5038

Station Inspector
466-3449

Fraud, Waste and Abuse

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

Suicide/Stress

To talk to someone at the National Suicide

Hotline, call 1-800-273-8255.

To seek confidential counseling with personal battles call the DSTRESS line at 1-877-476-7734.

Sexual Assault

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

Severe Weather and Force Protection

Cherry Point personnel call 466-3093.

FRC East personnel call 464-8333.

DLA personnel call 466-4083.

Signs of Terrorist Activity:

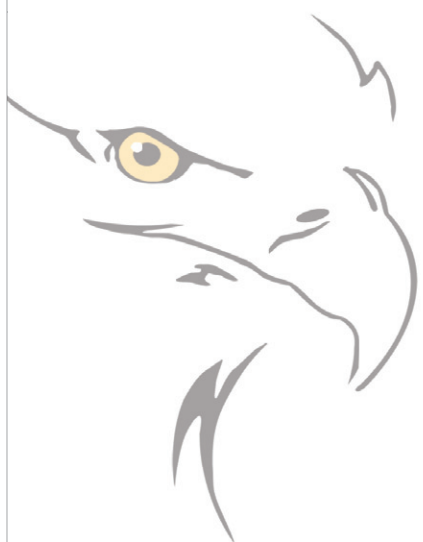
Progressive surveillance

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