





# Chaplain’s Corner : In Search of Fellow Notorious Sinners

CMDR. CARL P. KOCH  
MCAS CHERRY POINT

The Marine Corps used to say they were looking for “a few good men.” I’m looking for the opposite. I’m looking for those who are willing to admit they are “notorious sinners.”

Good Marines can be notorious sinners. Good chaplains can be too. Since I consider myself to be one (a notorious sinner, you can decide on the good chaplain thing), I’d like some friends with whom and before God, I can be myself.

I have some friends like this. Good Sailors. Good Marines. Good civilians. Unfortunately for me, many of them aren’t local. Distance puts a damper on getting together.

The occasions of gathering around some

restaurant table with my notorious sinner friends have grown less frequent. Orders have taken many of them too far away.

I stole the term Notorious Sinners from the book I just read: “All is Grace: A Ragamuffin Memoir” by Brennan Manning. He gathered with a group of trusted friends on an annual basis and one of them decided they should call themselves the Notorious Sinners.

Brennan Manning was a priest. He was married. He was divorced. He was an alcoholic in and out of recovery. He was a powerful force in helping people realize God is over-the-top in his love for broken people. He used the term ragamuffin to describe all of us. His friend used the term notorious sinner to describe their group of friends. It stuck.

So, why am I searching for notorious sinners? I have many of Brennan Manning’s failures. I don’t have them all and I have some unique to me. I share his need for God’s over-the-top love for broken people. And I have a few problems with religious people.

Religious people scare me because I’m not sure I can trust them. They frustrate me because they’re not often willing to admit they too are notorious sinners. So, we have problems. I don’t fit their mold. I don’t meet their expectations. I don’t meet my own!

There’s something I find inauthentic about being religious that hides the real person behind the religion. I’m not sure I can trust such people because I fear being turned into their project until I’m religious

like they are. Or that they’ll judge me harshly because I’m so resistant to becoming like they are, hiding my brokenness behind my religiousness.

I’m tired of acting religious. I’m tired of hiding the real me just to impress the artificial you. But, I’m also hungry for sharing God’s grace toward ragamuffins with others.

As a notorious sinner, I need someone, or a group of friends, with whom I can approach God honestly.

Together, as a group of notorious sinners, we can continually rediscover God’s over-the-top love and grace for broken people. If this sort of honesty with God interests you, you can find me in my office or hanging out with some fellow ragamuffins.

# Celebrating 100 years of Marine Corps aviation



A Vought F8U belonging to the “Werewolves” of Marine Attack Fighter Squadron 122 in flight during the 50’s and 60’s. The aircraft was designed as a carrier-based fighter jet during the time when the Marine Corps and Navy were transitioning from propeller-driven aircraft to jets. It had a long operational history and started flying with the Navy in 1957. The Vought F8U was also called the ‘MiG Master’ for having the highest kill rate during the Vietnam War.

## The Windsock

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REMEMBER TO RECYCLE



### LANCE CPL. JEREME E. JONES

Job Title: Flight Line Mechanic  
Age: 20  
Unit: Marine Light Attack Helicopter Squadron 467  
Hometown: Hiawatha, Kansas  
Date Joined: June 9, 2010

Lance Cpl. Jereme E. Jones is a mechanic for Marine Light Attack Squadron 467. He is part of the “phase” shop, meaning every helicopter he works on is completely stripped down and rebuilt.

This process can involve a lot of stress, considering all the nuts and bolts deep in the crevices of the machines that can barely be reached but still need to be replaced.

The other part of his job is that of “plane captain” for helicopters on takeoff. For the pilots, there has to be another set of eyes checking over the aircraft and certifying them safe to fly. His job is to check and double-check everything to make sure the flight is certified as safe.

With the maintenance provided by Jones and Marines like him, 2nd Marine Aircraft Wing helicopters can stay in the fight.

### Highlight Your Superstar

Have a Marine, Sailor or civilian you would like to highlight? Let the Windsock know. Email us at [cherry.point.windsock@gmail.com](mailto:cherry.point.windsock@gmail.com) or call 466-3542.



LANCE CPL. SCOTT L. TOMASZYCK



# SERVING THOSE WHO SERVE

*Anthony Woodfolk helps Marines, spouses reach their fitness goals*



PHOTOS BY LANCE CPL. CORY D. POLOM

(Above) Anthony J. Woodfolk, a personal trainer with Semper Fit Cherry Point, encourages and motivates Allesson L. Owen, a Marine spouse, to complete her training exercise during their personal training session at Devil Dog Gym Friday.

(Right) Marine veteran Woodfolk, who served from 1984 to 1990, is a personal trainer with Semper Fit at Marine Corps Air Station Cherry Point.



LANCE CPL. CORY D. POLOM  
MCAS CHERRY POINT

Anthony S. Woodfolk is a personal trainer here at Marine Corps Air Station Cherry Point, where he helps residents keep physically fit and achieve their goals. Woodfolk has a unique history which helps him while he assists Marines.

Woodfolk served in the Marine Corps from 1984-1990 for four years of active duty and completed two years of active reserves.

"I feel the Marine Corps has helped me become a better person and has helped me understand different ways to help people in my present job field," said Woodfolk. "Being a personal trainer for Marines and their families is a great job and I love doing it."

Woodfolk works with Marines, their spouses and other residents of Cherry Point to help achieve an athletic fitness level he thinks all Marines should have to keep deployment ready.

"It is my job and personal goal to make sure all the Marines who seek my help are ready for combat," said Woodfolk. "I think all Marines need to be tactical athletes. Most Marines back in my day came out of high school where they played sports and were already athletic. Today you have Marines who never competed before they sat inside and played video games. I make it my personal goal to turn them into athletes."

Besides working with units on combat fitness Woodfolk works with spouses helping them reach their goals.

"Anthony is a great trainer," said Allesson L. Owen, a Marine spouse. "He motivates me to do well and complete the work outs he creates. He never makes you do something that he knows you can't do."

Owen agrees with Woodfolk that the best motivation is inspiration and fun.

"I still stick to the core values of the Marine Corps of honor, courage and commitment," said Woodfolk. "I will not have someone do something I wouldn't do myself. I use things I learned in the Marines to help push my trainees to get the job done right."

"Being a personal trainer is extra motivation to keep in shape and work hard to maintain my physical training," he added. "I enjoy leading by example and from the front. That is just one other big life lesson the Marine Corps taught me."



Woodfolk, times Owen while she conducts an exercise during her personal training session at Devil Dog Gym Friday.



Woodfolk demonstrates a yoga position to Owen that helps stretch and work the body's core muscles. Woodfolk believes his time in the Marine Corps has helped him to understand the different ways to help people in his current job.





CPL. JUSTIN BOLING

Marines with 1st Battalion, 8th Marines Regiment load into an MV-22B Osprey at Camp Bastion, Afghanistan, Jan. 17. This was the last mission flown during Marine Medium Tiltrotor Squadron 162's six month deployment in Helmand province, Afghanistan.

## ***Mission accomplished:*** Marine Osprey squadron flies last mission of Afghanistan deployment

**CPL. JUSTIN BOLING**

2nd MAW(FWD)

**CAMP BASTION, Afghanistan—** A Marine Corps MV-22B Osprey squadron flew its final combat mission, Tuesday, to complete its deployment in Afghanistan.

Marine Medium Tiltrotor Squadron 162 has been deployed at Camp Bastion, Afghanistan, for more than six months. The Marines will soon return to Marine Corps Air Station New River, N.C.

The squadron's final mission in Afghanistan was to transport Marines with 1st Battalion, 8th Marine Regiment to a small patrol base in Helmand province, who will relieve Marines of 1st Bn., 6th

Marines.

"These Marines are extremely proficient, and helpful to us 'ground pounders,'" said Staff Sgt. Ricky Lara, a platoon sergeant with 1st Bn., 8th Marines. "My guys have a lot to worry about once we get on the ground but in the air we know we are in the good hands of our fellow Marines."

VMM-162 flies the MV-22B Osprey. The Osprey has the ability to takeoff vertically like a helicopter, and then tilt its rotors forward granting speed and maneuverability comparable to a traditional airplane.

The Marine Corps relies on the versatile

Osprey for various missions in Afghanistan including troop and cargo transport, battlefield illumination, aerial resupply and assault insert of combat troops. Marine Corps Ospreys are deployed as part of 2nd Marine Aircraft Wing (Forward), the aviation combat element for the southwestern regional command of the NATO International Security Assistance Force in Afghanistan.

Marines of VMM-162 are preparing to return to friends and family in the United States, and MV-22B Osprey support in southwestern Afghanistan will now come from VMM-365, also deployed from Marine Corps Air Station New River, N.C.

"The one word to describe the feeling we have is satisfied," said Capt. Creighton Murrieta, an MV-22B Osprey pilot with VMM-162. "We have moved so many people and so much equipment, and we are just excited to go home and spend time with our friends and loved ones."

### **2NDMAWONLINE**

For more stories, photos and video visit:

<http://www.marines.mil/unit/2ndmaw>

<http://www.dvidshub.net/units/2MAWFWD>

<https://www.facebook.com/2ndMAWFWD>

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CPL. BRIAN ADAM JONES

Navy Lt. Eric Hammen, right, talks to Lance Cpl. Steven Cox, an ammunition technician with “The Magnificent Bastards,” 2nd Battalion, 4th Marine Regiment, at Forward Operating Base Edinburgh in Helmand province, Afghanistan, Jan. 1. Cox, a native of Pensacola, Fla., was about to begin guard duty in an observation post at the base. Hammen, a chaplain with 2nd Marine Aircraft Wing (Forward), and a native of Little Chute, Wis., visited Forward Operating Base Edinburgh on New Year’s because the outpost doesn’t have a chaplain of its own. Coalition forces in Afghanistan brought in the New Year by continuing counterinsurgency operations.

# Chaplain spends holidays with frontline Marines in Afghanistan

CPL. BRIAN ADAM JONES

2nd MAW(FWD)

**FORWARD OPERATING BASE EDINBURGH, Afghanistan** — The chaplain seemed to stop and consider something for just a moment before climbing into the guard post at Forward Operating Base Edinburgh, Afghanistan.

As he reached the top of the plywood ladder, a pair of worn combat boots peeked from under the wool blanket draped across post’s entrance.

“It’s the chaplain,” Navy Lt. Eric Hammen offered to the unseen Marine. “Happy New Year!”

As millions of Americans counted down to the New Year, Hammen flew by Marine Corps helicopter to this remote outpost in Helmand province.

It was New Year’s morning in Afghanistan, 9 ½ hours ahead of New York, and Lt. Eric Hammen, a chaplain with 2nd Marine Aircraft Wing (Forward), came to conduct a church service and visit with the Marines and coalition forces here.

“It’s always great to get out and see the Marines at the tip of the spear,” said Hammen, a native of Little Chute, Wis. “It’s important to me to be able to let them know that people are thinking about them and appreciate their sacrifice.”

Surrounded by rugged terrain and lacking comforts many take for granted, Edinburgh isn’t the ideal place to spend the holidays, but it was the second Sunday in a row the chaplain from Little Chute, Wis., spent at the base – he was there Christmas day as well.

“As a chaplain, the holidays are game time for us,” Hammen said. “To have the opportunity to go out and minister, that’s really special to me.”

## 2NDMAWONLINE

For more stories, photos and video visit:

<http://www.marines.mil/unit/2ndmaw>

<http://www.dvidshub.net/units/2MAWFWD>

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## LUNCHEON from page A1

“This was a chance for me to tell 2nd MAW’s story, I like to go talk about what our Marines are doing,” said Davis.

Davis went on to say that he believes that everyone benefited from the event, especially the Marine Corps Air Station Cherry Point-based Marines that were in the crowd.

“The Marines that attended work in their own individual units, but this was a good change for them to hear about what the rest of the wing is doing and see how they fit into the bigger picture,” he said.



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Maj. Gen. Jon M. Davis, 2nd MAW commanding general, addresses the retirees, active duty Marines, and Marine Corps Association members in attendance. “Maj. Gen. Davis shared his knowledge, wisdom, and insight not only with the 2nd Marine Aircraft Wing, but also with the community about where the wing is going and what the future holds for the wing,” said the East Coast MCA representative, retired Sgt. Maj. Adam Terry. “He was the best Marine to have as the guest speaker because he is a true warrior and an analytical thinker.”

## SIMULATOR from page A1

provide short to medium range rapid response in cases of mishaps on or around base.

Along with flight emergencies the simulator also gives the Marines a chance to get a feel for flying the aircraft manually and in different scenarios including inclement weather.

“Some of the things we cover in the simulator are regular start-up and shut-downs, flight emergencies and instrument training,” said Kushnir. “Pedro actually flies in bad weather all the time so you can see why this training would be so important to us.”

“The first thing we do before we start the aircraft is cover the checklist,” said Donovan. “You can go over everything you need to check over and over in your head or sitting at your office but it means nothing until you actually get hands-on and convert it to muscle memory.”

Donovan also said the simulator is a great tool and it keeps the Marines training on them fresh and up to date.

The simulator is also a safe way for possible future Marines to give flying a try or for pilots to log initial or additional flight hours.

We have trained Naval Reserve Officers Training Corps midshipmen here, said Kushnir. “Better they crash here than out there.”

Kushnir said that nothing compares to the simulators as far as safety is concerned, but that there’s nothing like actually getting up in the air.

## F-35B from page A1

“The STOVL capability of the F-35B will enable us to deploy with the Marine Air-Ground Task Force and ensure these fifth-generation capabilities are available when needed,” said Lt. Col. James B. Wellons, commanding officer of VMFAT-501. “Our mission is to conduct F-35B operations in coordination with our joint and coalition partners at Eglin Air Force Base in order to attain our annual pilot training requirement.”

The F-35B surpassed 250 vertical landings this year, including 72 vertical landings and short takeoffs on the USS Wasp in October.

## WINDSOCKVIDEO



The Marine Corps welcomed its first F-35B aircraft, the Marine Corps’ variant of the F-35 Lightning II at Eglin Air Force Base, Jan. 11 See the video at: <http://bit.ly/f-35B>  
Find more videos from 2nd MAW (Fwd.) and MCAS Cherry Point at [YouTube.com/MCASCPPA](http://YouTube.com/MCASCPPA)



AIR FORCE STAFF SGT. STACY-ANN VINER

Marine test pilot Maj. Joseph T. Bachmann exits the first of two Marine Corps F-35B aircraft delivered to Eglin Air Force Base, Fla., home of Marine Fighter Attack Training Squadron 501, 2nd Marine Aircraft Wing, Jan. 11. Both aircraft were piloted by Marine Corps pilots and are planned to be used for pilot and maintainer training.

## RETURN from page A1

“It wasn’t just about airplanes getting hours,” Wallfred said, of the Marines’ day-to-day operations. “I think that was one of the more rewarding aspects.”

During the entire eight months, the detachment experienced zero incidents, zero injuries and a 100 percent mission success rate, Fergus explained.

“That’s unheard of, and it’s incredible,” he added. “I’ve got nothing but praise for every one of these Marines.”

Being away for the entire holiday season presented another twist for the Marines, and for many of them, it means now is the time for a lot of catching up.

“There’s eight months of lost time,” said Fergus. “We all wished we were here with our loved ones, but it’s part of the business and what we signed up to do.”

Making the detachments experience all the more memorable, they adopted a slogan for their nickname, ‘Charlie.’ – “Winning across the globe,” in light of the antics of the illustrious Charlie Sheen.

“It was the most phenomenal eight months of my career,” said Fergus.



# Aviation maintenance saves time, money in Afghanistan

CPL. BRIAN ADAM JONES

2nd MAW(FWD)

**CAMP LEATHERNECK, Afghanistan**—Marines use many different aircraft to conduct a litany of combat operations in southwestern Afghanistan.

But maintaining those various types of aircraft can be a challenge.

“We have a Marine aircraft wing out here in a harsh environment. We have aircraft facing combat situations and small-arms fire,” said U.S. Navy Cmdr. Erick Heilman, the officer-in-charge of the Fleet Readiness Center detachment in Afghanistan.

The detachment in Afghanistan is in place to address those challenges and help maintain aircraft, saving the Marine Corps precious time as the coalition conducts vital counterinsurgency operations here and saving American taxpayers precious dollars.

Since 2nd Marine Aircraft Wing (Forward) arrived in theater in February 2011, the center has performed more than 400 repairs on more than 100 different aircraft.

“We conduct depot-level maintenance across the area of operations,” said Chief Petty Officer Dirk Lueders, the leading chief petty officer for the detachment.

Depot-level maintenance is the most intensive aircraft maintenance, and occurs only with issues that cannot be resolved by enlisted Marine Corps mechanics directly attached to the aircraft squadrons, or by a Marine Corps aviation logistics squadron.

“Like all the guys in the squadrons up and down the runway, my guys are just doing what we can do to keep the aircraft flying,” said Keith Presser, an aircraft planner and estimator with the detachment.

The readiness center is staffed by civilian aviation maintenance experts, like Presser, explained Heilman. Like their military counterparts, these civilians are forward deployed to Afghanistan – serving tours of duty of three to six months.



CPL. BRIAN ADAM JONES

**Cmdr. Erick Heilman, a native of Detroit, is the officer-in-charge of the Fleet Readiness Center detachment in Afghanistan. The detachment conducts depot-level maintenance for aircraft operating in southwestern Afghanistan to keep the aviation assets in the fight and save the government money.**

“We bring in civilians who are experts in fields like sheet metal and structural repair work,” added Heilman, a native of Detroit.

Heilman said deploying civilian experts to Afghanistan reduces the amount of time and money it takes to repair aircraft.

“If we had to send an aircraft back to the States for every individual repair it would cost around \$500,000 and two weeks of time,” he said. “You never know when having an aircraft back in action a few days faster will save a Marine’s life.”

The center is also manned by Sailors from the U.S. Navy Reserve. This forward-deployed combat repair unit from Naval Air Systems Command assists the civilians in keeping the Marine Corps aircraft flying.

“The civilians are the technical guys – we’re here to assist them,” said Lueders, a native of Ramsey, Minn. “Each one has 15-20 years of knowledge in this field. They’re a fountain of knowledge.”

Heilman said the Sailors are in place to facilitate the work of the civilians and

also help with repairs when the workload requires.

Presser said over his 27-year career, he has worked in maintenance depots all over the world. Here in Afghanistan, his mission is clear: keep aircraft flying in support of the ground troops.

“The guys outside the fence, they have the hardship,” Presser said. “We’re just here to get the planes up so [Marine aviation] can help those guys.”





U.S. MARINE CORPS PHOTO BY GUNNERY SGT. AARON JAMESON

Several Marines from Marine Light Attack Helicopter Squadron 369 came together Jan. 8 to manually lift a main rotor blade onto a UH-1Y Venom undergoing repairs at Camp Bastion, Afghanistan. "The Marines are always willing to do whatever it takes to get the job done," said Gunnery Sgt. Aaron Jameson, the squadron's quality assurance chief, and native of Lynden, Wash. "Through teamwork comes mission accomplishment and we will keep that going and keep together throughout our deployment."

## Teamwork fits new blade on Huey in Afghanistan

CPL. BRIAN ADAM JONES

2nd MAW(FWD)

**CAMP BASTION, Afghanistan** — Marines with "The Gunfighters" of Marine Light Attack Helicopter Squadron 369 consistently use a proven method to get their aircraft back in the fight – teamwork.

In a representation of that method, several Marines from the squadron came together Jan. 8 to manually lift a rotor blade into a UH-1Y Venom undergoing repairs.

"We don't have an overhead hoist in the hangar so that's how we have to do it," said Gunnery Sgt. Aaron Jameson, the squadron's quality assurance chief, and native of Lyn-

den, Wash. "Everyone out here is putting everything they have into our mission."

The squadron, deployed from Marine Corps Air Station Camp Pendleton, Calif., wields the only Marine Corps attack helicopters in Afghanistan. The Gunfighters employ a lethal tandem of AH-1W Super Cobras and UH-1Y Venoms, also known as Super Hueys.

"Maintaining the aircraft is a constant thing out here because of the operational tempo that we maintain," Jameson said of the squadron's support for 2nd Marine Aircraft Wing (Fwd.). "The Marines are always willing to do whatever it takes to get the job done. We will keep that going and keep together throughout our deployment."



# Life & Times

Facebook.com/MCASCherryPoint

January 19, 2012



PHOTOS BY NICHOLE A. HALL

The One Times Square Building is suddenly cloaked in fireworks and confetti as the clock strikes midnight during the Times Square New Year's celebration Dec. 31, 2011. Marine Corps Air Station Cherry Point's Single Marine Program traveled north to be part of what most consider the biggest New Year's Eve party on the planet. A member of the New York Police Department ensured they got a front row seat, said Nichole A. Hall, an SMP supervisor. Pfc. Brittani L. Tilton, a radio operator for Marine Wing Support Squadron 274, said the confetti was so thick, it was like a snow storm in her home state of Wisconsin.

## Celebration in the 'BIG APPLE'

SMP hosts trip to Times Square for New Year's

(Left) Marines with the Cherry Point Single Marine Program have their picture taken next to the One Times Square Building in New York City before the new year Dec. 31, 2011. The group spent three days and two nights in the Big Apple, visiting places like the Empire State Building and the Statue of Liberty. Pfc. Brittani L. Tilton, a radio operator with Marine Wing Support Squadron 274, said it was the best weekend of her life and she hopes to do it again next year.



Marines from MCAS Cherry Point and Marine Corps Base Camp Lejeune celebrate the new year in Times Square, New York City, Dec. 31, 2011. More than 20 Marines went on the trip. Pfc. Brittani L. Tilton, a radio operator for MWSS 274, said every time the clock struck an hour, a deafening cheer rose up from the crowd.



Marines from Cherry Point gather with members of the USA Cheerleader squad for a photo at the New Year's party in Times Square, New York City, Dec. 31, 2011. The cheerleaders attend various events to show support for the military.



# 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/Holidays

Breakfast/Lunch 8:30-11:00a.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

**Monday** - Grilled Polish sausage, grilled bratwurst, grilled Italian sausage, grilled frankfurters, rolls, French fries, tater tots, baked beans, corn on the cob, chili, cheese sauce, coleslaw, potato chips, corn chips, pretzels

**Tuesday** - Popcorn shrimp, steamed shrimp, buffalo chicken fritter, grilled chicken strips, sizzlin Caesar salad

**Wednesday** - Beef taco meat, chicken enchiladas, bean burrito, Mexican rice, refried beans, Mexican corn, shredded lettuce, shredded cheese, diced tomatoes, chopped onions, sliced jalapenos, taco shells

**Thursday** - Chinese egg rolls, chilled pineapple chunks, teriyaki beef strips, steamed shrimp, grilled chicken strips, pork fried rice, steamed rice, vegetable lo mein with oyster sauce

**Friday** - Ziti/linguine/fettuccine, spaghetti rigatoni, pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, penne/rigate/rotini, baked Italian sausage meatballs (ground beef), meat sauce, marinara sauce, alfredo sauce

## Weekly Menu

### Thursday Jan. 19

**Lunch** - Green chili and corn stew, Indian spiced roast chicken, long grain and wild rice, steamed broccoli, Harvard beets, chicken with rice soup

**Dinner** - Lemon chicken, Salisbury steak, oven brown potatoes, Spanish rice, sautéed mushrooms and onions, southern style greens, brown gravy, bean with bacon soup

### Friday Jan. 20

**Lunch** - Baked fish with spinach topping, chicken and cheese enchiladas, golden jewel multigrain blend, Yucatan style rice, steamed vegetable medley, herbed green beans, New England fish chowder

**Dinner** - Stuffed green peppers, grilled bratwurst, steamed rice, Lyonnais potatoes, sautéed zucchini, German sauerkraut, Louisiana seafood gumbo

### Saturday Jan. 21

**Lunch** - Mesquite roasted pork loin, chicken Provencal, red beans with rice, Italian roasted potatoes, mixed vegetables, broccoli polonaise, lentil vegetable soup

**Dinner** - Grilled steak, Asian barbecue turkey, baked macaroni with cheese, baked potatoes, steamed baby carrots, asparagus, mulligatawny soup

### Sunday Jan. 22

**Lunch** - Honey BBQ chicken, vegetable lasagna, Franconia potatoes, Italian vegetable blend, simmered pinto beans, Minnesota wild rice soup

**Dinner** - Pork chops with smothered onion, chili macaroni, roasted sweet potatoes, French cut green beans, cauliflower combo, Wisconsin cheese soup

### Monday Jan. 23

**Lunch** - Open faced steak sandwich, Cajun lightning chicken, rice pilaf, green beans nicoise, sautéed summer squash with tomato

**Dinner** - Vegetarian split pea soup, spaghetti with meat sauce, barbecued spareribs, scalloped potatoes, steamed broccoli (fresh)

### Tuesday Jan. 24

**Lunch** - Louisiana chicken and sausage gumbo, southern fried catfish fillets, turkey with vegetable primavera, roasted zucchini, potatoes au gratin, calico cabbage, hush puppies

**Dinner** - Tomato noodle soup, Yankee pot roast, Casablanca vegetable stew, oven browned potatoes, steamed rice, brown gravy, corn on the cob, sweet sour greens

### Wednesday Jan. 25

**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 BBQ beef brisket, baked tuna and noodles, baked macaroni and cheese, vegetable stir fry beans fiesta

# From the clinic: January is Cervical Cancer Awareness Month

Human Papilloma Virus (HPV) is the most common sexually transmitted virus in the United States. More than half of sexually active men and women are infected with HPV at some time in their lives. About 20 million Americans are currently infected, and about 6 million more get infected each year. HPV is transmitted through any kind of genital contact with someone who has HPV- intercourse isn't necessary and HPV often has no signs or symptoms.

HPV can cause cervical cancer in women, which is the 2nd leading cause of cancer deaths among women around the world. In the United States, about 11,000 women get cervical cancer every year and over 4,000 will die from it.

Gardasil is a vaccine that protects against the 2 types of HPV that

cause up to 90% of genital warts and the 2 types of HPV that cause up to 70% of cervical cancers. In addition to preventing cervical cancer, it can also prevent vaginal and vulvar cancer in females, and throat, genital, and anal warts in both males and females.

Gardasil is offered to men and women ages 9 through 26. For maximum effectiveness Gardasil should be given prior to first sexual activity and any possible exposure to HPV. Gardasil is administered as 3 separate injections over a 6 month timeframe.

Gardasil is available at the Naval Health Clinic's Immunization and Military Medicine Departments. This vaccine will be available to all eligible females and males between the ages of 9 to 26 years old. A referral is not necessary, the

vaccination is offered on a walk-in basis from 7:30 a.m. to 3:30 p.m., Monday through Friday.

Gardasil may not fully protect everyone and does not prevent all types of cervical diseases, treat existing cervical cancer and genital warts, or protect against diseases caused by other HPV types or other sexually transmitted infections. All women should still have regularly scheduled pap smears to screen for cervical cancer as the vaccine does not protect against all strains of HPV.

Only a doctor or healthcare professional can help you decide if HPV vaccination is right for you or your child. If you have questions or for more information please schedule an appointment with your provider at 466-0921.

## Civilian Life Ahead?

### Get Assistance With

- Employment
- Education
- Benefits
- Life Goals

## MARINE FOR LIFE

CONNECTING MARINES WITH OPPORTUNITY



An Official Program Of The United States Marine Corps

[www.MarineForLife.org](http://www.MarineForLife.org) • 866.645.8762

# Tips, knowledge to stay fit

## MARINE CORPS TRAINING & EDUCATION COMMAND

MARINE CORPS BASE QUANTICO

• **Energy.** Energy may be defined as the capacity or ability to do work. Food consumed in the form of carbohydrate, fat, or protein molecules provides energy to the body.

• **Basic foods and functions.** The body needs more than 50 known nutrients. These nutrients are divided into six classes: carbohydrates, protein, fats, vitamins, minerals and water. The three essential energy nutrients are carbohydrates, proteins, and fats. Given the active lifestyles of the average Marine, his or her daily intake should consist of 55-60 percent carbohydrates, 20-30 percent protein and 15-25 percent fat.

• **Carbohydrates.** Dietary carbohydrates are one of the most important nutrients for both health and performance. Marines involved in heavy endurance activities and training (prolonged conditioning marches) often requires 55-60 percent or more caloric intake from carbohydrates. The two types of carbohydrates are simple and complex. One gram of carbohydrate supplies four kilocalories (KCal) of energy.

(1) **Simple carbohydrates.** Simple sugars include glucose, fructose, and sucrose (table sugar), and can be found in foods such as candy, cake, soda and jelly. They supply "empty calories" with few useful nutrients. The recommended dietary allowance (RDA) recommends that only 10 percent of total calories come from simple sugars.

(2) **Complex carbohydrates.** Complex carbohydrates are made from chains of simple sugars and include

## Station gym hours

**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: 8am-6pm, Sunday: 9 a.m. - 5 p.m.

**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

**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.

foods such as pasta, bread, cereal, rice, fruits, and vegetables.

(3) **Glucose.** Most ingested (dietary) carbohydrates are initially converted into blood glucose and used for energy. Blood glucose is the best fuel for muscles.

(4) **Stored glucose.** Blood glucose is stored as glycogen in muscle, the liver and bloodstream. Glycogen is an efficient source of energy. After the glycogen stores are filled, the remaining glucose is converted to fat for long-term storage.

(5) **Fiber.** Dietary fiber is the non-digestible portion of carbohydrate. The best sources are foods high in complex carbohydrates. Fiber may benefit weight management by creating a feeling of fullness without a high level of calories.



Movie Hotline: 466-3884

Visit us at [www.mccscherrypoint.com](http://www.mccscherrypoint.com)

Adults only \$3 • Kids (2-12) only \$2

## NOW SHOWING

**Thursday, January 12**

6:00pm - Arthur Christmas PG

**Friday, January 13**

5:00pm - Immortals R

7:30pm - The Sitter R

**Saturday, January 14**

2:00pm - Arthur Christmas PG

4:30pm - Immortals R

7:00pm - The Sitter R

**Sunday, January 15**

2:00pm - Arthur Christmas PG



## MOVIE SYNOPSIS

**Arthur Christmas** - Animation - Starring the voices of: James McAvoy, Hugh Laurie, Bill Nighy, Jim Broadbent. "So how does Santa deliver all those presents in one night?" The answer: Santa's exhilarating, ultra-high-tech operation hidden beneath the North Pole. But this year, Santa's son Arthur has an urgent mission that must be completed before Christmas morning dawns.

**Immortals** - Starring: Henry Cavill, Luke Evans, Kellan Lutz, Mickey Rourke. A mortal chosen by Zeus named Theseus must lead the fight against the ruthless King Hyperion and his evil army with the fate of mankind and the Gods at stake.

**The Sitter** - Starring: Jonah Hill, Max Records, Ari Graynor, J.B. Smoove, Sam Rockwell. Noah is a suspended college student, living at home with his single mom. When he is talked into babysitting the three, young, misfit kids next door, he decides to take them along on an attempted sexual rendezvous, and the night takes a wild and dangerous turn for the worse for which he is totally unprepared.

Movies are subject to change without notice

# TRICAREONLINE

For more information visit:

[www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy)

[www.tricare.mil/homedelivery](http://www.tricare.mil/homedelivery)

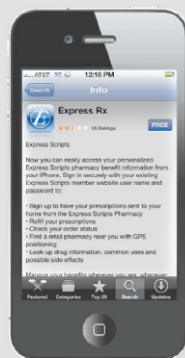
[www.tricare.mil/subscription](http://www.tricare.mil/subscription)

[www.facebook.com/tricare](http://www.facebook.com/tricare)

[www.twitter.com/tricare](http://www.twitter.com/tricare)

<https://m.esrx.com>

<https://m.humana-military.com>





# The Local Buzz

## Announcements

► Indicates new announcement

### Comedy Show

Military spouse and comedian, Mollie Gross, will perform her show at the air station theater January 27.

Doors for the show open at 6 p.m. with a start time of 7 p.m. The show is for mature audiences only and is open to all authorized patrons.

Child care is available by calling 466-5605 before Jan. 24.

Free tickets are available at Crystal Coast Travel & Leisure.

For more information, call 466-2172 or 466-3001.

### Havelock Little League Registration

Havelock Little League will hold an early registration day Jan. 28 from 10 a.m. to 4 p.m. at the Havelock Recreation Center.

Registration is \$20. This is a one-day cash-only promotion and there will be no refunds given for players that sign up on this day.

Interested participants bring a birth certificate and proof of residence at this time.

For more information, go to [havelocklittleleague.org](http://havelocklittleleague.org).

### ► Life Saving Station Exhibit in Morehead City

The History Place of Morehead City will present a new traveling exhibit titled, "Sufficient for Life-Saving Service," from Feb. 1 - May 2.

It was designed by the United States Life-Saving Service Heritage Association and Bevara Consulting. The exhibit is based on the research of Coast Guard historian, Dr. Robert M. Browning Jr.

The story of "Sufficient for Life-Saving Service" reveals the behind-the-scenes work of the United States Life-Saving Service's Board on life-saving appliances.

Locally, the history of the life-saving station is a very important part of Carteret County, and it was started to help save the lives of sailors and passengers of ships wrecked along the coast.

Permission was given by the War Department to build a lifesaving station at Fort Macon on the military reservation in 1904. The station had one main building, two storage sheds and a water supply. The Coast Guard was formed when the Life-Saving Service and the Lighthouse Service were combined.

For more information call Cindi B. Hamilton, the History Place 247-7533 ext. 101, [historyplace@thehistoryplace.org](mailto:historyplace@thehistoryplace.org).

org or visit [www.thehistoryplace.org](http://www.thehistoryplace.org). For more on the United States Life-Saving Service Heritage Association, visit [www.uslife-savingservice.org](http://www.uslife-savingservice.org), call 781-724-7131 or email [info@uslife-savingservice.org](mailto:info@uslife-savingservice.org).

### Behind the Scenes Aquarium at a Glance

See what goes on behind the exhibits in a guided tour of the North Carolina Aquarium's inner workings Feb. 1 at noon.

Visit food preparation areas, animal holding areas and labs, and get a look at the 306,000-gallon living shipwreck exhibit from above.

Advance registration is required. Register online at <http://www.NCAquariums.com> or call 247-4003, ext. 257.

### Newport Tee Ball Sign Ups

The Newport Tee Ball Association will hold sign-ups each Saturday in February from noon to 4 p.m. at the St. James United Methodist Church on Orange Street in Newport.

For more information, call Rick Vaccarella at 223-3969 or go to <http://newportteeball.com/index.htm>.

### ► Women Veterans of Coastal North Carolina

The Women Veterans of Coastal North Carolina Organization is celebrating its one-year anniversary Feb. 4 at the Ekklesia Apartments at 405 Barbour Road in Morehead City.

The organization is open to all veterans and active-duty members. Regular meetings are held 2-4 p.m. on the first Saturday of the month.

The RSVP deadline for the celebration is Jan. 25.

For more information, call Jerry Brunton, club president, at 515-4753 or go online to the organization's Facebook page - Women Veterans of Coastal Carolina.

### New Bern Historical Society Pop/Rock Concert

The New Bern Historical Society will host the American pop/rock band Orleans as part of the "Legends in concert" series.

The concert will be held on Feb. 4 at 7:30 p.m., at the Grover C. Fields Performing Arts Center in New Bern.

Tickets are \$35 until Jan. 25 and \$40 after. Active duty military tickets are \$30.

To purchase tickets or for more information contact Information, Tickets and Tours, call 638-8558 or visit <http://www.NewBernHistorical.org>.

## Marine and Family Programs

### Marine, Family Programs Office Numbers

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

• Child Development Resource and Referral – 466-3595.

### Now in Building 87

• Exceptional Family Member Program – 466-3305.

• Sexual Assault Prevention and Response Program – 466-5490.

• Substance Abuse Counseling – 466-7568.

• New Parent Support Program – 466-3651.

• Family Advocacy Program – 466-3264.

• Library – 466-3552.

• LifeLong Learning – 466-3500.

• Military Family Life Consultant – 876-8016.

• Retired Activities – 466-5548.

### 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.

## Monthly and Weekly Events

### Courage to Change

Cherry Point and Havelock Courage to Change is a support group for friends and families of people who suffer from alcoholism.

Meetings are held at St. Paul's Lutheran Church in Havelock, Tuesdays at 8 p.m.

For more information, call 241-6155 or 670-6236.

### AA Beginners Meeting

There are two weekly Alcoholics Anonymous meetings aboard the air station. The meetings are held Wednesdays and Thursdays at 8 p.m.

The meetings take place in Room 208 of Building 229, in the same building as the tax center, next to the Cherry Tree House.

For more information, call 447-2109.

### Al-Anon Family Group Meeting

There are Al-Anon family group meetings Tuesdays at 8 p.m. for family members and friends of individuals who may have alcohol problems.

The meetings are held at Havelock First Baptist Church.

For more information, call 447-8063 or 447-2109.

### Together For Life

The "Together for Life" one-day premarital seminar is held for active duty personnel age 26 and under, within 90 days of marriage.

Please call the chapel at 466-4000 for more information.

### Domestic Violence Victims

A support group for victims of domestic violence is provided by the

Carteret County Domestic Violence Program.

The group meetings are held every Wednesday at 6 p.m.

For more information, call 728-3788.

### Marine Corps League Meetings

The Cherry Point 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.

### Disabled Veterans

Chapter 26 of the Disabled American Veterans meets on the third Tuesday of each month at the Senior Center in Havelock at 7 p.m.

For information, contact Cris Young at 259-3427.

## Hotlines

### 2nd MAW Command Inspector General

466-5038

### Station Inspector

466-3449

### Fraud, Waste and Abuse

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

This line's automated answering service is available 24/7.

### Sexual Assault

This procedure is not to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7. The person answering the call will help you decide the next steps to take. You may remain anonymous.

### Severe Weather and Force Protection Information

Cherry Point personnel call 466-3093.

FRC East personnel call 464-8333.

DDCN personnel call 466-4083.

## Suspicious People Who Don't Belong

*Observing suspicious people who just "don't belong." This does not mean we should profile individuals; rather, it means we should profile behaviors. These include suspicious border crossings, stowaways aboard a ship or people jumping ship in a port.*

*It may mean having someone in a workplace, building, neighborhood or business establishment that does not fit in because of their demeanor, their language usage or unusual questions they are asking.*

*Report any unusual observations.*

*A complaint that may appear to be routine could result in something much larger in significance.*

# 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, N.C.)  
TWIN RIVERS (NOT THE MALL)  
WHITE SANDS CONVENIENCE STORE

## MCB CAMP LEJEUNE AREA

BELFAST QUICK MART  
BELL AUTO SALVAGE II  
BOTTA BOOMS  
CASH-N-ADVANCE  
CJ'S QUICK MART  
CLUB MICKEY'S  
COASTAL SMOKE SHOP  
DASH-IN  
DISCOUNT TOBACCO  
D'S DRIVE THRU  
D'S QUICK MART  
DOLL HOUSE  
EASY MONEY CATALOG SALES  
EXPRESS WAY  
FANTASIES  
HIP HOP AND HOOKAHS  
ILLUSIONS  
JACKSONVILLE SPEEDWAY AUTO PARTS  
KINGS DRIVE THRU  
KWIK STOP MART  
LAIRDS AUTO & TRUCK CENTER  
MILITARY CIRCUIT OF JACKSONVILLE  
MOE'S MART  
NASH MARKET  
ONE STOP SHOP  
PAR TECH  
PLAYHOUSE  
PLEASURE PALACE  
PRIVATE PLEASURES (AKA CARRIAGE HOUSE)  
RACEWAY AUTO PARTS  
REFLECTION PHOTO  
REID'S MART  
SMOKERS POST  
SOUTHERN COMFORT  
SMITTY'S R&R  
SPEED MART  
TALK OF THE TOWN II  
TENDER TOUCH (AKA BABY DOLLS)  
TOBACCO ALLEY  
TOBACCO AND MORE  
TOBACCO CLUB  
TOBACCO FOR LESS  
TOBACCO HOUSE CIGARETTE CENTER  
TOBACCO LEAF  
VERONA QUICK STOP  
VETERANS AFFAIRS SERVICES

## OUTSIDE AREAS

CARLAND  
CENTENNIAL ENTERPRISES, INC.  
STUDENT ASSISTANCE COMPANY  
JOSHUA EXPERIENCE/ CLUB ACCESS