

The Windssock

Vol. 71, No. 5

www.cherrypoint.marines.mil

January 31, 2013

Walters: It's all about Marines

Commanding general shares outlook on 2nd MAW future

CPL. BRIAN ADAM JONES
MCAS CHERRY POINT

Maj. Gen. Glenn M. Walters, commanding general of 2nd Marine Aircraft Wing, shared his thoughts on 2012 and his outlook for the new year in a recent interview.

Walters assumed command of 2nd MAW, the Marine Corps' East Coast aviation wing, in May of 2012. Prior to that, he spent a year in command of 2nd MAW (Fwd.), then the aviation combat element in southwestern Afghanistan.

"Instead of employing the wing in combat, now I'm preparing Marines for combat," Walters said. "It's the continuum of who we are as Marines – answering the call to do our nation's defense wherever we're called."

Walters said that his greatest challenge in command of the wing has been to get his roughly 16,000 Marines who are dispersed from North Carolina to Florida on to the same sheet of music. Success in that objective lies in the hands of the individual Marines.

"The biggest challenge to any large organization is to get everybody to understand what the standards are, what we're doing – but it hasn't been that big of a challenge," Walters said. "Because to be brutally honest, we have great leaders in



Maj. Gen. Glenn M. Walters, commanding general of 2nd Marine Aircraft Wing, pilots a KC-130J Hercules in southwestern Afghanistan in 2011, when he commanded 2nd MAW (Forward). Walters assumed command of 2nd MAW in May 2012, just two months after returning from Afghanistan. "Instead of employing the wing in combat, now I'm preparing Marines for combat," Walters said. "It's the continuum of who we are as Marines – answering the call to do our nation's defense wherever we're called."

our groups, we have great leaders in our squadrons, we have great staff NCOs, we have great NCOs."

There wasn't a shred of hesitation in the general's response when asked about his favorite part of his job.

"I'm surprised, but I shouldn't be surprised, at how absolutely brilliant some of our young Marines are," Walters said. "They can take a new look at old prob-

See **GOALS** page A7

Cherry Point CO explains base role in warfighting readiness

LANCE CPL. S. T. STEWART
MCAS CHERRY POINT

As the 2nd Marine Aircraft Wing readies to conduct aviation operations anywhere in the world, the largest Marine Corps air station on the East Coast, MCAS Cherry Point, N.C., plays an important role in preparing the wing's warfighters for the unknown.

It's an enormous mission – providing a 24/7 airfield, aerial ranges and infrastructure improvements, and focusing on the commandant of the Marine Corps priorities for the future of installations in the Marine Corps.

"And there is a lot that goes into that," said Col. Philip J. Zimmerman, Cherry Point commanding officer. Providing a training platform for the fleet, community services, maintaining the air station and working with the community, to name a few, play a huge role in accomplishing this mission.

"The key to success, it's always the people," said Zimmerman. "Active participation by all in our success. Foster a cli-

mate that encourages our entire workforce to be a part of our success, to seek self-improvement, to be innovative, to challenge our assumptions and improve our business practices."

Zimmerman referenced "operational art" and the three factors to achieve an objective – space, time and force.

"Our space is Cherry Point, Bogue and Atlantic, that's not going to change," said Zimmerman. "Time – well my time is no different from anybody else's. So, the area I can really concentrate on is the force – its training, safety and education."

He said the more trained the Marines are and the more educated they are, the more they will be prepared for their mission and future challenges.

In support of 2nd MAW, Zimmerman dedicates his time to ensuring the Marines at Cherry Point have everything they need to maintain a high state of readiness while they prepare to conduct operations overseas.

See **READINESS** page A7



Defense Secretary Leon Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, sign a memo to lift the ban on women in military combat operations during a press conference at the Pentagon Jan. 24.

Services to expand integration of women in combat

COURTESY STORY
U.S. DEPARTMENT OF DEFENSE

Defense Secretary Leon E. Panetta and Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey announced the rescission of the 1994 Direct Ground Combat Definition and Assignment Rule for women and that the Department of Defense plans to remove gender-based barriers to service Jan. 24.

"Women have shown great courage and sacrifice on and off the battlefield, contributed in unprecedented ways to the military's mission and proven their ability to serve in an expanding number of roles," Secretary of Defense Leon E. Panetta said. "The Department's goal in rescinding the rule is to ensure that the mission is met with the best-qualified and most capable people, regardless of gender."

Today, women make up approximately 15 percent, or nearly 202,400, of the U.S. military's 1.4 million active personnel. Over the course of the past decade, more than 280,000 women have deployed in support of operations in Iraq and Afghanistan.

Today's announcement follows an extensive review by the Joint Chiefs of Staff, who unanimously concluded that now is the time to move forward with the full intent to integrate women into occupational fields to the maximum extent possible. It builds on a February 2012 decision to open more than

See **COMBAT** page A7

Marine Corps sergeant major visits Cherry Point warriors



Sgt. Maj. Micheal P. Barrett, the 17th sergeant major of the Marine Corps, hands out challenge coins to Marines from various squadrons stationed at Cherry Point during a breakfast at the mess hall Tuesday. After he departed the air station, Barrett headed to Marine Corps Base Camp Lejeune.

Schnelle assumes command of VMA-542, Perez bids farewell

LANCE CPL. S. T. STEWART
MCAS CHERRY POINT

Lt. Col. Michael J. Perez relinquished command of Marine Attack Squadron 542 to Lt. Col. Jay Schnelle during a change of command ceremony aboard the air station Friday.

Perez will serve on the Marine Aircraft Group 14 staff until his summer departure to attend the Army War College in Carlisle, Pa.

See **VMA-542** page A7



Lt. Col. Jay Schnelle

VMAQ-2 welcomes Kudelko, bids Musoff farewell

CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

Lt. Col. Robert M. Kudelko Jr. assumed command of Marine Tactical Electronic Warfare Squadron 2 from Lt. Col. Adam L. Musoff during a ceremony Friday at the squadron's hangar.

Musoff will move on to the National Defense University's Dwight D. Eisenhower School for National Security and Resource Strategy.

See **VMAQ-2** page A7



Lt. Col. Robert M. Kudelko

What's Inside

News Briefs	A2	Basketball	B1
Raid Training	A3	Mess Hall Menu	B2
Volunteerism	A5	Announcements	B3

In This Edition:



Cherry Point youth shoot hoops
See B1



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

News Briefs

Female PFT training program

Training and Education Command has developed a website, <https://fitness.usmc.mil/FPFT>, to help female Marines meet the new physical fitness test requirements set forth in All Marine Message 046/12.

The website, designed by TECOM with help from Semper Fit and the Physical Fitness Advisor at Parris Island, S.C., will be updated regularly with different fitness programs and new resources.

Currently there are three programs: a six-week initial program, a six-week advanced program and a four-week sustainment program.

Toys for Tots Marines awarded

The Single Marine Program honored volunteers for their dedication for the 2012 Toys for Tots season during a Volunteer Appreciation party Wednesday at the Roadhouse here.

Staff Sgt. Royce Kelley received an award for demonstrating the strongest participation and dedication to Toys for Tots.

Headquarters and Headquarters Squadron, Marine Wing Communications Squadron 28 and the Center for Naval Aviation Technical Training also received awards for their exemplary support to the program.

Marine for Life Program moves

The Marine for Life Program has permanently moved to Camp Lejeune. The point of contact is Staff Sgt. Nichole Mason. She can be reached at (910) 450-6292.

The Marine for Life Program provides nationwide assistance to active duty Marines, Marine reservists and Marine veterans. Marine for Life also assists Sailors who have served with Marine Corps units.

CMC eyes new unit

The Marine Corps is developing a new force to help combatant commanders handle a variety of crises, including reinforcement missions and humanitarian assistance, the commandant said.

Gen. James Amos said Monday that the service is looking at theaters "where there is the greatest need."

The new crisis-response unit would be considered a special purpose Marine air-ground task force, with personnel from the Corps' ground combat, aviation and logistics communities.

Operation Eagle Eyes goes online

The Marine Corps has created a new website to facilitate speedy and accurate reporting of suspicious activities on or near military installations.

The Eagle Eyes community awareness program historically used telephone submissions to report these activities.

The new system will support existing Eagle Eyes efforts and serve as a clearing house and triage center for suspicious activity reporting to determine whether the activity warrants local investigation and further response.

The website is located at <http://www.usmceagleeyes.org>. Watch The Windsock for more information.

Chaplain's Corner :

Keep your honor clean

LT. CMDR. RICHARD MALMSTROM

MARINE AIRCRAFT GROUP 14 CHAPLAIN

It comes as no surprise, as was recently reported, that sex was the top reason for many firings last year. There was either an inappropriate sexual relationship or unwanted sexual contact between commanders and subordinates behind the majority of firings. These are just the top commanders. It is unknown how many other officers or senior enlisted were fired because of inappropriate relations. There are no statistics for enlisted and junior officer firings.

While we are all human and all subject to temptations there are several things we can do to minimize our risk. Martin Luther once wrote that we cannot stop the birds from flying over our heads but we can stop them from building a nest in our hair.

The Navy and Marine Corps have some built-in safeguards. We would do well to take full advantage of them. Sin loves the darkness. We often allow ourselves to give in to temptation when we think no one is looking. If you don't have a window in your door, closed door meetings should be the exception rather than the rule. It is much more difficult to have an inappropriate relationship when everything is out in the open for everyone to see. When everything is out in the open it is easier to help keep each other honest.

As in all things Navy and Marine Corps, never leave your shipmate behind. If you see two people spending too much time together outside of normal work-related duties, you ought to raise the warning flag. There are

times when this is perfectly acceptable. However, it can often lead to that inappropriate relationship.

If there is someone other than your spouse who you are sharing all of your thoughts and feelings with, be very careful. You may be in an emotional affair. Some may argue that this is no big deal. However, it is getting dangerously close to a physical affair. Make sure that you turn to your spouse for an emotional connection rather than someone else.

As men, we are visually attracted before anything else. In our personal and professional interactions with the opposite sex, it is important that we don't let our eyes and our minds wander. Again, you can't stop the birds from flying overhead. But you can keep it from building a nest in your hair. If you find yourself attracted to someone other than your spouse or girlfriend, focus your attention on something else. It is also important to keep yourself focused on what you stand to lose if you give in to temptation. Think of the relationships, honor and retirement you stand to lose. Imagine your picture on the front page of a newspaper after being caught in an affair.

As a chaplain, I must say that sexual relations are best reserved between husband and wife. Many of the troubled Marines and Sailors I speak with have difficulties that began with sex outside the bonds of marriage. Extramarital affairs can be particularly devastating for everyone involved. With God's help and the help of our fellow Marines and Sailors, we can all keep our honor clean.

Black History Month:

Celebrate history, service of African Americans

COURTESY STORY

MARINE ADMINISTRATIVE MESSAGE 100/13

Black History Month originated as "Negro History Week" in 1926 through the leadership of historian Dr. Carter G. Woodson, founder of the Association for the Study of African American Life and History, who sought to create an observance to recognize and honor the heritage, accomplishments, and contributions made by African Americans to American society.

The 2013 Black History Month theme is "At the crossroads of freedom and equality: The Emancipation Proclamation and the march on Washington." This year's theme will mark two major milestones in the fight for civil rights and African American history. This year marks the 150th anniversary of Abraham Lincoln's signing of the Emancipation Proclamation, the executive order that proclaimed those enslaved in Confederate Territory to be free. The proclamation paved the way for the ratification of the thirteenth amendment, which made slavery illegal everywhere in the United States. 2013 is also the 50th anniversary of Dr. Martin Luther King Jr.'s historic march on Washington to the steps of the Lincoln Memorial, where he gave his fa-

mous "I Have a Dream" speech to a crowd of 250,000 people.

From 1942-1949, approximately 20,000 African American men enlisted in the Marine Corps and completed segregated boot camp at Montford Point Camp, Jacksonville, N.C. Many of these Marines served with distinction during World War II, the Korean War and the War in Vietnam, in some instances, making the ultimate sacrifice. These pioneers, known as the Montford Point Marines, added to the rich history of the Marine Corps and paved the way for future service members of all backgrounds, men and women alike.

To enrich our understanding of the history of black Americans is to broaden our understanding of our nation's history, as the two are inextricably linked. During National Black History Month, commanders are encouraged to take the time to recognize and celebrate the dedicated service and contributions of African Americans, both past and present. Commanders are further encouraged to conduct programs and promote participation in observance of events at their commands and in the local community.

The Windsock

Weekly Photo Competition

January 31 - February 7, 2013

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



Windsock Photo of the Week Jan. 17 edition

Photo By Lance Cpl. Cory D. Polom

Andy Delafield, a Special Olympian, hugs a Marine before they take off on a run following the Cherry Point Commissary's 6th Annual Special Olympics event Jan. 8.

LANCE CPL. DANIEL HERNANDEZ

Job Title: Cryogenics Technician

Unit: Marine Aviation Logistics Squadron 14

Hometown: Moreno Valley, Calif.

Age: 21

Date Joined: October 2009

Lance Cpl. Daniel Hernandez spends his days converting the natural air we breathe into liquid oxygen and liquid nitrogen.

These two elements are an essential part of everyday life aboard the air station and are used by all of its aviation units, said the cryogenics technician with Marine Aviation Logistics Squadron 14.

Hernandez said liquid oxygen feeds pilots' oxygen masks during flight, while liquid nitrogen is a source for nitrogen gas used in tires, struts, canopies and even in missile tubes.

"When I am asked what I do in the Marine Corps, no one knows what cryogenics is," said Hernandez. "That is one of the most fun parts of my job, explaining the science and procedures behind what I do. I also take pride in the fact that my job has a great impact on the Marines aboard this air station and the mission of 2nd Marine Aircraft Wing."



LANCE CPL. CORY D. POLOM

The Windsock

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

COMMANDING OFFICER
MCAS CHERRY POINT
COL. PHILIP J. ZIMMERMAN

PUBLIC AFFAIRS DIRECTOR
MAJ. WILL KLUMPP

PUBLIC AFFAIRS CHIEF
MASTER SGT. MARK E. BRADLEY

PRESS OFFICER
1ST LT. ALEJANDRO AGUILERA

PRESS CHIEF
GUNNERY SGT. MICHAEL A. FREEMAN

EDITORS
LANCE CPL. S. T. STEWART
LANCE CPL. CAYCE NEVERS
STACEY R. SWANN

STAFF WRITERS
CPL. BRIAN ADAM JONES
CPL. SCOTT L. TOMASZYCKI
CPL. ANDREA CLEOPATRA DICKERSON
LANCE CPL. S. T. STEWART
LANCE CPL. CORY D. POLOM
LANCE CPL. PAUL E. WYATT

Highlight Your
Marine or Sailor
Superstar

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

REMEMBER TO RECYCLE





PHOTOS BY CPL. SCOTT L. TOMASZYCKI

A CH-53E Super Stallion with Marine Heavy Helicopter Squadron 366 refuels over eastern North Carolina during long-range raid training Jan. 24. The squadron refueled at 1,000 feet on a windy day, which provided good practice for the pilots who must be able to accomplish their mission under adverse conditions.

Hammerheads conduct long-range raid

CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

Marine Heavy Helicopter Squadron 366 flew from Cherry Point to an airport on the outskirts of Wilmington, N.C., and back in a training exercise designed to familiarize themselves with conducting assaults over long distances Jan. 24.

During the assault transport, Marine Aerial Refueler Transport Squadron 252 refueled HMH-366 helicopters with KC-130J Hercules aircraft. HMH-366, known as the Hammerheads, also landed on a mock amphibious assault ship, picked up a fictional assault package of 40 infantry Marines, and delivered it to a hostile facility where Marines disembarked and attacked.

The squadron put effort into making the mission as realistic as possible, including a notional scenario featuring a hostile group preparing to invade a friendly country, with the raid disrupting the enemy's preparations.

Capt. Derrick F. Breville, a pilot training officer with HMH-366, said the training begins in the planning stage where a situation is created detailing the makeup of friendly forces, capabilities of hostile forces, and the disposition of all the forces in the region.

"They have to tactically assess the objective area," said Breville. "It teaches them to make decisions beforehand in planning, and how to dynamically make decisions beforehand in flight."

Breville said the focus of the training was the long-range aspect, meaning coordinating with the refueling squadron to make sure everyone made it to the objective with the necessary resources.

After refueling, the Hammerheads practice inserting troops into the "combat zone", which provided valuable training to the helicopter crews. During the raid, crew members manned the guns to protect the helicopters from hostile fire. Sgt. Timothy Gayson, a weapons and tactics crew chief instructor with the squadron, said the training helps develop the right

mindset for combat missions.

"The training is very important," said Gayson. "If we don't train for our mission in Afghanistan, it's not going to get done. If we don't train the guys to get into the mindset, the momentum or the rhythm of doing what they need to do, then they're going to be drawing a blank and they can get hurt or killed."

VMGR-252 also benefited from the joint training exercise by practicing several of its own mission-essential tasks.

"We have low-altitude flying, we have formation flying, and then we have aerial refueling all going on at one time, so the coordination involved in executing that is a little more intense than a normal flight," said Capt. Richard J. Jacobs, a pilot with the squadron.

Jacobs said the training value comes from practicing a realistic mission as a section.

Both squadrons are required to maintain the skills necessary to refuel at low altitudes. Adding to the challenge of refueling were the weather conditions. The daytime refueling took place at 1,000 feet instead of the normal 5,000 feet. Breville said air becomes more volatile at lower altitudes and the winds were intense that day, resulting in all the aircraft and fuel lines buffeting about in the wind as the helicopters attempted to plug refueling probes into the lines.

Despite the difficulty, pilots and crew from both squadrons learned from their respective experiences.

"We work hard to provide realistic training for anyone who's under instruction in our squadron," said Breville. "Any time we have the ability to not play make believe and actually work with other agencies, it makes the evolution that much better. I think that us getting support from VMGR-252 to do this evolution, specifically providing those two tankers, really made this a pretty big evolution for us."



A CH-53E Super Stallion with Marine Heavy Helicopter Squadron 366 approaches the aircraft during a training exercise over eastern North Carolina Jan. 24. HMH-366 operated with Marine Aerial Refueling Transport Squadron 252 in an exercise that focused on aerial refueling, aircraft carrier landings and assaulting hostile positions.



In the distance, a VMGR-252 KC-130J refuels a HMH-366 CH-53E Super Stallion during long-range raid training near Wilmington Jan. 24. The squadrons train in realistic scenarios and coordinate with sister units to help meet mission objectives and keep planning skills sharp.

Recon Marines, Singaporean special forces conduct training in Hawaii

LANCE CPL. SUZANNA LAPI

MARINE CORPS BASE HAWAII - KANEHOE BAY

MARINE CORPS BASE HAWAII, Hawaii – Reconnaissance Marines from 3rd Reconnaissance Battalion, based in Okinawa, Japan, dove in and took flight with members of the Singapore Armed Forces Naval Diving Unit during Exercise Sandfisher 2013, a bilateral training exercise held at Marine Corps Base Hawaii from Jan. 7 to 18.

According to the recon leadership, the purpose of the operation was to build their military partnership by strengthening both nations' tactics in amphibious procedures and combat diving. Unit members performed surface swims, small craft maneuvers, and special purpose insertion and extraction rigging.

Every year, Singaporean divers and recon Marines train together for three weeks. Over the past eight years, they have trained in both Singapore and Hawaii.

Staff Sgt. King Ritchie, a reconnaissance team leader with 3rd Recon Bn., said they exchanged tactics, techniques and procedures with the highly-trained Singaporean divers.

"The operation is a good opportunity to work with other units that have a lot of experience," he said.

The two nations worked together to carry out SPIE rigging and helocasting rehearsals, helping one another prepare by fitting and checking each others gear. They used SPIE rigging to prepare for a situation in which a helicopter can't safely land and units need to quickly move into or out of an area. Groups of approximately eight troops clad in harnesses were attached to a rope that dangled from a CH-53E Super Stallion helicopter. The aircraft hovered as the unit attached and disconnected from the rope onto the ground.

Shortly after, they conducted helocasting. The teams exited from the rear of the aircraft, jumping into the water. The boat, which they also pushed out, was partially inflated before exiting. They completely filled it with air once teams hit the water, a process known as "soft ducking."

Cpl. Jeff Sanders, a reconnaissanceman with 3rd Recon Bn., said it was exciting to learn new techniques with the close-knit group.

Ritchie said there are risks anytime they work in the water, including dive-related accidents and injuries, and challenges brought on by hazardous marine life like sharks and coral. Safety personnel were present with emergency equipment and divers were instructed to avoid sea life.

"We take every precaution we can to mitigate injuries," he said.

Cpl. Kaleb Roberts, a reconnaissance man with 3rd Recon Bn., said the operation was thrilling and that it was beneficial to learn new diving techniques and tactics.

"The main importance was building the relationship between our countries," he said.

The bond between unit members of these two nations was reinforced as strongly as the rope they collectively dangled from during the joint training exercise. After completing the training, they returned to their individual home stations, where the recon Marines continued to prepare for a deployment with the 31st Marine Expeditionary Unit in spring.



PHOTOS BY LANCE CPL. SUZANNA LAPI

(Above) Marines with 3rd Reconnaissance Battalion and Singapore Armed Forces members dangle from a CH-53E Super Stallion helicopter while conducting special patrol insertion and extraction rigging during Exercise Sandfisher 2013 on Marine Corps Base Hawaii Jan. 15.



(Left) Gunnery Sgt. Glenn Wells (far left), the operations chief for 3rd Reconnaissance Battalion, and another Marine help prepare Singapore Armed Forces Naval Diving Unit members before their CH-53E Super Stallion helicopter takes flight for special purpose insertion and extraction rigging during Exercise Sandfisher 2013 on Marine Corps Base Hawaii Jan. 15. The purpose of the exercise was to strengthen tactics in amphibious procedures and combat diving for both nations while building their military partnership. Unit members performed surface swims, small craft maneuvers, and special purpose insertion and extraction rigging.

Wing headquarters squadron adopts local elementary school

CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

Marines consider community service a point of pride, and one way squadrons across Cherry Point carry on the time-honored tradition of community involvement is through Adopt-a-School programs.

On Jan. 23, Marine Wing Headquarters Squadron 2 joined that prestigious list when Lt. Col. Alan Solter, the squadron commanding officer, co-signed the squadron's first Adopt-a-School partnership agreement at Creekside Elementary School in New Bern.

Under the terms of the agreement, MWHS-2 Marines and Sailors will provide mentorship and support to the primary school students regularly, said 2nd Lt. Kyle R. Mirabelli, the volunteer program coordinator.

"It is the command's responsibility to help develop our Marines and show them how important it is to get involved with the community," he said.

Mirabelli said he feels that the spirit of community service is something that will stay with the volunteers for the rest of their lives.

"Whether our service members decide to stay in the service for 20 or 30 years or get out and go into civilian careers, it is important they keep the public servant mentality," said Mirabelli. "In or out of uniform, it is up to Marines and Marine veterans to make a difference wherever we go."

Even though the program is in its be-

ginning stages, it has impacted nearly every rank in the unit, including junior Marines like Pfc. Kenneth R. Murray, an administration clerk with MWHS-2, who recently joined the unit.

Murray was inspired to volunteer by his niece and nephew. He said he wants to give back and help other children their age since he cannot see them as often as he'd like.

This is not the first volunteer gig for Murray since he arrived to Cherry Point several weeks ago. He has already dedicated a portion of his off-duty time volunteering at a local animal shelter.

"Knowing that I'm giving back is a great feeling," said Murray. "There is no better feeling than knowing that I'm giving back."

The support squadron prides itself on the good works of its service members, said Mirabelli.

"We have so many Marines who go out and do good things," he said. "They don't just volunteer at schools, they go out into the community and support local organizations and charities."

Everyone in the program is excited about the new partnership, said Mirabelli.

"The kids really care about our military," he said. "They ask if we receive the letters they write us. They are eager to have us around."

In the future, MWHS-2 and Creekside Elementary School will team up to conduct presidential fitness tests, field meets and a yellow brick road run.



PHOTOS BY CPL. ANDREA CLEOPATRA DICKERSON

Linda Clifton, principal at Creekside Elementary School in New Bern, and Lt. Col. Alan Solter, the Marine Wing Headquarters Squadron 2 commanding officer, sign the first Adopt-a-School Program partnership agreement between the squadron and the school Jan. 23 during a brief ceremony in the school's library.



Service members with Marine Wing Headquarters Squadron 2 teamed up with school administrators at Creekside Elementary School in New Bern to start an Adopt-a-School partnership Jan. 23. "The kids really care about our military," said 2nd Lt. Kyle R. Mirabelli, the volunteer program coordinator. "They ask if we receive the letters they write us. They are eager to have us around."



LANCE CPL. PAUL E. WYATT

Sgt. Martin Sanchez Jr., an electronic countermeasures system instructor with the Center for Naval Aviation Technical Training, helps a Havelock Elementary School student with his homework Jan. 22. For his and his wife's dedication to public service and drive to help their community, the Havelock Military Affairs Committee named the Sanchez family the Military Family of the Quarter.

Marine family honored by local community

LANCE CPL. PAUL E. WYATT

MCAS CHERRY POINT

The students' excitement showed on their faces as they filed into the Havelock Elementary School library to spend an hour with their Marines. Sgt. Martin Sanchez Jr., an electronic countermeasures systems instructor with the Center for Naval Aviation Technical Training, was just as excited for his recent bi-weekly visit.

Sanchez said he loves giving back to the community and setting a good example for his Marines. The smiles he puts on the students' faces are a plus as well.

For this and other regular volunteer work, Sanchez' family was awarded the Havelock Military Affairs Committee's Military Family of the Quarter award at the Carolina Grill in Havelock Jan. 22.

When he's at the school, Sanchez said he talks and jokes with the students, reads to them and helps with homework, which he said can be surprisingly tough. He said he has enjoyed building relationships with them.

"The very first day of doing it, I showed up and didn't know any of the kids," Sanchez said. "Now I know all their names, and they all know me. I enjoy being able to have an impact on the children's lives."

Sanchez and his wife Ruby also volunteer with their church. Among other events, they have helped the church with its Easter picnic and free movie at the park events.

"The church we go to is a smaller church," Sanchez said. "The whole philosophy is to love God, love others and serve the world. We serve the world by getting out in the community and helping out."

Ruby is also active in the community. She volunteers with the church and started a Mommy and Me play date program. Her idea was to get mothers and children to come out and connect at different venues around the local area.

Sanchez said he is lucky to be afforded the opportunity to volunteer as much as he does. Not only does he enjoy it, but as a Marine sergeant and an instructor to junior Marines at CNATT, Sanchez serves as a role model for many. He said he tries to be the best one he can be.

"I try to lead by example," he said. "I would like for my Marines to go out and give to the community, and I have to lead the way. Community service is important, and as Marines, it's important to give back."

Marines, Sailors prepare for next MEU patrol



PHOTOS BY PETTY OFFICER 2ND CLASS JONATHAN WRIGHT

Maj. Timothy Anderson, from Marine Attack Squadron 231, stands near an AV-8B Harrier on the flight deck of the amphibious assault ship USS Kearsarge (LHD 3). Kearsarge is conducting Amphibious Squadron/Marine Expeditionary Unit Integration in preparation for a scheduled deployment this spring.



An MH-60S Knighthawk, from Helicopter Sea Combat Squadron 28, approaches the flight deck of the amphibious assault ship USS Kearsarge (LHD 3).



Lance Cpl. Bradley Farrell from Marine Medium Tiltrotor Squadron 266 (Reinforced) performs routine maintenance on an AH-1N Cobra aboard the amphibious assault ship USS Kearsarge (LHD 3).

GOALS from page A1

lems and figure out solutions, and they do it with honor and integrity. It makes you feel proud.”

As Walters steps into his first full year as commanding general of 2nd MAW, the wing has activated forward for the war in Afghanistan once again, and will assume aerial responsibility over the same southwestern region in the coming weeks. Brig. Gen. Gary Thomas, who had served as 2nd MAW's assistant wing commander, is at the helm.

“I think Gen. Thomas is a brilliant aviator and a brilliant commander. I think (he) understands that with fluidity on the battlefield, the mission is going to change day-to-day ... The goals have been well established by the leadership in Afghanistan and Washington, D.C. They are just marching toward that goal. That goal has always been, and should remain ... to get the Afghan people to be in a position to take on their own security and their own success in the world,” Walters said. “Gen. Thomas is going to do great.”

With the war in Afghanistan drawing to a close and America returning to a time of peace, military operations will change. President Barack Obama and outgoing Secretary of Defense Leon Panetta have expressed a desire to transition to a leaner

military, with a focus on the Pacific. Moving forward, 2nd MAW will play an important role in the defense of the nation. As part of that, the wing will continue to supply aviation assets to Marine expeditionary units, constantly deployed Marine units equipped to respond to crises anywhere in the world.

“We are getting back to rotations out to the Pacific. We will still provide ready aircraft and ready squadrons to go on our MEUs, which are one of our prime crises response forces, and we'll have the rest of the force ready to respond to the clarion call wherever they're needed,” Walters said.

In command of a wing that has proven itself repeatedly over the past 12 years through continuous combat in Iraq and Afghanistan, humanitarian operations in Haiti and international intervention in Libya, the general expressed a commitment to being ready to answer the next call.

“As we transition, I think ... there is going to be crisis response work for us to do,” Walters said. “That's our strength. It will always be our strength, so that line of our business will not change.”

VMA-542 from page A1

“Though I will miss it dearly, I know it is for the good of the squadron to have some new blood in command,” said Perez. “The thing I will miss the most are the people I served with.”

Schnelle comes to the squadron from MAG-14 where he served as the officer in charge of the personnel support detachment, an administrative arm that takes care of the Marines within the group as they support the operational goals of MAG-14.

Schnelle looks forward to commanding VMA-542, an AV-8B Harrier squadron of more than 200 Marines.

“I'm excited for the simple fact that the Harrier community is going to be around until 2030,” he said. “We provide air support for Marines on the ground. That's a big deal. It gives them the confidence that they need to do whatever it is that they need to do, and to win the tactical battles that they are involved in.”

Schnelle attributed the future success of the squadron to its Marines.

“Our future depends upon young Marines in this squadron,” he said. “It's all about that brand new (private first class), lance corporal, that noncommissioned officer, that staff NCO and that young officer. We have to mentor them; we have to prepare them for anything so we can continue to support the Marines on the ground.”

Schnelle said training is of utmost importance for the attack squadron, and maintaining a high state of readiness is his primary goal as the new commanding officer.

“My goals are very simple. We need to be ready to answer the call when it's given,” said Schnelle. “We never know when that's going to come but we need to be prepared. We need to train to be able to continue the support of those expeditionary operations in the long term.”

READINESS from page A1

“Just like Maj. Gen. (Glenn M.) Walters, (2nd MAW commanding general) said, it is a pleasure working with Marines and our civilian Marines and doing something worthy here,” said Zimmerman.

VMAQ-2 from page A1

Looking back at the time he spent with the squadron, Musoff praised the efforts of his Marines who worked tirelessly to get their jobs done.

“The Marines of VMAQ-2 have been nothing but amazing,” said Musoff. “They made the near-impossible possible, and accomplished a lot during my time as commanding officer.”

Musoff said the highlight of his tenure was helping the squadron provide electronic warfare capabilities in support of Operation Enduring Freedom.

Kudelko served with the VMAQ-3 “Moondogs” in 1998 and again in 2000 after a tour with the 22nd Marine Expeditionary Unit. Kudelko said he looks forward not only to commanding his Marines and Sailors, but is ready for the opportunity to train and deploy with the squadron.

The new commanding officer said he has already learned valuable tricks of the trade from Musoff that he will take to heart.

“From him, I learned meticulous attention to detail,” said Kudelko.

Before passing the time-honored ceremonial colors, Musoff offered his replacement some final words of advice.

“Savor every minute as it goes by,” he said. “Time seems to fly quickly.”

COMBAT from page A1

14,000 additional positions to women by rescinding the co-location restriction and allowing women to be assigned to select positions in ground combat units at the battalion level.

“The Joint Chiefs share common cause on the need to start doing this now and to doing this right. We are committed to a purposeful and principled approach,” said Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey.

The Department of Defense is determined to successfully integrate women into the remaining restricted occupational fields within our military, while adhering to the following guiding principles developed by the Joint Chiefs of Staff:

- Ensuring the success of our nation's warfighting forces by preserving unit readiness, cohesion, and morale.
- Ensuring all service men and women are given the opportunity to succeed and are set up for success with viable career paths.
- Retaining the trust and confidence of the American people to defend this nation by promoting policies that maintain the best quality and most qualified people.
- Validating occupational performance standards, both physical and mental, for all military occupational specialties (MOS), specifically those that remain closed to women. Eligibility for training and development within designated occupational fields should consist of qualitative and quantifiable standards reflecting the knowledge, skills and abilities necessary for each occupation. For occupational specialties open to women, the occupational performance standards must be gender-neutral as required by Public Law 103-160, Section 542 (1993).
- Ensuring that a sufficient cadre of midgrade/senior women enlisted and officers are assigned to commands at the point of introduction to ensure success in the long run. This may require an adjustment to recruiting efforts, assignment processes and personnel policies. Assimilation of women into heretofore “closed units” will be informed by continual in-stride assessments and pilot efforts.

Using these guiding principles, positions will be opened to women following service reviews and the congressional notification procedures established by law. Secretary Panetta directed the military departments to submit detailed plans by May 15, 2013, for the implementation of this change, and to move ahead expeditiously to integrate women into previously closed positions. The secretary's direction is for this process to be complete by Jan. 1, 2016.

Life & Times

Facebook.com/MCASCherryPoint

January 31, 2013



PHOTOS BY LANCE CPL. PAUL E. WYATT

A junior athlete with the Tarheels youth basketball team shoots a free throw during practice at the Cherry Tree House on Jan. 24. The Tarheels are part of the Cherry Point Marine Corps Community Services youth sports program, which recently won an award for excellence from the National Alliance for Youth Sports.

Youth sports score at Cherry Point

LANCE CPL. PAUL E. WYATT
MCAS CHERRY POINT

Children of Cherry Point have moved their sporting events inside for the winter season, shooting hoops in hopes of becoming the next Michael Jordan.

Roughly 20 volunteer coaches have stepped up to the challenge of teaching nearly 100 junior athletes the fundamentals of basketball.

For one of the volunteers, coaching is the highlight of his day.

"The reason I coach is that I love to teach," said Capt. John Barnes, a coach for the Tarheels, a team of 7- to 9-year-old athletes. "At the beginning of the season, these kids know almost nothing about the sport, and it's great to help them grow and learn."

The Tarheels are part of the Cherry Point Marine Corps Community Services youth sports program, which recently won an award for excellence from the National Alliance for Youth Sports.

The program's mission is to ensure children have a positive experience in sports by emphasizing learning, participation and having fun. The men and women who are part of the program

dedicate their efforts to achieving that mission.

Barnes attributes the program's success to its structure and the dedication of the all-volunteer coaching staff.

"In youth sports programs, volunteers are critical," said David Guthrie, the MCCS youth sports director for Cherry Point and one of the coaches for the Tarheels. "They are here because they want to be here. They are the nuts and bolts of all of our sports programs."

To ensure every athlete participates, the basketball program has mandatory rules that ensure that every player gets on the court in every game.

"A lot of kids quit youth sports at a young age," said Guthrie. "The biggest reason is that they are not having fun. Our coaches teach the skills, and they make it fun."

When winter passes, so will the basketball season, but the program keeps different sports going all year. Next on the list is soccer.

For more information about MCCS youth sports, season dates and registration requirements, call David Guthrie at 466-5493.



A junior athlete practices free throws at the Cherry Tree House on Jan. 24. The program's mission is to ensure children have a positive experience in sports by emphasizing learning, participation and having fun.



A junior athlete gets ready to take a shot during a game at the Cherry Tree House Saturday. After practicing all week, the team played a game on the weekend to show off their skills.



A junior athlete dribbles a basketball down the court at the Cherry Tree House Saturday. The children practice all week in hopes of getting the ball down the court during a game and scoring on the opposing team.

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 31

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

Friday February 1

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

Saturday February 2

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

Sunday February 3

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

Monday February 4

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

Tuesday February 5

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

Wednesday February 6

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

Prevention, control of norovirus

Laurie Varner

Naval Health Clinic Cherry Point

RALEIGH – Throughout January, several local health departments across North Carolina have reported multiple outbreaks of norovirus, prompting state public health officials to issue advice on steps everyone can take to avoid this common and unpleasant gastrointestinal illness.

“The most important message we have right now is that people who are ill with vomiting or diarrhea should not work, go to school or attend daycare while they are having symptoms,” said state epidemiologist Dr. Megan Davies. “Everyone needs to wash their hands frequently and thoroughly with soap and water. This is the most effective way to protect yourself and others against norovirus since hand sanitizers alone are not as effective against this hardy virus.”

Norovirus infection usually presents as acute-onset vomiting, watery

non-bloody diarrhea with abdominal cramps, and nausea. Low-grade fever also occasionally occurs, and diarrhea is more common than vomiting in children. Dehydration is the most common complication, especially among the young and elderly, and may require medical attention. Norovirus infections usually last one to three days. If you are still having symptoms after three days, call your health care provider for medical advice.

Tips for avoidance and recovery:

- Wash hands frequently – always after toilet visits and before preparing food/drink for yourself or others.
- Use soap and warm water. Alcohol-based hand sanitizers may not be effective against norovirus.
- Avoid buffet meals during periods of widespread community illness of norovirus.
- Clean and disinfect surfaces contaminated with vomit/stool immediately using a bleach-based household cleaner, or dilute household

bleach 1:10 in water. Never use concentrated bleach.

- Immediately remove and wash clothing, towels or bed linens that may be contaminated with vomit or stool using hot water and detergent.
- Take a shower several times a day while actively sick with vomiting or diarrhea.
- Carefully wash and rinse fruits and vegetables before consuming.
- If you are sick, don't go to work or school, and stay at home if at all possible.
- People who are infected with norovirus should not prepare food while they have symptoms and for three days after they recover from their illness. Food that may have been contaminated by an ill person should be disposed of properly.

There is no specific therapy for norovirus gastroenteritis. Symptomatic therapy consists of replacing fluid losses and correcting electrolyte disturbances through oral and intravenous fluid administration.

Suicide a top cause of Marine deaths

Lance Cpl. Cory D. Polom

MCAS Cherry Point

All military members are trained to look for signs in their brothers and sisters in arms that could indicate depression or suicidal thoughts and to take action if they encounter Marines or Sailors experiencing these problems. However, said Navy Lt. Juliana Simmons, not all cases are the same.

“Sometimes there are no warning signs that someone is thinking of killing him or herself,” said Simmons, the mental health department head for Naval Health Clinic Cherry Point. “Many People suffer when someone commits suicide, and the impact of these events is felt for extended periods of time by all who knew that individual.”

There were 349 completed suicides in the military last year, an increase from previous years. That number exceeds the number of combat casualties over the same period, said Simmons. Suicide is one of the leading causes of death among veterans. It is estimated that 1 in every 5 individuals who dies by suicide in the U.S. is a veteran, said Simmons.

Simmons said there are many resources available to those who struggle with suicide. These assets include mental health counseling

through Marine Corps Community Services, Fleet and Family Support Centers Military One Source and hotlines for those who need to talk to professional counselors or fellow Marines any time of day or night.

“These issues are treatable and no one needs to continue to suffer on their own,” said Simmons. “Don't be afraid to ask a person for help. Or if it is someone you think maybe suffering, don't be afraid to ask if they are thinking of hurting themselves.”

According to an MCCS website, suicide is the second leading cause of death in the Marine Corps.

Some signs to look for are feelings of hopelessness, giving away personal items and talking about ways of committing the act.

There are two things a person begins to feel as they move closer to thoughts of suicide, said Navy Capt. Ron Brown, the 2nd Marine Aircraft Wing chaplain. “A person will get so focused on a bad issue that they can't see around, over or under it. They begin to feel hopeless like there is no way to get around this problem.

“Then they begin feeling helpless,” he said. “When someone feels this way, there isn't much time. People who feel this way will believe no one can help them.”

Sgt. Maj. Holly Prafke, the ser-

geant major of Headquarters and Headquarters Squadron., said as the senior leader of a unit of roughly 1,000 Marines this is something she takes very seriously.

“This affects me differently with every suicide,” said Prafke, who has been affected by more than 10 Marine suicides throughout her 29-year career. “Some were friends, acquaintances and others were Marines junior to me. Every one of them has left me with the question, ‘Why?’ It is a long-term answer to a short-term problem.”

Suicide affects Marines left behind in different ways, said Prafke. “They are sad when it is a close friend, angry when it is for no good reason and shocked when it is the Marine who has the good life.”

Prafke said all Marines have problems, but there are people who can help.

“There is hope, not only through God, but through friends and Marines around you,” said Brown. “We can offer you hope, help and healing. There is so much potential for a person's life that suicide is destroying.”

If you or someone you know needs help, call the DSTRESS hotline at 877-476-7734 or the National Suicide Hotline at 800-273-8255.



Movie Hotline: 466-3884

Visit us at www.mccs.cherrypoint.com

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

NOW SHOWING

Friday, February 1

5:00pm - Jack Reacher Pg13

7:45pm - Django Unchained R

Saturday, February 2

2:00pm - Jack Reacher Pg13

4:45pm - Silver Linings Playbook R

7:15pm - Django Unchained R

Sunday, February 3

1:00pm - Parental Guidance PG

MOVIE SYNOPSIS

Jack Reacher - When a gunman takes five lives with six shots, all evidence points to the suspect in custody. On interrogation, the suspect offers up a single note: “Get Jack Reacher!” So begins an extraordinary chase for the truth, pitting Jack Reacher against an unexpected enemy, with a skill for violence and a secret to keep.

Django Unchained - Django is a slave whose brutal history with his former owners lands him face-to-face with German-born bounty hunter Dr. King Schultz. Schultz is on the trail of the murderous Brittle brothers, and only Django can lead him to his bounty. The unorthodox Schultz acquires Django with a promise to free him upon the capture of the Brittles -- dead or alive. Success leads Schultz to free Django, though they choose not to go their separate ways. Instead, Schultz seeks out the South's most wanted criminals with Django by his side.

Silver Linings Playbook - Pat Solatano has lost everything - his house, his job and his wife. He now finds himself living back with his mother and father after spending eight months in a state institution on a plea bargain. Pat is determined to rebuild his life, remain positive and reunite with his wife. Pat's parents want him to get back on his feet and to share their family's obsession with the Philadelphia Eagles football team. Pat meets Tiffany who offers to help him reconnect with his wife, but only if he'll do something very important for her in return. As their deal plays out, an unexpected bond begins to form between them, and silver linings appear in both of their lives.

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.

Movies are subject to change without notice

Eagle Eyes
WATCH. REPORT. PROTECT.

**A Simple Observation
A Single Report**
You could help PREVENT
a terrorist or criminal attack

MARINES

www.USMCEagleEyes.org

Log on to report suspicious activity

**Stay Alert
Stay Alive**

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 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>.

Heart & Soul Half Marathon and 5K

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

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>.

Cocoa 5K and 1-Mile Fun Run

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

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>.

NC Aquarium Volunteer Open House

The North Carolina Aquarium at Pine Knoll Shores invites potential conservation ambassadors to test the waters Saturday from 9–11 a.m.

Attendees will 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.

Super Bowl Party

The Single Marine Program will host a Super Bowl XLVII party at the Roadhouse Sunday at 6 p.m.

Appetizer and drink specials will be offered during the event.

For more information, call 466-5555.

► Black History Month Celebration

The Montford Point Marines Association will host a special presentation honoring the history of the Montford Point Marines at the air station theater Feb. 8 at 10 a.m.

Sgt. Maj. Christopher Robinson, 2nd Marine Aircraft Wing sergeant major, will be the guest speaker.

This event will highlight the contributions of African Americans throughout the history of the Marine Corps.

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.

► Bridging the Gap

A Bridging the Gap: Communication for Deployments workshop will be held at the Jerry Marvel Training and Education Building, room 235, Feb. 20 from 5:30–8:30 p.m.

Registration is due by Feb. 18.

This workshop is designed for couples or individuals who want to learn ways to communicate effectively and maintain an intimate connection with their partner during deployments.

To sign up or receive more information, call 466-4637.

► Stress Management for Spouses

A Stress Management for Spouses workshop will be held at the Jerry Marvel Training and Education Building,

room 235, Feb. 27 from 5:30–8:30 p.m.

Registration is due by Feb. 25.

This workshop is geared specifically toward spouses of deployed service members.

To sign up or receive more information, call 466-4637.

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 – 466-3595.

Building 87

- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.
- Military Family Life Consultant – 339-6084.
- Families Overcoming Under Stress Representative – 466-7137.

Building 4335

- Education – 466-3500.
- The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

Budget for Baby

The Navy-Marine Corps Relief Society offers Budget for Baby classes.

To register, call 466-2031.

Breastfeeding Class

The Navy-Marine Corps Relief Society offers free breastfeeding classes to expectant mothers.

The purpose of the class is to help prepare the mother to be ready and confident to breastfeed once the baby arrives.

To register, call 466-2031.

Veterans' Assistance

A representative from the Veterans Affairs Office visits Cherry Point each Thursday in building 4335. Call 466-4201 for assistance.

Marine Corps Family Team Building

Educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. Located in Building 87. For more information, email family.readiness@usmc.mil.

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.

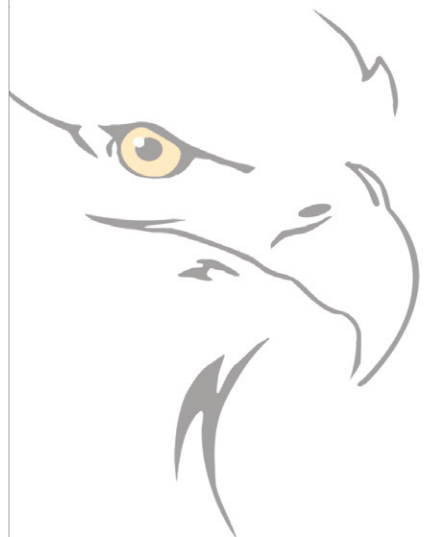
Signs of Terrorist Activity:

Suspicious Photography Activity

Filming or photographing subjects not typically photographed by tourists is considered suspicious photography. Places such as embassies, building entrances and exits, security personnel, critical infrastructure, school grounds, etc., can be considered suspicious photography.

Suspicious photography is usually one or two people, filming or photographing the same people in the same place at the same time of day doing the same activity.

If you observe any suspicious activities, call Cherry Point Emergency Dispatch immediately at 466-3616 or report it online at USMCEagleEyes.org



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