

Chaplain’s Corner : Worship Matters

LT. JAMES C. RAGAIN
MAG-14

There is something about college football that I love. I love the traditions, the banter between fans, the history, the large stadiums, the atmosphere ... the list can go on and on. It is very easy for me to talk for hours about my favorite team, the Tennessee Volunteers, and speculate what the future is going to be like for them (hopefully with more wins in the win column ... it has been a rough four years).

In recent days however, we have heard of some atrocious stories coming out of a very prestigious university and a football program with a very historic tradition. I have been appalled to hear what has been happening behind closed doors at Penn State University with one of their former assistant coaches (this is not the place for details of the criminal activity). It is apparent that these crimes have been surprisingly covered up for over a decade, which got me thinking about the nature of sports in our country.

Are we willing to overlook serious offenses for years because of the fear of what might result in the win column of our favorite team? If we seriously ask ourselves that question and say yes, then I am afraid that football has become something we worship.

We are beings that are designed to worship God. The problem is the fact that we have been damaged by evil and we are not functioning the way that we were designed to function.

When we are not in communion with God and worshiping him, then we are going to find

something else to fill that void, such as another person, an ideology, a sports team, a career path, an organization, a lifestyle, Justin Bieber, or even ourselves.

The problem is that everything we worship that isn’t God will ultimately let us down, which ultimately leaves us disillusioned or in denial, in which we overlook evil because of our infatuation with what we are worshiping or we find ourselves on the search for that next thing to cling to.

How exhausting.
It’s no wonder that the first of the 10 Commandments is “You shall have no other gods before me” (Exodus 20:3).

Not only is God the only being worthy of worship, but God knows that our search to worship something apart from him only leads to a destructive, aimless pursuit to nowhere.

As beings that are designed to worship God, we are not going to find rest in that journey until God takes the rightful place as the being to be worshipped.

Over 1,500 years ago, a man named Augustine said, “You have made us for yourself, Oh Lord, and our hearts are restless until they find their rest in you.”

What a timeless truth.
It is certainly good to enjoy relationships, to do well in our vocations, to cheer for our favorite football team, or sing along with your favorite Justin Bieber song (which I highly discourage), but ultimately our satisfaction and rest will only come when we embrace and worship the God we were created for.

Tell us what you think

Let us know what types of alerts you would like to see posted on the official 2nd MAW/MCAS Cherry Point Facebook and Twitter pages.

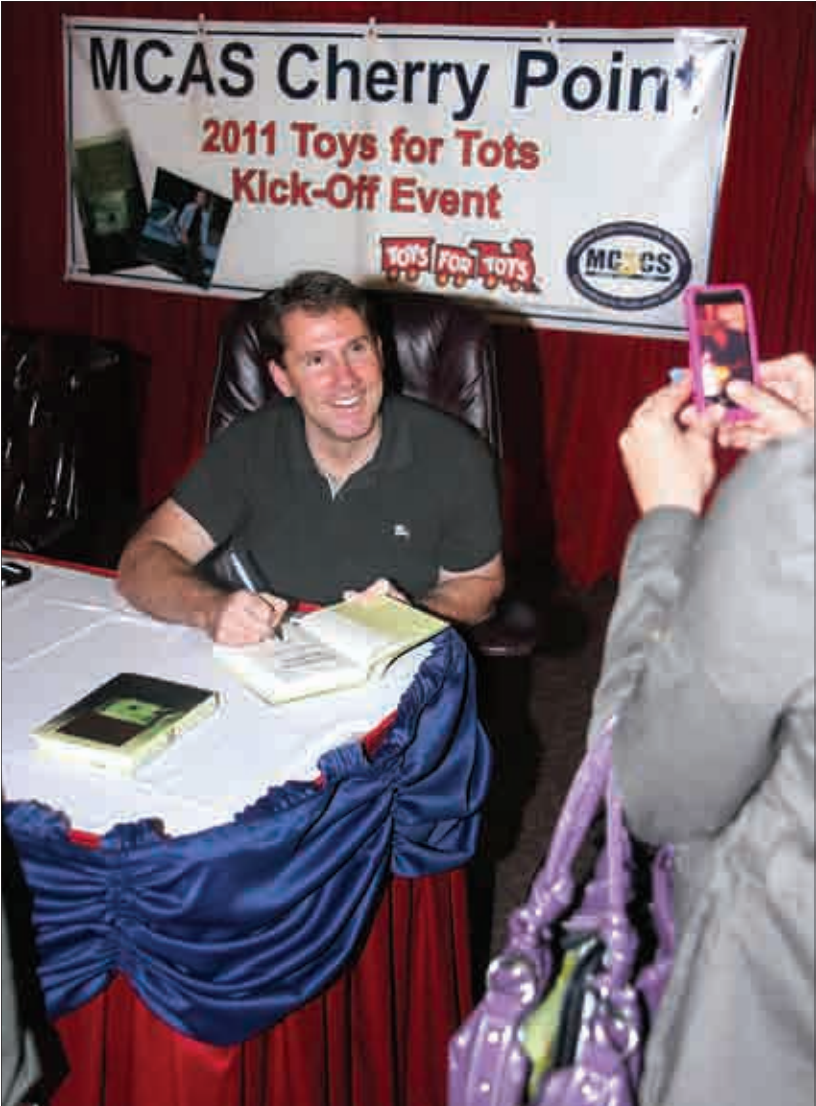
Complete our Weather Alert Survey at

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Please voice your opinion and help us help you.



LANCE CPL. CORY D. POLOM

Nicholas Sparks signs his latest book for Sgt. Amy J. Hastie during the Marine Corps Air Station Cherry Point 2011 Toys for Tots Kickoff Event at the station theater Saturday.



LANCE CPL. CORY D. POLOM

Nicholas Sparks poses for a snapshot at the MCAS Cherry Point 2011 Toys for Tots Kickoff Event at the station theater Saturday.

Best-selling author supports Cherry Point, Toys for Tots with book-signing event

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

As the holidays approach, Marine Corps Reserves begin collecting donations for the 2011 Toys for Tots Campaign.

Marine Corps Air Station Cherry Point started their Toys for Tots campaign with a huge kickoff event at the station theater, Saturday. Residents from Cherry Point and the local community lined up early in the

morning to give an unwrapped new toy to the Toys for Tots organization and get their copy of Nicholas Sparks’ new book, “The Best of Me.” Upon purchasing the book they waited for their group to be called to meet the famous author and get him to sign their book.

Sparks is a New Bern native and has written several best-sellers including The Notebook, Dear John, A Walk to Remem-

ber, and Message in a Bottle, all of which have been adapted into major motion picture hits.

“Toys for Tots is an amazing program that has helped thousands of people a year,” said Sparks. “I first learned about this program when I meet my father-in-law more than 20 years ago. He is a Marine and so is my brother-in-law and they both have worked closely with the program.”

Sparks said he and his wife have donated to the Toys for Tots program since they married.

“I believed in this program from the beginning,” said Sparks.

“I have donated to this program since before I was an author. Being here at Cherry Point helping promote Toys for Tots is a huge honor.”

The Windsock

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LANCE CPL. KYLE KLING

Job Title: Aerial observer
Age: 25
Unit: Marine Heavy Helicopter Squadron 366
Hometown: Benton, Penn.
Date Joined: Feb. 19, 2007

Lance Cpl. Kyle Kling, 25 and a native of Benton, Penn., holds two separate and equally important military occupational specialties with Heavy Marine Helicopter Squadron 366. He is an aerial observer and a ground support equipment representative, also known as a GSE.

His job with GSE is to make sure his unit has all the gear they need to conduct flights and make sure the gear is in appropriate working order before it ever gets used.

“Without the GSE’s the aircraft wouldn’t fly,” said Kling. “Shops wouldn’t do their job and what we do is help the pilots and flight crews reach their flight hour goals.”

As an aerial observer Kling mans the left .50 caliber machine gun. Along with manning the weapons systems the aerial observer assists pilots and flight crews by watching the left side and rear of the aircraft when it touches the ground.

“I really enjoyed just being up in the air. As an aerial observer I had a chance to see the aircraft do what it was made to do.”

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 or call 466-3542.



LANCE CPL. GLEN E. SANTY

2nd MAW birthday run



Left: More than 4,000 2nd Marine Aircraft Wing Marines run on the streets of Marine Corps Air Station Cherry Point singing motivational cadences to celebrate the birth of the Marine Corps Nov. 10.

Above: Sgt. Maj. Susan M. Bellis, sergeant major for 2nd MAW speaks to 2nd MAW Marines following the Marine Corps Birthday Run at Cherry Point Nov. 10.

Below: Maj. Gen. Jon M. Davis, commanding general of 2nd MAW, shakes hands with his Marines after the motivational birthday run.

Bottom: Davis speaks to his Marines about what the Marine Corps' birthday is about following the three-mile run around MCAS Cherry Point. "Happy birthday Marines," he began. "Remember always the legacy of valor and excellence that those Marines who went before us set for us. Let all of us rededicate ourselves to raise that bar for future generations of Marines. That's what I was thinking about on this run, that's what I think of every single day. Each and every one of you has done your part to make this wing and this Corps better. I'm immensely proud of you."

Photos by Cpl. Rashaun X. James and Lance Cpl. Scott L. Tomaszewski





Marine Corps squadron flies last tour with Vietnam-era helicopter

CPL. JUSTIN BOLING

A Marine Heavy Helicopter Squadron 363 CH-53D Sea Stallion provides movement of ground troops and cargo throughout Helmand province, Afghanistan, Nov. 1. The CH-53D Sea Stallion has transported Marines and their cargo for more than 40 years.

CPL. JUSTIN BOLING

2nd MAW(FWD)

CAMP BASTION, Afghanistan — The CH-53D Sea Stallion has been serving the Marine Corps since the Vietnam War. Today, Marines still rely on this gray, school bus-sized helicopter.

One of the last squadrons to use them, Marine Heavy Helicopter Squadron 363 began flying the Sea Stallion in January 1969. In Afghanistan, the squadron flies these aircraft with 2nd Marine Aircraft Wing (Forward).

"It is a good aircraft that has performed very well," said Lt. Col. Mark Revor, the commanding officer of Marine Heavy Helicopter Squadron 363.

"Our mission out here is assault support," added Revor, from Apple Valley, Minn. "Our aircraft support the movement of equipment, cargo and combat troops throughout the battlefield."

Many of the CH-53D Sea Stallions flying over Afghanistan today also flew in Vietnam, said Master Sgt. Jason Vernam. Vernam, from Stafford, Va., said he has 15 years experience in the CH-53D Sea Stallion community and is currently serving as an advisor for 2nd MAW (Fwd.)'s maintenance operations.

"There is nothing that out flies it," said Gunnery Sgt. Travis Riddick, the squadron's quality assurance chief, and a CH-53D Sea Stallion crew chief. "For everything the Marine Corps has put into this helicopter, we have gotten ten times out of it."

The Sea Stallion serves as a rotary-wing workhorse for 2nd MAW (Fwd.) The wing is the aviation combat element for the southwestern regional command of the NATO International Security Assistance Force in Afghanistan.

"As a conventional helicopter, its mission is well suited for this environment," said Revor. "The short leg flights to lots of [forward operating bases] carrying a fair amount of cargo is no problem with the engines on this thing."

"It is still a 40-year-old airframe though, and I have had a lot of good memories flying it," said Revor.

The Marine Corps is phasing out the aging CH-53D platform. Some Sea Stallion squadrons will begin flying the newer, more powerful CH-53E Super Stallion, while others will transfer to the MV-22B Osprey tiltrotor aircraft.

At the end of their deployment to Afghanistan HMH-363 will leave their Sea



CPL. JUSTIN BOLING

Cpl. Zach Hughes prepares his harness before the CH-53D Sea Stallion takes off at Camp Bastion, Afghanistan, Nov. 2. Hughes, of Canton, Ohio, is a crew chief with Marine Heavy Helicopter Squadron 363. He mans a .50-caliber machine gun mounted on the rear gate, and helps manage cargo and passengers onboard the venerable war machine.

Stallions behind and transition to the MV-22B Osprey becoming Marine Medium Tiltrotor Squadron 363.

"Knowing this is our last deployment with our aircraft, and as a squadron, gives

it a historical perspective," said Revor.

"We are working hard regardless if it is the first time or the last time we fly this aircraft."

AV-8B Harrier helps improve CNATT training



LANCE CPL. CORY D. POLOM

(Above) Pfc Tyler J. Skinner, a student with the Center for Naval Aviation Technical Training, takes a pressure reading on the school's AV-8B Harrier Maintenance Trainer during a class on proper hydraulic servicing given by Gunnery Sgt. Jeremiah W. Francis, the course supervisor for the AV-8B organizational level airframes at the CNATT Oct. 27.

(Below) Lt. Col. Paul Melchior, commanding officer of CNATT, poses with CNATT students and staff who will get the chance to train and teach with the school's recent addition, the AV-8B Harrier Maintenance Trainer. "The AV-8B training is now more effective and efficient as the students and instructors can now execute all levels of training beginning in the classroom and ending with practical application on the aircraft all within a few steps of each location," said Melchior.

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

The Center for Naval Aviation Technical Training recently received an AV-8B Harrier Maintenance Trainer to be used as a maintenance trainer from the AV-8B Program Office, Program Manager Air 257.

The Aircraft was prepared, delivered, disassembled, and installed inside the CNATT headquarters building with help from several agencies to include Fleet Readiness Center East, Marine Aviation Logistics Squadron 14, PMA-257, PMA-205, CNATT Headquarters, and Marine Attack Training Squadron 203.

This extraordinary accomplishment will offer students hands-on-training experience before receiving orders to their first duty stations.

"These students and the future classes will now have a safe and realistic aircraft to help them train for future maintenance evolutions that they will experience in the fleet," said Gunnery Sgt. Jeremiah W. Francis, a course supervisor with CNATT.

"The more the students learn prior to transition to the fleet the better maintainer they will become in the future."

"We are lucky to be the first stu-

dents to work with this training aircraft," said Pfc. Jared L. Faulks, a student with CNATT. "We are going to arrive at our first duty station and have a bit more experience than past Marines fresh out of the school house. This will prevail as a way to better the Marine Corps."

Lt. Col. Paul Melchior, commanding officer of CNATT said this arrival was a dream made true by many dedicated people.

"This project started out as a vision and turned into reality due to the commitment of several organizations thinking creatively to enable valuable hands-on training to be executed at the school," said Melchior.

"The AV-8B training is now more effective and efficient as the students and instructors can now execute all levels of training beginning in the classroom and ending with practical application on the aircraft all within a few steps of each location.

"Training opportunities like this need to be fully exhausted to improve and sustain the reliability and effectiveness of our weapons platforms now and in the future to allow our maintainers to facilitate affordable readiness to meet global requirements."



LANCE CPL. CORY D. POLOM

Marine aviation key to major offensive in Afghanistan's Helmand River Valley

CPL. BRIAN ADAM JONES

2nd MAW(FWD)

CAMP LEATHERNECK, Afghanistan — Under the veil of darkness, a team of Marine Corps CH-53 heavy-lift helicopters sped over the Helmand River Valley in early October.

Carrying nearly 100 Afghan commandos and their Marine advisors, the helicopters raced to their destination, delivering their lethal cargo to a landing zone just south of the Kajaki Dam.

The Afghan and American troops were the first coalition forces in a massive offensive, Operation Eastern Storm, aimed at rooting out one of the last insurgent strongholds in the region.

As the southwestern regional command of NATO's International Security Assistance Force undertakes Operation Eastern Storm, 2nd Marine Aircraft Wing (Forward) has provided invaluable support in the coalition's efforts to secure Afghanistan's Route 611 and ensure peace and economic development in the region.

"Our big support for Eastern Storm was getting [1st Battalion, 6th Marine Regiment and 2nd Battalion, 12th Marine Regiment] into position," said Lt. Col. Robert B. Finneran, 2nd MAW (Fwd.)'s future operations officer and a native of Cape Carteret, N.C. "The threat level going into this was unknown."

But coalition forces have been met with little confrontation, Finneran said.

"I think the fact that we were able to get in with relatively little resistance and establish patrol bases is only going to lead to positive relations with the local populace," Finneran said.

After the initial insertion of the Afghan commandos and Marine Corps ground troops, 2nd MAW (Fwd.)'s role has entailed providing resupplies and close-air support missions.

Finneran said much of the wing's operations in support for Eastern Storm now comes from AV-8B Harrier attack jets, and UH-1Y Huey and AH-1W Super Cobra helicopters watching overhead.

"We've been able to fly and support in any way [the ground combat element has] asked up to this point," Finneran said. "The wing's flexibility to meet the challenges of the ground combat element has been key. We had a very well-synchronized aviation plan."

Capt. Joseph Fry, an AH-1W Super Cobra pilot with Marine Light Attack Helicopter Squadron 267, recently flew one such mission.

Fry, a native of Jacksonville, Ill., said that over the summer he had flown a few missions into the area on which Operation Eastern Storm is focused, and witnessed a relatively heavy amount of combat, but "the ground presence wasn't really there yet."

"Almost overnight, the valley turned into a string of Marine-controlled outposts," said Fry, adding that his recent mission was completely uneventful.



COURTESY PHOTO

AH-1W Super Cobras and a host of other air assets are now tasked with providing air support for coalition forces as they undergo a major offensive just south of the Kajaki Dam designed to eliminate one of the final insurgent footholds in southwestern Afghanistan.



STAFF SGT. JAMES RICHARDSON

Coalition forces have launched a major offensive just south of the Kajaki Dam designed to eliminate one of the final insurgent footholds in southwestern Afghanistan.

AWARD from page A1

Gosik, the operations officer for the squadron, VMAQ-2 supported convoy operations, helicopter assaults, raids and troops in contact.

Gosik also said the squadron continues to refine tactics, techniques and procedures for the Prowler community and gives electronic warfare training to AV-8B and F-15E pilots. The F-35B can potentially take over both the electronic warfare and strike fighter roles, making cross training necessary.

"VMAQ-2 has been particularly innovative and this award is recognition for their ability to set the standard," Shuette said.

HMLA-467 from page A1

to 1st Light Armored Reconnaissance Battalion where he served as Forward Air Controller for Charlie Company during OIF. He returned to HMLA-169 in 2006. When the squadron deployed to Kandahar, Afghanistan, in support of Operation Enduring Freedom, he assumed the role of Director of Safety and Standardization.

After his 18-month tenure with HMLA-467, Rideout is becoming 2nd Marine Aircraft Wing's director of aviation training systems, remaining here at MCAS Cherry Point.



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Sgt. Maj. Douglas G. Green, HMLA-467's sergeant major, faces Lt. Col. Ryan S. Rideout, former HMLA-467 commanding officer, before passing off the squadron colors to Lt. Col. William J. Bartolomea, the squadron's new commanding officer, Nov. 9.

KC-130J from page A1

Now that the squadron's inventory is complete, they are shifting gears and moving to the next step, said Moses.

"We now have all our aircraft, so our next phase is sustaining these aircraft so they can meet the service life designed and required by Headquarters Marine Corps," he said.

Implementing the new aircraft will allow the squadron more time to focus on training, thus allowing them to be successful at accomplishing their goals, said Lance Cpl. Baise R. Conway, a VMGR-252 loadmaster.

"It is a great aircraft," said Staff Sgt. Richard T. Hakenson a VMGR-252 crew chief. "I previously worked on a legacy aircraft. The additional capabilities and the decreased maintenance man hours can't compare."

"Having this extra asset increases our capabilities," he said. "At one point, we were down to only two aircraft on our line. Because of all the places we are deployed to, this aircraft gives us something extra to rely on. If something were to ever happen, we would be able to continue on the mission."

ASSISTANCE from page A1

to include at least one female Marine to directly interact with the female youth senate participants.

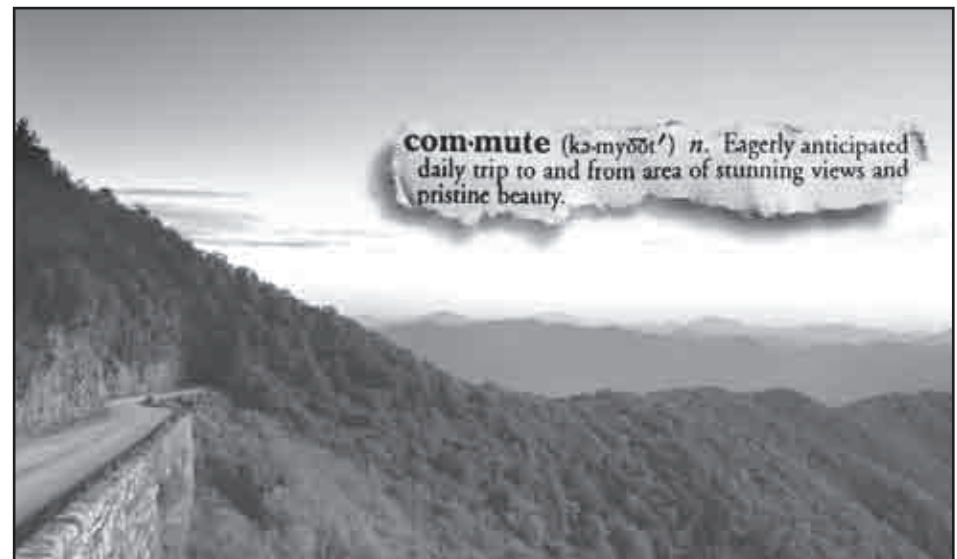
The officers selected to participate must attend a three day orientation course at the Mayflower Hotel in Washington, D.C., from March 1-3. Those selected to fill the roles of senior mentor officer and assistant senior mentor officer are required to arrive earlier to attend additional training from Feb. 27-March 3.

All applicants must meet Marine Corps height and weight standards and have their command's approval to contribute their time and services to the program.

Qualified applicants are required to submit an application package, including a full length photo, to hattie.powell-ray@usmc.mil no later than Dec. 9. The subject line of the email must contain "2012 Senate Youth Program Application," applicant's rank and name.

Sample nomination packages and program information and requirements can be found at www.ussenateyouth.org.

All officers chosen to participate must gain permissive temporary additional duty orders or be on leave status during the time period of the program and obtain transportation to and from Washington, D.C., at their own expense.



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CPL. BRIAN ADAM JONES

From left to right, Sgt. Adrian Howard takes the baton from Cpl. Ryan Bennett and Cpl. Rene Granados at Camp Leatherneck, Afghanistan, Nov. 9. The Marines, deployed with Marine Air Support Squadron 1, are taking part in the Chieftain Run. Every year the squadron conducts a run in 30-minute shifts for 24 hours straight to honor fallen brethren.

Deployed Marines carry on tradition, running to honor fallen brothers

CPL. BRIAN ADAM JONES

2nd MAW(FWD)

CAMP LEATHERNECK, Afghanistan — Over the course of a single day, Marines deployed with Marine Air Support Squadron 1 ran a combined 144 miles in Afghanistan, Nov. 9.

Gripping a carved wooden baton emblazoned with the squadron's logo, the deployed detachment's men and women proudly ran the dusty streets of Camp Leatherneck carrying with them a tradition of sacrifice and remembrance that has lasted 14 years.

"It started in 1997 after Cpl. Hall was taken from us," explained Gunnery Sgt. Eric C. Frazier, the direct air support center chief for the detachment.

Cpl. Donald L. Hall died in a car accident March 27, 1997. In November of that year the squadron began its tradition of a Chieftain Run, running in 30-minute shifts for 24 hours straight in honor of their fallen brother.

When Staff Sgt. James Bryson Jr., another of the squadron's Marines, was killed March 14, 2006, the Chieftain Run became an opportunity for the squadron to honor

him as well.

"It's designed to remember those Marines and build camaraderie within the unit," said Frazier, a Hinton, W.Va., native who has spent more than half of his 19-year Marine Corps career with the squadron.

Thousands of miles away at Marine Corps Air Station Cherry Point the garrison element of MASS-1 carried a similar baton, running the same hours and the shifts on the same day.

"It's a reminder that we're all one squadron, and this is something we can do together," said Capt. Andrea Goeman, the officer in charge of the detachment in Afghanistan, and a native of Byron Center, Mich.

Sgt. Adrian Howard, the deployed detachment's maintenance chief, and a Nashville, Tenn., native, participated in his first Chieftain Run.

"We're a tightly-knit, close unit," Howard said. "It's great to have as a reminder of why we do the things we do."

Night operations



PFC. TIMOTHY CHILDERS

Marines from Landing Support Company, Combat Logistics Regiment 17, 1st Marine Logistics Group, rig a 1,000-pound cement block to the bottom of an MV-22 Osprey during a training exercise at Marine Corps Air Station Miramar, Calif., Nov. 8. The training allowed both the landing support specialists on the ground and pilots in the air to train for night helicopter support operations.



The Headquarters and Headquarters Squadron color guard stands ready for the 2011 Morehead City Veterans Day Parade to start in Morehead City, N.C. Nov. 5.



(Above) Sgt. Maj. Jerry L. Bailey salutes veterans and families during the 2011 Morehead City Veterans Day Parade in Morehead City.

(Right and Bottom) The 2nd Marine Aircraft Wing Band plays as it marches in front of crowds of veterans and families during the 2011 Morehead City Veterans Day Parade in Morehead City.



Col. Philip Zimmerman, commanding officer of MCAS Cherry Point rides in a vehicle during the 2011 Morehead City Veterans Day Parade in Morehead City, N.C., Nov. 5. Zimmerman was the grand marshal for the parade.

Saluting Americas' veterans

Cherry Point Marines participate in parade honoring nation's warriors

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

MOREHEAD CITY, N.C. – Marines and Sailors of Marine Corps Air Station Cherry Point and 2nd Marine Aircraft Wing showed their support for those who fought in our nation's wars by participating in the 2011 Morehead City Veterans Day Parade Nov. 5.

"This parade was hosted to help show our appreciation for the veterans of all the wars," said John Thompson, a parade official. "We look back in history at veterans of wars who never got the appreciation they deserved. Hopefully the vets in this area who got that treatment will see the support of the community and realize they are appreciated."

Thompson said air station and wing service members who came down to show their support in the parade gave testament to their dedication to duty and upholding their traditions.

"Upholding our traditions is what the Corps was built upon," said Col. Philip Zimmerman, commanding officer of MCAS Cherry Point. "These veterans are the ones who created these traditions. What makes the Marine Corps special is the traditions we live by."

Zimmerman said he is very proud of the way the Marines carried themselves during the parade. More than 50 Marines and Sailors from Cherry Point supported the event by marching in the parade, greeting and thanking veterans for their service. Marines who participated included the 2nd Marine Aircraft Wing Band, the Headquarters and Headquarters Squadron color guard and Zimmerman, who was grand marshal for the parade.

Thompson and Zimmerman agreed to the meaning and importance behind the Marines supporting the parade.

"The Marines had a great chance to spend time with the local community," said Zimmerman. "The Marines had a chance to see not only how the community supports our local veterans but also how the Marine Corps is supported. It was an honor getting to see and interact with all the vets and be the grand marshal of the parade. Being a part of this parade helped me show thanks for the traditions veterans left behind."



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

Breakfast/Lunch 8:30-11:00a.m.,
Dinner 2:30-5 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 Nov. 17

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, sauteed mushrooms and onions, Southern style greens, brown gravy, beans with bacon soup

Friday Nov. 18

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, Lyonnaise potatoes, sauteed zucchini, German sauerkraut, Louisiana seafood gumbo

Saturday Nov. 19

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 Nov. 20

Lunch - Honey barbeque chicken, vegetable lasagna, Fraconia potatoes, Italian vegetable blend, simmered pinto beans, Minnesota wild rice soup

Dinner - Beef and corn pie, French fried shrimp, French fried fish, tater tots, turnips and bacon, vegetable stir fry, cabbage and white bean soup

Monday Nov. 21

Lunch - Open faced steak sandwich, Cajun lightning chicken, rice pilaf, green beans Nicoise, sauteed summer, squash with tomato

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

Tuesday Nov. 22

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 and sour greens

Wednesday Nov. 16

Lunch - Hearty winter vegetable soup, maple mustard pork loin, chicken parmesan, whipped sweet potatoes, penne rigate noodles, marinara sauce, ratatouille broccoli, cheese and rice, breadsticks

Dinner - Chicken tortilla soup, Texas barbeque beef brisket, baked tuna and noodles, baked macaroni and cheese, vegetable stir fry, beans fiesta

MCAS Cherry Point

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	Runtime
Thursday, November 17 6:00pm - What's Your Number? R	1:46
Friday, November 18 5:00pm - Dolphin Tale PG 7:30pm - 50/50 R	1:39
Saturday, November 19 3:00pm - Dolphin Tale PG 5:30pm - 50/50 R 8:00pm - What's Your Number? R	1:39 1:46
Sunday, November 20 3:00pm - Dolphin Tale PG	

MOVIE SYNOPSIS

What's Your Number? - *Starring: Anna Faris, Chris Evans, Ari Graynor, Blythe Danner, Ed Begley Jr.* Ally Darling embarks on a quest to find the best "ex" of her life, by any means necessary, when she reads a magazine article warning that people who have had 20 or more relationships have missed their chance at true love.

Dolphin Tale - *Starring: Morgan Freeman, Ashley Judd, Kris Kristofferson, Harry Connick Jr.* Swimming free, a young dolphin is caught in a crab trap, severely damaging her tail. She is rescued and transported to the Clearwater Marine Hospital, where she is named Winter. But her fight for survival has just begun. Without a tail, Winter's prognosis is dire. It will take the expertise of a dedicated marine biologist, the ingenuity of a brilliant prosthetics doctor, and the unwavering devotion of a young boy to bring about a groundbreaking miracle – a miracle that might not only save Winter but could also help scores of people around the world.

50/50 - *Starring: Joseph Gordon-Levitt, Seth Rogen, Anna Kendrick, Bryce Dallas Howard, Anjelica Huston.* Inspired by a true story: Adam Lerner has a pretty great life -- with a talented, sexy artist girlfriend and a cool job with NPR, the 27-year old seems to have it all. But when Adam discovers he has a rare and possibly fatal form of cancer, his entire life turns to chaos.

Movies are subject to change without notice

From the clinic: Stay smoke free

November is the month commonly known for Veterans Day, the birthday of the Marine Corps, Thanksgiving and GASO. What is GASO? The Great American Smoke-Out of course!

As usual, the Department of Defense will support the Great American Smoke-out today by encouraging its military personnel, family members, retirees, and everyone to walk away from tobacco for 24 hours. GASO is the American Cancer Society's nationally recognized day that rallies thousands of smokers to become smoke-free for a day, and ultimately, smoke-free forever.

Activities will be conducted aboard the air station during the week of GASO helping to educate and motivate smokers to walk away for the day.

Counselors will be manning educational displays and passing out "quit kits" during this week to provide the information and motivation you need to take the next step.

You don't need to go at it alone. Tobacco cessation facilitators are available and may be reached at the Naval Health Clinic, 466-0277, or Semper Fit, 466-6467.

You can also speak directly to your medical provider during your next appointment and request medications to help you quit.

But if you really want to quit and are ready to make the effort, the Public Health Service has collected the data and found that the best quit rates come from a combination of counseling and support medication.

Yes, medication can help you deal with the cravings but unless you change the behavior that drives you to smoke, you can easily resume smoking once the medication is used up.

That is why counseling is so important. We help you identify the triggers for smoking and develop strategies to avoid them.

Your medical providers can get you started with the proper medication but they don't always have the time to provide you with the in-depth counseling that is needed to help you through the entire process.

That is the primary job of the Tobacco Cessation Facilitators. We work with the medical providers to get you the medication and we provide the counseling.

We provide classes each month as well as 1-on-1 counseling. The next sets of classes are modified to accommodate the holidays and are scheduled for:

Wednesday, Nov. 16 from 4:30-5:30 p.m. or Friday, Nov. 18 from 11:30 a.m.-1 p.m.

If you are interested in quitting, please call 466-0277 or 466-6467 to register.

Did you know?

Tactical vehicle mishaps for fiscal 2011

SAFETY DIVISION

HEADQUARTERS MARINE CORPS

Fiscal 2011 was our best year on record for tactical vehicle safety with a 60 percent decrease compared to the 10-year average. In July, we had a M970 semitrailer aircraft refueler rollover and in October we had two back-to-back tactical vehicle mishaps where we lost or seriously injured Marines due to rollovers with a medium tactical vehicle replacement, commonly known as a 7-ton, and an amphibious assault vehicle. As we dissect two of the three accidents, it is evident that if our Marines simply followed the rules and regulations for wearing seatbelts, following the appropriate speed, not over steering, and understanding the vehicle's center of gravity could have possibly saved a Marine's life.

This "did you know" will serve as a reminder of the basic convoy standard operating procedures such as, adhering to the proper interval between vehicles, speed, and leadership.

Overcorrection

Overcorrection is the act of over steering in reaction to an unexpected event or the loss of control of a vehicle. Normally drivers will panic and jerk the steering wheel, thereby overcorrecting and causing the vehicle to rollover.

Incidents

While conducting a resupply mission, the driver lost control of his M-970 semitrailer refueler when he exited the highway, causing the vehicle to rollover. The M-970 was carrying a half tank of fuel at the time of the incident, which would have changed the handling characteristics, center of gravity, of the vehicle as the liquid sloshed from side to side and would have impacted the driver's ability to correct the vehicle's direction of travel. The driver was killed and the assistant driver lost his arm.

While conducting a resupply mission, the driver lost situational awareness and impacted an earthen berm which resulted in the driver overcorrecting and causing the MTVR to rollover. Both the driver and assistant driver were ejected from the vehicle; ultimately resulting in the driver being fatally crushed. The trail vehicle then ran into the Humvee the MTVR was flat-towing causing moderate damage to the vehicle.

Convoy operations

Convoy Speed – The normal speed at the lead of the column is 5 to 10 mph below the posted speed limit.

Catch-Up Speed – Is the speed required to regain lost distance between your vehicle and the vehicle you are following. The catch-up speed is 5 to 10 mph faster than the convoy speed but will not exceed the posted speed limit.

Convoy Commander/A-Convoy Commander/Serial Commander Inspection – The final action that should take place prior to a convoy rolling, should be leadership "walking the convoy," ensuring all Marines have the required proper protective equipment for the specific mission, are wearing their seatbelts, are alert and mentally prepared for what they might encounter along the planned route.

Vehicle Interval – Of all the space around your vehicle, the area ahead of the vehicle, the space you are driving into, is the most important. There are two basic types of road marches – opened column and closed column.

Opened Column – Normally used during daylight marches. The distance between vehicles varies, depending on road conditions and weather, but is normally 50 to 100 meters.

Closed Column – Usually used for marches in darkness or limited visibility. The distance between vehicles is generally 25 meters.



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The Local Buzz

Announcements

► Indicates new announcement

► Scroogefest

Annunciation Catholic School in Havelock, N.C., will host its 21st Annual Scroogefest at the school from 9 a.m.-4 p.m. Friday.

Scroogefest is a holiday arts and crafts show. Get a head-start on Christmas shopping with unique, handcrafted gifts from local crafters and artisan.

Admission is \$1 and there will be a raffle, silent auction and food for sale.

For more information call 447-3137 or visit <http://www.annunciationcatholicnc.org>.

► Health Clinic Thanksgiving Holiday Routine

The Naval Health Clinic's Medical Home Port (family medicine) and Military Medicine (active duty sick call) will close at 12 p.m. on Wednesday.

The laboratory and radiology departments will remain open until 1 p.m. and the main pharmacy inside the clinic will remain open until 2:30 p.m. The refill pick-up site at the Marine Corps Exchange will open early at 8:30 a.m. and close at 3 p.m.

If you have any questions or concerns, please call Ms. Laurie Varner, command patient contact representative at 466-0367.

► Holiday Flotilla

From the arrival of Santa and a quaint town tree lighting ceremony to a magical floating boat parade, the 28th Annual North Carolina Holiday Flotilla in Wrightsville Beach, N.C., offers something for all generations. The official lighting and arrival of Santa and Mrs. Claus will be at 5:45 p.m. on Nov. 25 at Town Hall.

The famed Festival in the Park features a shopping emporium of fine handcrafts, outdoor children's games, a climbing wall, The Arab Choo Choo, and an antique car show, among other novelties staged at Wrightsville Beach Park. Admission is free from 10 a.m. to 4 p.m. on Nov. 26.

There will also be a lighted boat parade that can be viewed from Bradley Creek to the Intracoastal Waterway, and Motts Channel to Banks Channel, before ending at U.S. Coast Guard Station Wrightsville Beach.

There will be fireworks with the best vantage point from the waterways where thousands of spectators line piers, docks, bridges and channel banks.

For more information visit <http://www.ncholidayflotilla.org>.

► Emerald Isle Holiday Parade

The Emerald Isle Holiday Parade takes place Nov. 26 with holiday caroling and the official lighting of the Christmas tree at Merchant's Park, Emerald Isle, N.C.

For more information go to <http://www.crystalcoastnc.org/upcoming-events>.

► Festival of Trees

The Hospice "Festival of Trees" is December 2-7 at the Crystal Coast Civic Center, Morehead City, N.C., featuring more than 70 Christmas Trees beautifully decorated by schools, nonprofits, businesses and individuals.

There will be entertainment nightly and Santa visits during the day for school visits. Admission is free but donations are welcome.

For more information contact <http://www.crystalcoastnc.org/upcoming-events>.

Toys for Tots

Toys for Tots is looking for volunteers to assist at various locations in the community for toy drops.

All volunteers will need to be in blue dress "B" and will need transportation to and from the site.

The organization is also in need of a holding facility for the toys collected, access to one warehouse bay large enough to hold the toys, and a couple of conex containers large enough to hold toys until Dec. 15.

Any assistance local commands could lend would be very much appreciated. Any organization requesting toys for children less fortunate than others should go to the website <http://bit.ly/toysfortotslejeune> to make contact with the local Marine Reserve for assistance.

The toys which are collected are not earmarked for one area or another, but for anyone making a request. The forms and conditions can be found on the website.

Divorce Prevention and Relationship Enhancement Program

PREP is a comprehensive divorce prevention and marriage enhancement program that will be held at Miller's Landing Wednesday.

PREP is a skills and principles building curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with each other.

For more information and to make reservations, please call your chaplain's office at 466-3314.

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.
- Exceptional Family Member Program – 466-3305.
- Family Advocacy Program – 466-3264.
- Library – 466-3552.
- LifeLong Learning – 466-3500.
- Military Family Life Consultant – 876-8016.
- New Parent Support Program – 466-3651.
- Retired Activities – 466-5548.
- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- 24/7 Victim Advocate for Confidential Services relating to Sexual Assault or Domestic Violence – 665-4713.

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.

Acquiring Supplies

An area to be cognizant of is anyone acquiring supplies. This may be a case where someone is purchasing or stealing explosives, weapons or ammunition. It could also be someone storing harmful chemicals or chemical equipment. Terrorists would also find it useful to have in their possession law enforcement equipment and identification, military uniforms and decals, flight passes, badges or even flight manuals. If they can't find the opportunity to steal these types of things, they may try to photocopy IDs or attempt to make passports or other forms of identification by counterfeiting. Possessing any of these would make it easier for one to gain entrance into secured or usually prohibited areas.

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



OPERATION EAGLE EYES