

Chaplain’s Corner : Daylight Savings Time

Lt. CMDR. PERRY D. HAAGEN

2nd MAW

This Sunday we changed our clock in our semi-annual ritual to confuse our psyches about the time of day: spring ahead / fall back. First conceived by Benjamin Franklin as a way to save daylight into the evening hours, when people could enjoy it at home after the day’s work, daylight saving time was not fully adopted by our country until the late 1960’s, with two states and several territories still not adopting its use. While it began as an attempt to save energy by reducing the use of lights and other electricity (it has been proven to have little overall effect in that category), it does still provide us with a reminder to do those semi-annual things that need to be accomplished, but that don’t have any other tie to the calendar. Even the Marine Corps has recognized this and has tied the seasonal change of uniforms to the change in Daylight Saving Time. So Sunday we transitioned from the Woodland uniform to the Desert uniform for the summer months.

There are a number of items that many have tied to the change in daylight saving time. Probably the most recommended is to change or at least check the batteries in your smoke detectors, but there are several other great ideas as

well. Here is a short list I found online:

Change the batteries in your smoke detector and carbon monoxide detector.

Smoke and carbon monoxide detectors are lifesaving devices, but they won’t help you at all if the batteries are dead. This way they get checked semi-annually and you know they are working properly. Replace your batteries at daylight saving time, and you’ll be sure to have enough power to last until the next change.

Rotate your tires

The long-standing rule of thumb is to rotate your tires with every other oil change, which normally means about every six months. Today’s cars often can go longer between oil changes, particularly if you use synthetic oil, but it’s a good idea to rotate your tires a couple of times a year. The March and November daylight saving time change works well.

Change your passwords

IT people recommend you change your password every 90 days, but most of us only do if we have to. Changing your password at daylight saving time works as a compromise and will greatly increase your online security.

Evaluate your investment portfolio

Most of us use a “set it and forget it” method of dealing with our investments. As our life situations change, our investment portfolios should be reviewed and changes made if needed. Reviewing your portfolio, and making adjustments as needed at daylight saving time will help you keep your investments in line with your goals. In line with this is the recommendation to check your credit report when you change your clocks as well.

Now with all that nice-to-have info, why is this in the Chaplain’s article? An article from ABC news reported that: “Clocks spring forward Saturday night and we lose an hour of our weekend. Many of us will take that hour from God. Churches say the first Sunday of daylight saving time is one of the worst for attendance.”

Well, with that in mind here is a list of things you should also add to your spiritual “to do” lists when you change your clocks:

Begin a Scripture reading plan. There are many varieties of these available, but a regular intake of God’s wisdom will serve to focus your thoughts and add to your spiritual resiliency.

See **CHAPLAIN** page A7

Celebrating 100 years of Marine Corps aviation



OFFICIAL USMC PHOTO

A UH-1N Iroquois helicopter from Marine Utility/Attack Helicopter Squadron 167 lands aboard the aviation logistic ship USNS Wright off the coast of Puerto Rico during exercise ocean venture 1988. The UH-1 series of helicopters began flying in 1956 and various models have been in service ever since.

The Windsock

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MCAS CHERRY POINT
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LANCE CPL. CORY D. POLOM
LANCE CPL. GLEN E. SANTY
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LANCE CPL. SCOTT L. TOMASZYCKI

REMEMBER TO RECYCLE



Highlighting Cherry Point’s Warriors



Cpl. Robert J. Bedwell

Job Title: UAV Maintainer
Unit: VMU-2
Hometown: Plainfield, Ind.
Age: 23
Date Joined: June 21, 2008

Cpl. Robert J. Bedwell keeps the 2nd Marine Aircraft Wing’s eyes in the sky. He maintains the RQ-7B Shadow for Marine Unmanned Aerial Vehicle Squadron 2.

“My job entails maintaining the aircraft, fueling and defueling, maintaining and replacing parts, troubleshooting any problems we have with the aircraft and launching and recovering the aircraft,” said Bedwell.

Making sure the Shadow is flight ready means 2nd Marine Aircraft Wing and the Marine Corps can see developments unfolding on the ground during combat situations, he said.

The most challenging part of this job is the logistics, said Bedwell. The squadron does frequent field operations and ensuring all the Marines and gear are where they’re needed can be difficult.

However, being in a leadership position is what he loves.

“I like working with other Marines and watching them succeed in their job; training them to be proficient and seeing them develop as a whole person,” he said.

Highlight Your Marine
or Sailor Superstar

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cherry.point.windsock@gmail.com

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LANCE CPL. SCOTT L. TOMASZYCKI

2nd LAAD Marines practice ‘death from below’ during Exercise Sandman

2nd LAAD gets hands-on training at Air Force Dare County Bombing Range



PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

Marines from Battery A, 2nd Low Altitude Air Defense Battalion sight in on their targets while firing a small arms shoot at the Air Force Dare County Bombing Range, Mar. 8, as part of Exercise Sandman. “The purpose of this training was to gain experience conducting a combat operations center, become more proficient at firing 5.56mm rounds and get hands on experience with the Stinger missile,” said Capt. Leonard J. Nidosik, commanding officer of Battery A.



A Marine from 2nd Low Altitude Air Defense Battalion holds up his target after firing at a small arms shoot during Exercise Sandman at the Air Force Dare County Bombing Range Mar. 8. During Exercise Sandman, the Marines practiced firing at a modified table 3 shoot, set up field radio communication and fired dummy round Stinger missiles at low flying F-15E Strike Fighter's from Seymour Johnson Air Force Base, N.C.

LANCE CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

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“Target!”
After receiving the command, Marines from Battery A, 2nd Low Altitude Air Defense Battalion engaged their targets.
Less than 20 Marines fired their M-4A1 Carbines and M-16A2 service rifles along the North Carolina outer banks at the Air Force Dare County Bombing Range, during Exercise Sandman, March 7-10.
“The purpose of this training was to gain experience conducting a combat operations center, become more proficient at firing 5.56mm rounds and get hands on experience with the Stinger missile,” said Capt. Leonard J. Nidosik, commanding officer of Battery A.

During Exercise Sandman the Marines fired a modified table 3 small arms shoot, set up field radio communication and fired dummy round Stinger missiles at low flying F-15E Strike Fighters from Seymour Johnson Air Force Base, N.C.

The training allowed the unit’s newest Marines to increase proficiency and confidence with their weapons, said Nidosik.

“I learned a lot here that I can take back with me and apply to my job,” said Pfc. Adam D. Boone, a field radio operator with Battery A. “I got to see how radio networks work, and now I know how to set them up.”

More than half of the Marines that participated are field radio operators by trade, said Nidosik. “It’s important for them to know their job. You never know what could happen in an actual combat environment. There could come a time when they might have to put a missile on their shoulder and fire it.”

The range exists primarily to assist Air Force and Navy aircraft conducting close air support training, but it has been striving to support the endeavors of other branches of the military, said Joseph Lafferty, manager of the range.

“The Marines are a perfect example of that,” he said.

Since its opening in the mid 1960’s, the bombing range has grown to encompass roughly 47,000 areas of wetlands, forest and open space, used for hands-on training for aircrews from four squadrons of the 4th Fighter Wing at Seymour Johnson AFB.

The pilots who train at the range are at

various stages in their careers, said Lafferty. Some come straight from the training to gain much needed time flying, and others are getting back into the cockpit to refine their skills after supporting other roles and missions.

“2nd LAAD’s mission is to use the Stinger missile to provide air defense and conduct ground security,” said Nidosik.

It fits perfectly with the mission of the range, said Lafferty.

“We love having the Marines come out here to train because what they do is very interesting, and it is just amazing to watch.”



(Left to right) Lance Cpl. Joseph M. Diaz and Pfc. Luis Betancourtdeleon, field radio operators with Battery A, 2nd Low Altitude Air Defense Battalion, practice engaging targets Mar. 7, before going to the firing line during Exercise Sandman. “It’s important for them to know their job, but they need to know what they are supporting as well,” said Capt. Leonard J. Nidosik, commanding officer of Battery A. “You never know what could happen in an actual combat environment. There could come a time when they might have to put a missile on their shoulder and fire it.”



(Above) Marines from Battery A, 2nd Low Altitude Air Defense Battalion unload Stinger missiles off an MV-22 Osprey at the Air Force Dare County Bombing Range Mar. 8, during Exercise Sandman. Ospreys, from Medium Tiltrotor Squadron 266, assisted the Marines with transportation of their ammo in support of the training evolution designed around combat communication operations.



(Right) Marines from Battery A, 2nd Low Altitude Air Defense Battalion fire a dummy round Stinger missile at a low flying F-15E Strike Fighter during Exercise Sandman at the Air Force Dare County Bombing Range Mar. 8. “2nd LAAD’s mission is to use the Stinger missile to provide air defense and conduct ground security,” said Capt. Leonard J. Nidosik, commanding officer of Battery A.



KEYYA!

Cherry Point youth learn taekwon do

Photos And Story By Lance Cpl. Cory D. Polom

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

"When I am in this uniform I feel a great sense of pride and respect, but even when I am not in it, I feel that same sense of duty." This is a common saying among many Marines in uniform, but the person who said this is not a Marine, and is not even old enough to drive.

Bailey Ellison, 12, was referring to her martial arts uniform, called a Dobak.

She is learning taekwon do through a Marine Corps Air Station Cherry Point Youth Sports class taught by Master Andre' L. Evans.

"Master Evans is a great instructor," said Bailey. "He has helped me and a lot of the other students learn taekwon do and has given us a way to relief stress."

The classes run Mondays and Tuesdays at the Teen Center from 4:30 to 5:45 p.m. and on Saturdays from 1 p.m. until 2:30 p.m. at the Cherry Tree House, the cost is \$50 per month.

"This generation of children is very different from our grandparents' generation and even mine," said Evans, a Marine veteran. "As teens, they feel they should be given everything in the world now. Taekwon do teaches these children how to respect their parents and teaches them a different kind of discipline."

Bailey's mother, Daphne Ellison, agreed and pointed out the impact taekwon do has had on her child's life.

"I can take her cell phone, her laptop and even ground

her with no effect," said Daphne. "However, I can tell her if she does something wrong I'll take away taekwon do for a week and she will straighten up. This class has taught her to value what she works hard for."

Bailey said taekwon do is a lifestyle that has helped her in more ways than just being able to defend herself.

"Taekwon do has given me a sense of pride and has helped me in more than just knowing how to keep cool, and what to do if I am faced with someone who is trying to kidnap me," said Bailey. "It helps me keep in shape and gives me something to work for."

Taekwon do can help set young people up for success, said Evans.

"I think these children will be more likely to succeed in life," said Evans. "It gives you a sense of value that you can achieve something. Last year I had a student medal in the Junior Olympics. I have students here who have seen that and are determined to do the same."

Bailey is one of his star pupils and is working hard to compete at a high level, Evans said.

"I want to be the best," said Bailey. "I want to be the one Master Evans is talking about this time next year when he says 'We had a young lady come back from the Junior Olympics with a gold medal.' taekwon do builds character and helps me do better in everything I do."

For more information on youth-activities, contact the youth sports office at (252)-466-5493.



Yasmine Reid, a yellow-belt taekwon do student, front kicks during a youth taekwon do class at the MCAS Cherry Point Teen Center, March 5.



Master Andre' L. Evans, instructor of a taekwon do course aboard MCAS Cherry Point, instructs his students about the importance of training during a youth taekwon do Class at the MCAS Cherry Point Teen Center, March 5. "I truly believe that taekwon do, teaches discipline and helps you defend yourself if you are attacked, but I think these children will be more likely to succeed in life," said Evans. "It gives you a sense of value that you can achieve something. Last year I had a student medal in the Junior Olympics. I have students here who have seen that and are determined to do the same."



Bailey Ellison, a 12-year-old green-belt taekwon do student, and Joshua deJetley, a 16-year-old white-belt taekwon do student, face off in a sparring match during a youth taekwon do class at the MCAS Cherry Point Teen Center, March 5. "I want to be the best," said Bailey. "I want to be the one Master Evans is talking about this time next year when he says 'We had a young lady come back from the Junior Olympics with a gold medal.' Taekwon do builds character and helps me do better in everything I do."



Shawn Juntunen, a 7-year-old green-belt taekwon do student, grits his teeth during kicking drills during a youth taekwon do class at the Marine Corps Air Station Cherry Point Teen Center, March 5. Juntunen is learning taekwon do through a MCAS Cherry Point Youth Sports class taught by Master Andre' L. Evans, owner and instructor of Fusion Martial Arts.

Shawn Juntunen, a 7-year-old green-belt taekwon do student, works on his front kicks during a youth taekwon do Class at the Marine Corps Air Station Cherry Point Teen Center, March 5. Juntunen is learning taekwon do through a MCAS Cherry Point youth sports class taught by Master Andre' L. Evans, owner and instructor of Fusion Martial Arts.

Black Knights soar over Mojave Viper

CPL. JOHN SULESKI

MCAS NEW RIVER

Marine Corps Air Ground Combat Center Twentynine Palms, Calif. —

Coyotes, snakes and black crows inhabit the desert landscape of Marine Corps Air Ground Combat Center Twentynine Palms, Calif. Currently, other birds of a metal feather also reside there.

These metal birds hold machine guns, carry several times their weight in cargo and transport armed Marines. They are MV-22B Ospreys of the 2nd Marine Aircraft Wing's Marine Medium Tiltrotor Squadron 264.

The main body of the Black Knights arrived at Twentynine Palms Feb. 23 to serve as aviation support for ground units also participating in the one-month exercise.

The squadron is participating in Exercise Mojave Viper, which prepares Marines for deployment, said Chief Warrant Officer Three Aaron J. King, VMM-264 maintenance materials control officer.

In the meantime, the Black Knights are working to maintain their Ospreys and support ground units with various flights, including troop movement, gun running and aerial delivery, said Cpl. Travis Alder, a VMM-264 Osprey crew chief.

While working in the austere desert environment, the Marines train for the hardships associated with deployment to places far away from the comforts of home.

King has deployed three times and said built-up Afghanistan bases will most likely have better living conditions.

"When they get there they have lowered expectations, so it's a morale booster," he said.

While the Black Knights are not scheduled to deploy soon, it is good training

for both them and the ground units they support, said King.

Aside from supporting ground units, the pilots and crew chiefs of the squadron build up their own skills, said Alder.

He said the training in the air is realistic and he is using this opportunity to teach other crew chiefs how to perform certain tasks on an Osprey, such as carrying external loads and in-flight shooting.

"This looks just like Afghanistan," Alder said during a flight.

Like in Afghanistan, the aircraft operators here also face brown-outs, a condition where the aircraft's rotors kick up too much sand and dust to see anything while landing.

The giant dust clouds envelop surrounding areas and can be dangerous for people on the ground because they can't see if the aircraft drifts from its original landing point toward them, said Alder.

Along with brown-outs, the crew chiefs also worked with the new interim defense weapon system.

The IDWS is a belly-mounted GAU-17 with a camera manipulated from inside the cabin with a flat screen monitor and a device similar to a video game controller.

Although mounting the IDWS takes away the Ospreys' abilities to carry external loads, it can provide 360 degree security, said Sgt. Brian D. Neseth, VMM-264 Osprey crew chief. According to the manufacturer, the weapon system's computer automatically adjusts for distance and elevation so the crew chief simply points and shoots.

After a brief about how to operate the weapon and clear jams, the Marines started taking the weapon on training flights.

Several flights included ground threat



CPL. JOHN SULESKI

Sgt. Jorge D. Rios, Marine Medium Tiltrotor Squadron 264 MV-22B Osprey crew chief, prepares an aircraft for an aerial delivery flight on the flight line outside the squadron hangar, March 6. VMM-264 trains in a cycle of Mojave Viper aboard Marine Corps Air Ground Combat Center Twentynine Palms, Calif.

reaction training, during which Osprey crews practiced dodging surface-to-air missiles and evading radar, said Neseth.

Along with gun running flights where crew chiefs shoot M-240Ds from an Osprey ramp, this prepares the Osprey crews for dangers from the ground, said Alder.

Other notable flights included tactical recovery of aircraft and personnel, said Neseth. With these flights, Osprey crews

practiced rescuing fellow Marines from downed aircraft.

After the exercise away from familiar surroundings, the squadron will go home in late March wiser from their month of lessons learned.

"This kind of training really prepares Marines about to go on deployment," said Neseth. "It gets them in the combat mind set."

AWARD from page A1

cars.”

In the dim evening light they stopped their car, got out and ran toward the two smoking vehicles.

In quickly assessing the severity and damage of the situation, the Sailors realized one of the vehicles held both an injured mother and daughter.

“We took the mom and daughter out of the smoking car,” said Hodgson, a native of Arvada, Colo. “Then we saw a boy about 75 yards away lying on the ground. He was ejected from the car during the crash.”

Kim T. Robinson and her two children, Collin and Carlee, were traveling to Greenville, N.C., to visit with her brother.

Performing life saving steps they learned during schooling, the Sailors assisted the accident victims until paramedics arrived shortly after.

“I was just doing what I was learning at the time,” said Hodgson. “All of us were.”

For his actions nearly a year ago, Hodgson was presented a Navy Achievement Medal, Wednesday, at NHC Cherry Point.

“He helped save all of our lives,” said Kim. “I don’t remember much, just the helicopter and Brett’s face.”

Kim’s husband, Travis, a lieutenant with the New Hanover County Sheriff’s Office, was informed of the accident shortly after, and said he is thankful the Sailors were there for his family.

“These young men saw the situation and instantly responded due to the training they had received,” said Travis. “We are extremely lucky. Brett has become a part of our family and always will be.”

Hodgson’s actions were a reflection of his performance on a daily basis at the clinic, said Master Chief Glenn A. Baxter, the command master chief of NHC Cherry Point.

“Aside from what we do in the clinic and while we are deployed, it is really great that these Sailors can assist in situations like this,” said Baxter. “They are putting their skills to good use not only here, but everywhere. Hodgson is a solid Sailor and does a great job.”

“We are deeply grateful that Brett and his friends happened to be driving down the road that night,” said Travis. “He saved my family.”



CPL. SAMANTHA H. ARRINGTON

Brett R. Hodgson, a hospital corpsman at Naval Health Clinic Cherry Point, stands with the Robinson family after receiving a Navy Achievement Medal for providing basic life support to Robinson’s wife, Kim, and two children, Collin and Carlee, who were involved in a head-on collision last April.

VMU-2 from page A1

with a camera and reports back to base. After arriving, it is handed to an intelligence Marine who watches it to determine if it contains anything important, before passing it on accordingly.

The Shadow’s capability of rapid data distribution makes it a valuable asset, said Lapi, and it can even designate targets for both conventional and precision munitions.

According to Cpl. Adam R. Taylor, a Shadow operator for VMU-2, he can get grid coordinates for both air and artillery strikes. Also, the on-board laser can guide a smart bomb onto a target, said Taylor.

Because it’s such a different aircraft, it requires a lot of attention to detail, said Taylor.

“I have to keep a visual scan of all my reports. It’s very easy to get distracted because there are a lot of people talking on headsets and a lot of stuff going on,” he said. “It’s very important for the person controlling the bird to pay attention to exactly what the bird is doing.”



LANCE CPL. SCOTT L. TOMASZYCKI

The RQ-7B Shadow is used for battlefield surveillance. What makes the Shadow so effective is its ability to distribute video in nearly real time to anyone that needs to see it, said Gunnery Sgt. Joseph M. Lapi, a Shadow operator for Unmanned Aerial Vehicle Squadron 2.

CHAPLAIN from page A2

Remember to do a good turn daily. While this may be the motto of the Boy Scouts, that shouldn’t keep each one of us from trying to make our world a slightly better place by doing at least one good thing for someone else each day.

Say “thank you” to someone you haven’t for a while. Be grateful for the things you have been blessed with and the people who have shaped your life.

Do a little personal spring cleaning. Forgive someone who needs your forgiveness and ask forgiveness of someone you have wronged. Let go of some of those things in your spiritual closet that really don’t fit anymore.

We read these same thoughts in 2 Peter 1:5-8: “For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ.”

Let us make sure, now that we have sprung ahead, that we check those things we need to do periodically in and around our homes and that we make sure we do those things in our spiritual lives as well so that we will be effective and productive as Spring comes upon us.

I MEF assumes responsibility from II MEF of Regional Command Southwest

MASTER SGT. BRENDA VARNADORE

I MARINE EXPEDITIONARY FORCE (FWD)

CAMP LEATHERNECK, Afghanistan – Major Gen. Charles M. Gurganus, I Marine Expeditionary Force (Forward) commanding general, assumed command of Regional Command Southwest, from Maj. Gen. John A. Toolan, II MEF (Fwd) commanding general, during a Transfer of Authority ceremony here, Monday.

During the ceremony, Gurganus, along with Brig. Stuart R. Skeates, the RC (SW) deputy commanding general, assumed responsibility for Helmand and Nimruz provinces.

“The strength of RC Southwest, it’s obvious to me, has always and will continue to be the combined efforts,” said Gurganus. “This is a coalition made up of 10 coalition nations coupled with our Afghan National Security partners and friends. It’s also comprised of the Helmand (Provincial Reconstruction Team) and our regional platform. And lastly, and just as important is the leadership provided by our Afghan officials, led by Governors (Gulab) Mangal and (Abdul Karim) Brahui. We intend to try and maintain those relationships.”

Gurganus went on to recognize the important role the Afghans play in continuing the successes of II MEF (Fwd) and their coalition partners.

“That’s the key to being a team. But, the one partner I haven’t mentioned, that is probably the most important partner to me, is that of the Afghan people,” said Gurganus. “Because it’s their choices they will make in the future that’s really going to be the true measure of our success. And I think for those that would continue to fight to destroy the possibility for that better future, I think they should know they also have choices and opportunities to be a part of the better future.”

II MEF (Fwd) focused on the development of the Afghan National Security Forces and transitioned to professionalizing the force by the end of their yearlong deployment. I MEF (Fwd) will continue the professionalization of the ANSF to enable the government of Afghanistan to deliver goods, services and provide security to their people and give legitimacy to the whole government.

“The number one line of operation that we focused on was what we call ANSF development,” said Toolan. “ANSF development meant getting the people out into the areas and working closely with the coalition forces in sort of a partnering, mentoring role. That ANSF development started more than a year ago when we first got here. It was a matter of marrying them up with their equipment, getting them familiar with how to conduct patrols, how to give a five-paragraph order. Over this past year, what



SGT. MICHAEL S. CIFUENTES

Maj. Gen. John A. Toolan Jr., the commanding general of II Marine Expeditionary Force (Forward), furls the II MEF colors with Sgt. Maj. Michael F. Jones, during the Joint Transfer of Authority Ceremony for Regional Command (Southwest) and Helmand Provincial Reconstruction Team here, Monday.

we’ve done is gone from ANSF development to ANSF professionalism. Now, we are in the process of training their (non-commissioned officers), trying to build an NCO corps. We all know that the heart of any organization, the heart of any army, is their NCOs. We’re putting them into training and mentoring them with our own NCOs.

“The sergeant major (Sgt. Maj. Michael F. Jones, II MEF (Fwd) sergeant major) has spent an untold amount of time working with their senior staff NCOs - really trying to get them to understand that if you want an organization to function properly, that the backbone is the NCO corps,” said Toolan.

The work of II MEF (Fwd) did not go unnoticed. The reviewing officer for the ceremony, Her Majesty’s Ambassador to Afghanistan, Sir William Patey personally thanked Toolan for his efforts.

“As I travel around Afghanistan, it is without doubt Helmand enjoys the highest reputation of the province that has made the most progress in the past year,” he said. “Children going to school. Farmers going about their business. Government officials going about their business without fear. This country will look back on this year and the contributions you’ve made. There is no doubt, in history, you will go down as a general who’s made a significant and outstanding contribution to this country and to Helmand in particular.”

The turnover between I MEF and II MEF began back in August 2011 as the I MEF (Fwd) staff formed, with their

British partners, in Camp Pendleton, Calif. The staffs conducted predeployment site surveys, conference calls and video teleconferences so the transition was seamless to the coalition partners and Afghan forces. II MEF (Fwd) sent representatives from Afghanistan to California to assist with the Mission Rehearsal Exercise during December to ensure I MEF (Fwd) had the most up-to-date information and procedures from theater.

“Our II MEF brothers and sisters have set us up for success and we look forward to carrying on where they left off,” said Sgt. Maj. Harrison Tanksley, RC (SW) sergeant major who relieved Sgt. Maj. Jones. “I would like to see us take it to a new level. II MEF has done a fantastic job, but there is always room for improvement and under Gen. Gurganus’ watch there is no doubt in my mind that I MEF (Fwd) will take this thing to a new level.”

Now that I MEF (Fwd) has assumed command, Gurganus and his team will take to heart Toolan’s final assessment and continue to assist the ANSF in Helmand and Nimruz provinces.

“They know how to use their weapons, they still have some challenges with counter (improvised explosive devices) and part of that has to do with that it’s just a difficult job,” said Toolan. “They’re taking charge of their own country. I’m convinced that as the professionalization of the Afghan National Security Forces goes up, the insurgency is going to go down.”



Marines, Sailors come together, show their hometown colors

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

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Across the nation millions began breaking out their team colors and preparing to cheer on their favorite college basketball teams as the 2012 March Madness Tournament gets underway.

Marines and Sailors stationed aboard Marine Corps Air Station Cherry Point tuned into selection Sunday as the bracket for the tournament fell into place.

Like many other college hoops fans aboard the air station, James H. Taggart watched the events of selection Sunday with eager anticipation.

“Anytime Michigan is in the March Madness Tournament I get excited,” said Taggart, a native of Flint, Mi.

Taggart’s team, the University of Michigan Wolverines, took the number four seed for their region, and they will be one of 64 teams competing for the 2012 College Basketball National Championship.

“The college basketball tournament is fun to watch,” said Taggart. “Add in filling out the brackets when your team is in the hunt makes it even more exciting.”

Marines and Sailors from all over the air station will be tuning in to their favorite colleges to see how they do in this year’s tournament and Cunningham’s

is helping making that easier by hosting several March Madness events.

“During this tournament is when we get all of our true basketball patrons,” said Larry Johnson, the assistant Single Marine Program Coordinator. “There are a lot of Marines and Sailors from big college towns and they love this tournament.

“It is a time when they can come together with their friends and enjoy watching their teams,” he added. “If their team wins then they have bragging rights for the next year. This tournament gives these hard workers a way to get away from the hustle and bustle of Marines Corps life and just relax. Even if just for an hour or so they are connected with their friends and family back home.”

Johnson works at Cunningham’s, which hosted a March Madness Kick-Off Party Tuesday to watch the first two games of the tournament and will continue to show games throughout the tournament.

“Having a place where I can go rag on people for my team winning is awesome,” said Taggart. “I don’t have to sit in my barracks room all night by myself. I can go to Cunningham’s and watch all the games with fellow college basketball enthusiasts.”

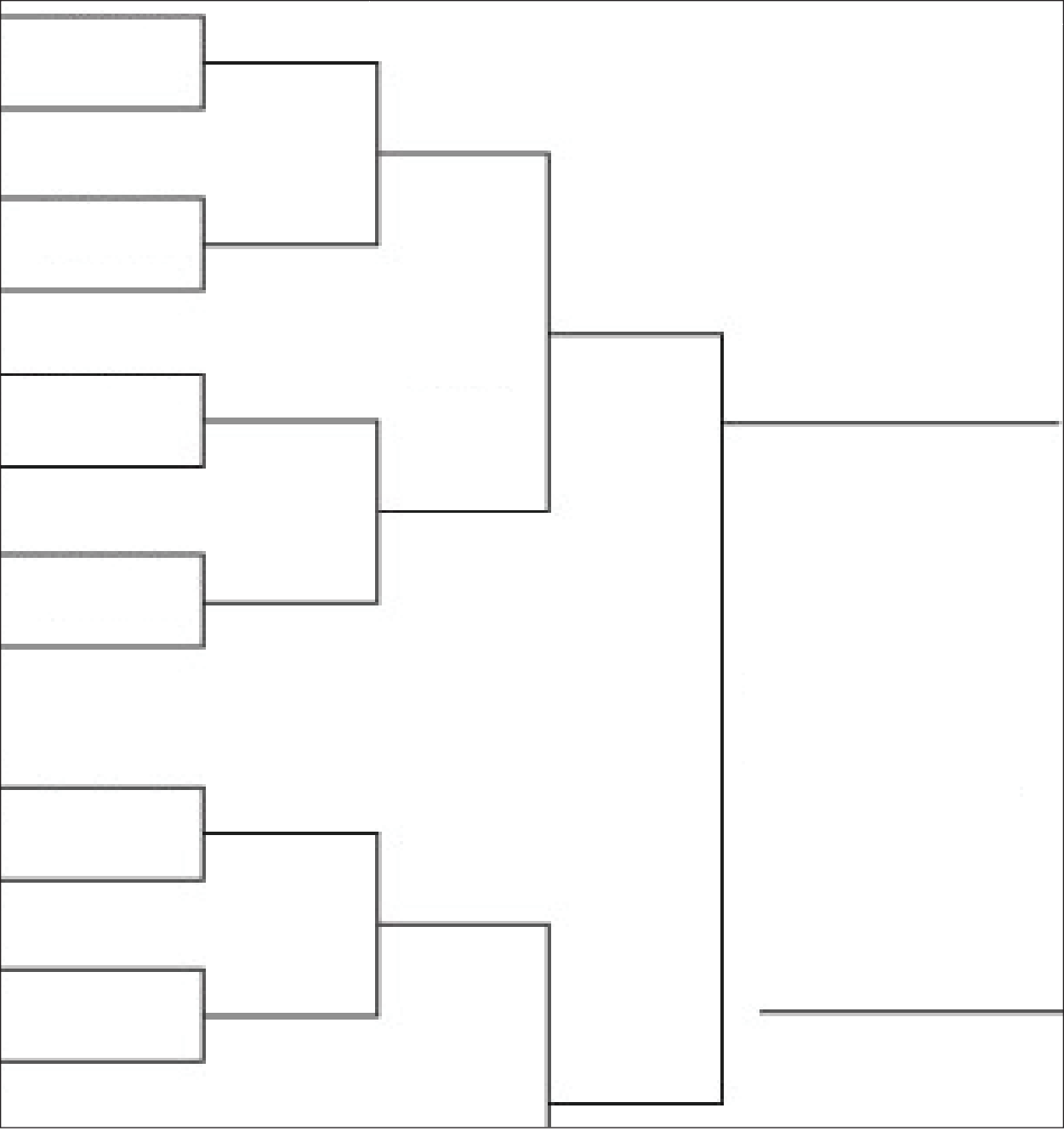
MCAS Cherry Point’s CO’s policy on Gambling- *Gambling is prohibited aboard the air station*

Reference 5 C.F.R. 735.201 states “While on government-owned or leased property or while on duty for the Government, an employee shall not conduct, or participate in, any gambling activity including the operation of a gambling device, conducting a lottery or pool, a game for money or property, or selling or purchasing a numbers slip or ticket.”

Violations of the prohibition of gambling may result in disciplinary action against active duty military personnel under the Uniform Code of Military Justice or adverse administrative action for civilian employees, up to and including termination.

-Col. P.J. Zimmerman, commanding officer MCAS Cherry Point

BRACKETOLOGY 101



Methods to the madness

Before the March Madness tournament begins, basketball enthusiast and solitary masters try to put together the perfect bracket.

Anyone can fill out these brackets utilizing a multitude of different methods to include the “top seed wins,” the “Cinderella picks” and the classic go with the “coolest mascot” picks.

Today we will break down a few of these methods to help those unfamiliar with basketball make their decision on what method is best for them.

When the brackets were determined on Selection Sunday, each team that goes to the tournament is seeded and placed in a region to play. A seed is a fancy word sports broadcaster’s use for a rank. Each team is given a rank one to 16 in each of the four regions.

For the “top seed wins” picks, a person is putting their faith in the top ranked number one team. This is rare since last year there were no number one seeds in the final four and the last time all number one seeds made it was in 2008.

The term Cinderella team in sports has to do with an underdog or low ranking seed getting farther than they were expected. This way of picking your brackets gives a high risk of failure but if correct, pays off in the end since not a lot of people choose this route.

The finally another way to pick a bracket is to pick the team with the “coolest mascot.” Each team has a mascot such as the Wolverines of the University of Michigan or the Buckeyes of Ohio State. Choosing teams using this method works for patrons who do not follow college basketball all that much but would still like to participate.

Remember the more you can learn about the teams, the more educated your picks will be. There are hundreds of combinations of picks so creating a few brackets using multiple selection styles is another good way to go.

Links to get your brackets

<http://www.ncaa.com/content/2012-di-mens-basketball-bracket>

<http://espn.go.com/mens-college-basketball/tournament/bracket>

<http://www.madduxsports.com/ncaa-tournament-bracket.pdf>

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 March 15

Lunch - Chicken and dumplings, pasta toscano, steamed rice, steamed vegetable medley, Harvard beats, cream of spinach soup
Dinner - Mediterranean herb roasted chicken, herbed roast pork loin, mashed potatoes, dirty rice, glazed carrots steamed broccoli, brown gravy, American bounty vegetable soup

Friday March 16

Lunch - Roast turkey, French fried shrimp, French fried fish, dirty mashed potatoes, green beans, calico cabbage, hush puppies, tarter sause, cocktail sause, New England clam chowder
Dinner - Tatertot casserole, baked tomato pork chops, savory baked beans, pees and mushrooms, Manhattan clam chowder

Saturday March 17

Lunch - Baked ziti with four cheeses, arroz con pollo (chicken), club spinach corn O'Brien, toasted garlic bread, smoked ham and cabbage soup
Dinner - Three bean chili, apple glazed corned beef, shrimp curry, cilantro rice, parsley buttered potatoes, vegetable stir fry, savory summer squash

Sunday March 18

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

Monday March 19

Lunch - Pepper steak, turkey Monterey roasts, rosemary red potatoes, steamed rice, wax beans creole, stewed chick peas and zucchini, Southwestern corn chowder
Dinner - Veal parmesan, tex-mex chicken and rice, penne tigate noodles, scalloped cream corn, spanish chorizo and potato soup

Tuesday March 20

Lunch - Linguini with clam sause, bayou chicken, rissole potatoes, mashed cauliflower, sauteed green beans and mushrooms, beef with vegetables and barley soup
Dinner - Country fried steak, baked turkey with noodles, mashed potatoes, creamed ground beef, peas, bean with bacon soup

Wednesday March 21

Lunch - Chicken piccata, bayou jerk pork loin, chipolte roasted sweet potatoes, steamed spinach, cyonnaise carrots, mango black bean salsa, cream of mushroom soup
Dinner - Hungarian goulash, creole shrimp, brussels sprout and parmesan, corn chicken tortilla soup

Nutrition facts:



MARINE CORPS TRAINING & EDUCATION COMMAND
MARINE CORPS BASE QUANTICO

Nutritional Guidelines for Improved Performance Regular training increases the muscles’ ability to store and use carbohydrates for energy production. However, there are some short-term nutritional steps one can take before endurance events (such as a long conditioning march) to improve performance.
Carbohydrate Loading Two to three days before an endurance activity Marines should continue eating the same amount of carbohydrates but decrease activity or energy put out.
Pre-activity Meal The pre-activity meal should help to prevent or minimize gastrointestinal distress and help the individual to avoid sensations of hunger, lightheadedness or fatigue.
Carbohydrates A carbohydrate meal should be eaten about three to four hours prior to endurance activities. This allows the stomach to be relatively empty at the time of the event while minimizing hunger pangs.
Fluids Adequate fluid intake prior to activity is vital, particularly if the activity will be for a long duration or in a hot or humid environment.
Thirst Mechanism A substantial level of dehydration can occur before one feels “thirsty.” Therefore, fluid intake should be 8 to 12 ounces 15 minutes before the event, and 3 to 4 ounces every 10 to 15 minutes during the activity. Afterward, one should take in 16 ounces of fluid for every pound of body weight lost.
Prolonged Activities For endurance activities lasting less than 60 minutes, water should be the primary fluid replacement. After one hour of activity, sports drinks can be beneficial in restoring fluid levels.
Fluid Replacements The best fluid replacement drink is one that tastes good, does not cause gastrointestinal distress, promotes rapid fluid absorption, and provides energy (8 ounces of sports

Maintain Marine Corps weight standards

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.

drink should provide between 14 and 19 grams of carbohydrate, about 56 to 76 calories per serving).
General Recommendations Meals other than the pre-activity meal eaten on the same day should not be skipped. They should follow the basic principles listed earlier in this article.
Liquid Meals Liquid meals have some advantages over solid meals for pre-activity nutrition; they have a high carbohydrate content, have no bulk, are easily digested and assimilated, and may be more practical than a solid meal. Most liquid meals are high in carbohydrates, low in protein and fat, and may have added vitamins and minerals.
Eating During Activities There is no need to consume anything during most types of endurance activities except possibly carbohydrates and water. Carbohydrates taken during these activities may help delay the onset of fatigue, while water is critical to regulate body temperature.
Eating After Activities Carbohydrates and fat are the main nutrients used during exercise and can be replaced easily from foods. For those individuals performing daily physical endurance events, their post-activity meal should have a balance of carbohydrates and protein. This will help replenish the muscle stores of glucose (glycogen) necessary for continued daily training at high intensity, as well as promote muscle growth and sustainment of lean body mass.
Eating on the “Run” There are nutritional choices of high-carbohydrate and low-fat foods that can be easily bought, prepared or packed. Those factors should be taken into consideration when eating food while doing a physical event.

From the clinic: Mental Health: We’re here to help

Many people are reluctant to use mental health services because of the “stigma” of having an “emotional” problem. Society has a tendency to view mental health issues differently from medical ones. When someone breaks a leg, has chest pains, or needs to get a prescription, they’ll see a doctor. However, when they experience depression, excessive fears or a problem with alcohol, they may be embarrassed to seek help. Many people view these conditions as “weaknesses” they should handle themselves. Unfortunately, this view prevents them from getting professional assistance that may alleviate their problems.

To recognize an emotional problem and receive help is not at all a sign of weakness. Rather, these positive actions are characteristics of strong individuals. Also, seeing a therapist at a mental health clinic or the Fleet and Family Support Center is confidential. No information will be released without your permission except in situations involving child or elder abuse, or suicidal or homicidal intent.

The following are some of the symptoms that usually signal the need for professional counseling. Only a trained professional can diagnose and determine the treatment needed.

- Crippling or excessive anxieties (phobias, fears, panic attacks)
- Marked personality change
- Prolonged depression and apathy (a sense of hopelessness, loss of pleasure in life, helplessness, confusion or constant frustration)
- Wide mood swings (extreme highs and lows)
- Excessive anger or hostility; destructive, abusive or violent behavior
- Abuse of drugs or alcohol
- Marked changes in eating or sleeping patterns
- Thinking or talking about suicide
- A feeling that you’ve lost control of your life
- Inability to cope with problems or daily activities, such as school, job or personal needs
- Sexual problems or abuse
- Preoccupation with physical illness
- Strange or grandiose ideas
- Problems on the job
- Overall decline in job performance
- Difficulty interacting with other people (friends, significant other, parents, children and co-workers)
- Post-traumatic stress responses
- Denial of obvious problems; strong resistance to receiving help
- Seeing or hearing things that aren’t actually present
- Suspiciousness or paranoia
- Extreme jealousy
- Difficulty with authority
- Social withdrawal and isolation
- Inability to cope with the loss of a loved one
- Problems with the law
- Compulsive behaviors (e.g., spending, gambling, overeating)

A Mental Health Professional helps you identify a problem area, explore factors which may be contributing

to your difficulty, and provides options for you to consider. Counseling is not something that’s done to you. On the contrary, you are called upon to play a very active role in getting better and form a team with your therapist to work toward agreed-upon goals. A therapist may have you keep a daily log/journal, read personal improvement books, practice new behaviors, etc. The goal in counseling is to draw upon your strengths to help you resolve your problems. Counseling is a way of helping you help yourself.

There will probably come a time when someone you know could benefit from professional counseling. They may, however, deny that a problem exists and won’t do anything about it. You can aid a friend or loved one by discussing those aspects of their behavior that are of concern. You should also discuss the benefits of counseling and share any personal experiences you’ve had with it. You may even want to help them select a therapist by using the information in this book, see page 10.

Don’t feel like you have to “go it alone.” If you need additional advice or someone to help you in your discussions with your friend, talk to any of the following people:

- Your mental health clinic
- Your physician
- Your chaplain
- Your Military One Source
- Fleet and Family Support Center
- Your chain of command

Your friend or loved one may not be very open to your assistance at first, but be persistent. The care and support you provide is an important factor in helping them get better.

The Mental Health Department staff at the Naval Health Clinic are readily available to assist you. Psychiatrists, Psychologists, Licensed Clinical Social Workers and Psychiatric Technicians provide services. Consultation is provided to local commanders and referral sources. Active liaison with the Primary Care Providers and/or command will be maximized and maintained. There is an emphasis on focused interventions, which result in functional improvement.

Services offered:

- Triage of emergencies and “walk-ins”
- Treatment planning
- Full range of psychological testing on site or by consultation
- Individual psychotherapy
- Group psychotherapy: PTSD, depression/anxiety, sleep, ADHD, women’s issues
- Patient education
- Intensive outpatient Ppogram for PTSD
- Fitness for duty evaluations; other military specific evaluations (suitability for military service, flight screening, DONCAF, 706 Boards).

Monday - Friday: 0730 - 1630 (There is always a provider on-call at Camp Lejeune for after-hour and weekend emergencies. Call (910) 450-4910 for the Mental Health duty doctor.)



Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

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

NOW SHOWING

Thursday, March 15

6:00pm - Woman In Black PG 13

Friday, March 16

5:00pm - Big Miracle PG
7:30pm - Woman In Black PG 13
9:30pm - The Grey R

Saturday, March 17

3:00pm - Big Miracle PG
5:30pm - Woman In Black PG 13
7:30pm - The Grey R

Sunday, March 18

3:00pm - Big Miracle PG
5:30pm - The Grey R

Tuesday, March 20

6:00pm - Open Season PG

Wednesday, March 21

6:00pm - Underworld: Awakening R



Woman In Black - Starring: Daniel Radcliffe, Claran Hinds, Janet McTeer. Arthur Kipps is a widowed lawyer whose grief has endangered his career. When he is sent to a remote village to sort out the affairs of a recently deceased eccentric, it soon becomes clear that everyone in the town is keeping a terrible secret. Although the locals try to hide the town's tragic history from Kipps, he soon learns that his client's house is haunted by the ghost of a woman who is looking for someone and something she had lost, and until she finds it, no one is safe from her vengeance.

Big Miracle - Starring: Drew Barrymore, John Krasinski, Dermot Mulroney. Based on the true story of a small town news reporter and a Greenpeace volunteer who are joined by rival world superpowers to save a family of majestic gray whales trapped by rapidly forming ice in the Arctic Circle.

The Grey - Starring: Liam Neeson, Dallas Roberts, James Badge Dale. A group of oil-rig roughnecks are left stranded on the sub-arctic tundra after their plane experiences a complete mechanical failure and crashes into the remote Alaskan wilderness.

Open Season - Animation - Starring the voices of: Paul Westerberg, Ashton Kutcher, Martin Lawrence. A 900-pound domesticated grizzly bear named and a scrawny, one-horned mule deer named end up stranded together in the woods during hunting season and it's up to the duo to rally all the other forest animals and turn the tables on the hunters.

Underworld: Awakening - Starring: Kate Beckinsale, Stephen Rea, Michael Ealy. The vampire warrior Selene, escapes imprisonment to find herself in a world where humans have discovered the existence of both Vampire and Lycan clans and are conducting an all-out war to eradicate both immortal species.

Movies are subject to change without notice

The Local Buzz

Announcements

► Indicates new announcement

OSC Auction

The Cherry Point Officers' Spouses Club will host a "Time, Talent, and Treasures" auction at the Havelock Tourist and Event Center tomorrow.

All proceeds generated at this event benefit local and military communities through scholarships, assistance grants and individual unit contributions.

The Cherry Point Officers' Spouses Club was originally founded in the early 1950s as the Officers' Wives' Club, a social club whose primary function was to promote fellowship and support for its members.

For more information about the auction and OSC visit <http://www.cherrypointosc.org>.

MARSOC Screening

Headquarters Marine Corps will host Marine Forces Special Operations Command screening for Active Duty Marines and Sailors interested in MARSOC at Marine Corps Air Station Cherry Point's air station theater, March 29.

For more information contact your career planner or visit <http://1.usa.gov/marsocscreening> for screening requirements.

Havelock Pop Warner

Havelock Pop Warner football and cheer registration starts April 14 at the Havelock Recreation Center from 8 a.m.- 4 p.m.

The price for registration for football is \$100 and cheer is \$125.

For more information visit their Facebook site at <http://on.fb.me/havelockpopwarner>.

► Advanced Riders Courses

Advanced Rider Track Day is coming to Cherry Point April 28-29, May 19-20 and June 23-24; and at Marine Corps Auxiliary Landing Field Bogue Aug 4-5, Sept. 15-16 and Oct. 20-21.

Advanced Motorcycle Operators School will be at the air station May 10-12 and Aug 9-11.

Both Courses are free and open to any age or rank and consist of all aspects of rider awareness, knowing their motorcycles' personal limits while increasing confidence and safety.

For more information contact your Motorcycle

Mentorship Program President or Installation Safety Office or register at bit.ly/y8E4YS.

Hope for the Warriors

Hope for the Warriors is announcing early registration for the 7th annual Run for the Warriors.

The race will be held at Jacksonville High School May 19. Early registration for the race is encouraged before April 1, before rates increase.

Early registration prices for the half marathon are \$45 and \$20 for the 10K, 5K and one mile walk/run.

For more information visit their website at <http://bit.ly/hopeforwarriors>.

Motorcycle Poker Run

Havelock Pop Warner will sponsor a motorcycle poker run May 19 at the Havelock Recreation Center.

Sign ups are at the recreation center at 9 a.m. and the run starts at 11 a.m. Registration is \$15 per person.

For more information visit their Facebook site at <http://on.fb.me/havelockpopwarner>.

Friday, Saturday Night Events for Children

The Bridge Youth Center on Harker's Island offers a place for children 6-18 to participate in recreational activities in the evenings.

The center is open Friday and Saturday evenings for children in the Beaufort, Havelock and Morehead City area. For more information contact Patrick J. Tivnan at 843-709-0732.

RIDES Magazine

This summer, RIDES Magazine will highlight select United States Marines who are passionate about car culture in a three-part series.

In your email please include your rank, first and last name, rank, hometown, and hobby.

Also please submit a high-resolution photo of you and your modified vehicle.

The RIDES team will choose the best vehicles/photos and feature them in an upcoming series in RIDES Magazine.

Selected photos will be published in an upcoming edition of RIDES Magazine.

Email all photos to: marines@rides-mag.com.

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 7:30 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.

Enlisted spouses club

The Cherry Point Enlisted Spouses Club meets on the first Thursday of every month in building 3452. The Enlisted Spouses Club is a social/service organization open to the spouses of enlisted service members.

For information call 626-4319 or visit <http://www.cherrypointesc.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.

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 Questioning

Be aware of anyone attempting to gain information in person, by phone, mail, or email, regarding deployment status on the air station or your fellow Marines, Sailors or family members.

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 (HAVERLOCK 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