

Changes to ease GI Bill transfers

LANCE CPL. GLEN E. SANTY
 MCAS CHERRY POINT

Recently, Headquarters Marine Corps changed how it would manage requests to transfer Post 9/11 GI Bill benefits from veterans to dependents.

"It's a much more efficient system than it was in the past," said Ranza Thurman, the personal and professional development program manager. "The benefit will be to the service member and to the dependent because it's much more efficient and you get a faster reply instead of waiting nine months to a year to get an answer."

Currently, Marines have to send three parts of their request to Headquarters Marine Corps at the same time. According to Thurman, Marines first speak with their career planner to understand their service requirements. Then, they go to <http://1.usa.gov/gibillapplication> to fill out the application. The career planner will then submit a reenlistment, extension and lateral move request that will guarantee four more years of active service. The Marine's command will sign a statement of understanding confirming this.

If approved, the dependent then fills out VA Form 22-1990E. Once benefits are transferred, the veteran retains the right to modify or revoke benefits their dependents are receiving.

Previously, Marines sent the first three forms separately, which took longer to approve, according to Thurman.

In order to be eligible for transferring benefits, Marines must meet certain requirements. They must have served at least six years and have another four on their contract.

Thurman stressed knowing the details before making a decision is very important. Once money from the Post 9/11 GI Bill is used, a Marine cannot switch to another GI Bill which could

See GI BILL page A7

Looking back



OFFICIAL USMC PHOTO

A CH-46 from Marine Medium Helicopter Squadron 364, the 'Purple Foxes,' drops off supplies to 3rd Battalion, 5th Marines, in Vietnam the year after the Siege of Khe Sahn. HMM-364 was credited by retired Col. William H. Dabney with inventing the "Super Gaggle" concept that kept outposts surrounding the main base supplied with ammunition and other essentials.

Marine aviation vital to victory at Khe Sahn

LANCE CPL. SCOTT S. TOMASZYCKI
 MCAS CHERRY POINT

Every Marine that passes through recruit training learns the Siege of Khe Sahn lasted 77 days. During that time, the 26th Marine Regiment, surrounded by two North Vietnamese Army divisions, was cut off from all land based resupply routes. In this historic battle, Marine aviation provided the supplies and air support vital to keeping the Marines on the ground alive.

"The part I got to play in operation 368 was what came to be known as the 'Super Gaggle,'" said retired Lt. Col. Bill Egen, a veteran A-4 Skyhawk pilot who flew in the battle. "It was to resupply the outposts on the hills. The issue came about because they could not get helicopters in to them without getting shot down. They came up with a concept that Marine tactical aircraft would escort CH-46's from the Dong Ha support base to the mountain tops and supply the Marines that were up there."

Before the Super Gaggle, the resupply helicopters would take anti-aircraft and artillery fire from enemy positions whenever they did a resupply mission. Troops on the ground coordinating the resupply and the helicopters would often face attacks resulting in casualties that required more helicopters to evacuate them. Often, these aircraft would be attacked as well. According to retired Col. William H. Dabney, a Marine who fought there and has written on the subject, Marine Medium Helicopter Squadron 364 invented the Super Gaggle to fix the problem.

A Super Gaggle consisted of 12 A-4's and eight to 10 CH-46's, according to Egen. The A-4's were the strike aircraft of choice because they were the only aircraft capable of carrying the required smoke canisters to blind enemy artillery positions as the helicopters flew in.

"The Marines on the hilltops would mark the threat areas with white phosphorous and then the first A-4's would lay down suppressive fire with snake-eye weapons and cluster bombs, followed by more A-4's with smoke tanks, which would make a corridor," said Egen. "Then there would be suppressive rockets and napalm as the 46's flew in down the corridor. At the time the helicopters would unload their supplies, there would be more smoke and more suppressive fire. This would all take place inside of 10 minutes."

Dabney cited the change in tactics as being very effective. In the first four weeks of the battle before the Super Gaggle, six helicopters were downed with more than 100 Marines on the outpost killed or wounded during resupply operations. For seven weeks after the Super Gaggle was implemented, no helicopters were shot down, there were about 20 wounded Marines and no Marines killed. According to Egen, Super Gaggles often ran four times daily.

During the battle, Khe Sahn's main supply dump was detonated more than once by enemy fire, making resupply a critical need. Marine

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Marines prepare for inaugural Semper Fidelis All-American Bowl

LANCE CPL. DAVID FLYNN
 MARINE CORPS RECRUITING COMMAND

MARINE CORPS BASE QUANTICO, Va. – After a yearlong search for the top 100 high school football players in the country, the rosters are set and Junior Rank, in partnership with Marine Corps Recruiting Command, is focusing efforts to make the inaugural Semper Fidelis All-American Bowl week in Phoenix a success.

Junior Rank is a youth football organization dedicated to developing the next generation of student athletes through education, evaluation and instruction.

Semper Fidelis All-American Bowl week, slated for Dec. 29 through Jan. 4, 2012, at Chase Field in Phoenix, is a series of football-focused events, culminating in the first ever Semper Fidelis All-American Bowl. The week is the final phase of MCRC's 2011 partnership with Junior Rank.

Leading up to this point, Marines were involved throughout 21 Diamond Flight football camps hosted by Junior Rank during the summer and were present for the High School All-American Selection Tour, where players received their invitations to play in the historic game.

The Semper Fidelis All-American Bowl, scheduled for Jan. 3, 2012, will feature 100 of the best high school football seniors in the nation. The East-West format all star game will include players who attended Junior Rank Diamond Flight football camps during the summer. The game is to be nationally televised on CBS Sports Network.

Different than the U.S. Army All-American Bowl, players selected for the Semper Fidelis

See BOWL page A7



CPL. SANTIAGO G. COLON JR.

Marine Corps Community Services will host the annual distribution of free Christmas trees to active duty and retired MCAS Cherry Point families at Pelican Point Marina Friday starting at 10 a.m. For additional information call 466-2762 or 466-3001.

Keep your tree green

Did you know?

A fresh tree will stay green longer and be less of a fire hazard than a dry tree. To check for freshness, remember:

- A fresh tree is green.
- Fresh needles are hard to pull from branches.
- When bent between your fingers, fresh needles do not break.
- The trunk butt of a fresh tree is sticky with resin.
- When the trunk of a tree is bounced on the ground, a shower of falling needles shows that tree is too dry.

Place tree away from fireplaces, radiators and other heat sources. Heated rooms dry trees out rapidly, creating fire hazards. If you buy your tree early and keep it outside, store it away from wind and sun and keep the bottom in a bucket of water. Cut off about two inches of the trunk to expose fresh wood for better water absorption. Keep the stand filled with water while the tree is indoors. Unplug your Christmas tree before you leave or go to bed.

In government buildings only artificial, fire retardant trees are permitted. Live trees are not permitted in any government building aboard MCAS Cherry Point. Refer to AMCC guidance for any questions regarding housing.

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Spice up your Thanksgiving leftovers

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

Chaplain's Corner : How to save a life

LT. JAMES C. RAGAIN
MAG-14

I never thought that I would spend as much time dealing with the subject of suicide than I have the last few years serving as a Navy chaplain. To be honest, I didn't think much about the topic prior to joining the military. When I was in chaplain's school, we were introduced to some tools that would be valuable to use as we engaged with Marines and Sailors in counseling situations. We looked at a marriage enrichment tool called PREP that taught us how to help others learn how to communicate more efficiently, we studied about combat stress injuries and how they affect military personnel and their families after hardship tours in combat zones, and

we were introduced to a suicide intervention model through a program called ASIST (Applied Suicide Intervention Skills Training). Out of the three, I thought I would use the Suicide Intervention Model the least. I was wrong.

So far this year there have been 28 suicides in the Marine Corps and there are 10 deaths that are being looked at as possible suicides. Researchers from ASIST have also found that about 5 percent of a population has thoughts of suicide. In other words, of a Marine Corps population made up of 202,000 Marines, about 10,000 have had thoughts of suicide. This is a major problem. We need people trained to intervene with these individuals in order to save their lives.

As an ASIST trainer, I have had the privilege of training Marines and Sailors in using this invaluable tool. Most participants begin the training skeptical about its usefulness, however when the rubber meets the road, people have been grateful that they have been trained to use this tool to help a fellow Marine get the help he or she needed. In fact, one Marine used the tool the very night that he finished the course to talk with a good friend of his who was thinking about suicide. That talk helped save his friend's life and the ASIST trained Marine, though skeptical when he started the training, is now a firm believer in it.

Suicide is very sad and impacts so many people in a negative way. My desire is to get

many people trained with a tool like ASIST so that they are confident to intervene and ultimately save lives. If you are interested in participating in an ASIST program, please call the wing chaplain's office at 466-3314 to register.

On another note, if you have a friend that you believe might be thinking of suicide, ask them about it, convince them to get help and take them to that help.

As far as resources go, I encourage you to utilize your unit's chaplain, go to medical, or call the suicide hotline at 1-800-273-TALK. I encourage you to look into ASIST training; you never know when you will be in a position to save a life.

Celebrating 100 years of Marine Corps aviation



OFFICIAL USMC PHOTO

A G-V1 variant of the KC-130 aircraft is flown by Marine Aerial Refueler Transport Squadron 252 in 1962. The C-130 family of aircraft has been flying since 1954. It has been the aircraft of choice for VMGR-252, the Marine Corps' oldest continuously serving squadron, since the 1960's.

Safety lessons learned, shared

Kelly Narowski, a certified safety teacher, stresses the importance of safe driving habits during her presentation at the Cherry Point theater Nov. 17. Narowski became a paraplegic in her twenties as a result of drinking and driving, and not wearing a seatbelt. She used hers and others examples of what can go wrong if people follow poor habits. She stressed the importance of buckling up, not driving while distracted by calls, food or makeup and not driving while tired. One of the core tenets of her safety message was any distraction puts the driver at risk of making a deadly mistake. Narowski said that she understands the strain put on military personnel because she is married to a soldier. Even with this strain, though, service members still need to drive safely by eliminating bad habits and making good ones.



LANCE CPL. SCOTT L. TOMASZYCKI

The Windsock

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CPL. RICHARD LIMONES

Job Title: Aviation Supply Clerk
Age: 27
Unit: 2nd MAW Aviation Logistics Division
Hometown: Bakersfield, Calif.
Date Joined: Aug. 5, 2002

Cpl. Richard Limones, an aviation supply clerk for 2nd Marine Aircraft Wing plays a key role in the mission success of 2nd MAW.

"What I do is provide assistance to subordinate units to the MAW," said Limones. "That includes reconciling daily aircraft and maintenance readiness reports, which means I make sure the units get the parts they need to keep the aircraft flying."

Limones also manages different MAW funding accounts. He manages the temporary assigned duty accounts, office funding and defense travel system accounts.

"My favorite part of this job is helping everyone in the Aviation Logistics Division," said Limones. "Making their job easier makes my job easier. When the units come to me I help them, making one less bump in the road for getting whatever process they need done."

Limones explained that the biggest change from his jobs in garrison to being deployed is the change of mindset.

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

REMEMBER TO RECYCLE



MCAS Cherry Point trains keepers of the peace



LANCE CPL GLEN E. SANTY

Staff Sgt. Timothy Hopkins, a Marine Corps Martial Arts Program black belt, demonstrates techniques on Lance Cpl. Brannigan Coleman, a production specialist with 2nd Marine Aircraft Wing's Combat Camera, MCMAP student heading his course. Hopkins is a motor transportation maintenance chief with 2nd Low Altitude Air Defense Battalion who is temporarily assigned duty to Marine Wing Headquarters Squadron 2 as a Marine Corps instructor of water survival at the Marine Corps Air Station Cherry Point combat pool. MCMAP students must wear flak jackets while training to keep from getting injured.

LANCE CPL GLEN E. SANTY
MCAS CHERRY POINT

From an outsider's perspective the Marine Corps Martial Arts Program teaches Marines defensive moves to protect themselves in hand-to-hand combat, but the focus is more than just combating an attacker. There are many life lessons Marines learn while attending a martial arts course.

"We're supposed to be fighters," said Staff Sgt. Timothy Hopkins, a MCMAP instructor and black belt with Marine Wing Headquarters Squadron 2. "MCMAP teaches self-control, physical training and it will teach them how to be leaders."

MCMAP courses are taught by Marine instructors like Hopkins, who teach the physical moves, such as an armbar takedown. While they show the technique step-by-step the instructors are also teaching Marines discipline, restraint, situational awareness and even some stress management.

The MCMAP course teaches both standing and ground fighting styles. Ground fighting techniques are referred to as grappling.

"I learned to pace myself a lot more," said Lance Cpl. Joseph Sanchez, a reproduction specialist, with 2nd Marine Air Wing, Combat Camera, who was working for his green belt.

"When we grapple and I get in a tight spot I know now to slow down and regain myself and then try and plan out my next move. I can use the same techniques at work too. If I start to get frustrated with something I know to calm down and look at the big picture instead

of focusing on what is in front of me."

"Practically, MCMAP teaches them self-defense and it really gives them the assurance that if they're ever put in a situation where they have to use those skills they at least have them and have practiced them," said Hopkins. "These Marines can be a diffuser of those kinds of situations. Hopefully they'll never have to be in these situations though."

Grappling is a form of wrestling where they do their best to either put their opponent in pain or a choke that will force them to give up. The skills learned through grappling include stamina, patience and determination.

To keep MCMAP students safe, they must wear a flak jacket while training, said Hopkins. Unless they are completing their final test.

"This program has really changed a lot over the years," said Hopkins. "When I started we were doing line-drills. When MCMAP started our instructors were a bit more hard core than what they are today. We focus on keeping our Marines safe and physically fit."

The final test includes a list of moves and techniques the Marines have to execute while being watched by the instructor.

"It's frustrating to have the instructors watching you because it kind of messes with your mind, it just gets you thinking too hard," said Sanchez. "This course has really taught me how to focus and keep the right mind set. It's a meditative thing when you mix the physical and mental parts together."



LANCE CPL GLEN E. SANTY

Lance Cpl. Joseph Sanchez, a reproduction specialist with 2nd MAW Combat Camera, practices a MCMAP hip throw on Lance Cpl. Nicholas Blackketter, an operations divisions training clerk with MWHS-2, during a MCMAP course led by Hopkins. Hopkins taught the two-week course to 2nd MAW Marines to advance in their belts from gray to green or green to brown.



LANCE CPL GLEN E. SANTY

Hopkins teaches Sanchez proper pain techniques during a Marine Corps Martial Arts Program test. The course teaches Marines many life lessons like stamina, patience and determination.



LANCE CPL GLEN E. SANTY



LANCE CPL GLEN E. SANTY

(Above) Hopkins teaches Sanchez a proper wrist lock during the the green belt MCMAP test. The final test includes a list of moves and techniques the Marines have to execute while being watched by the instructor.

(Left) Lance Cpl. Nicholas Blackketter, an operations divisions training clerk with MWHS-2, executes a counter to a lead leg kick from Sanchez during the gray to green belt MCMAP testing. Both Marines were watched by Hopkins as they completed the test part of the course.

Sea Knight lands aboard USS New Orleans



LANCE CPL. RYAN CARPENTER

Staff Sgt. Jason Kirklighter conducts maintenance on a CH-46E Sea Knight Nov. 16. Kirklighter is a 32-year-old Fredericksburg, Va., native and the staff non-commissioned officer in charge of avionics, detachment B, Marine Medium Helicopter Squadron 268 (Reinforced). The squadron is the aviation combat element for the 11th Marine Expeditionary Unit, which embarked USS Makin Island, USS New Orleans and USS Pearl Harbor in San Diego Nov. 14 beginning a seven-month deployment through the Western Pacific and Middle East regions.

Thanksgiving leftovers recipes

From "Closet Cooking," a blog by Kevin Lynch



KEVIN LYNCH

Grilled Turkey and Brie Sandwich with Cranberry Chutney

The Thanksgiving dinner is a truly amazing thing and one of the parts that I enjoy most is just getting started when the dinner comes to an end and that is thinking about creative ways to use all of the leftovers. In fact I tend to plan on making more than I believe that will be finished to ensure that there will be enough leftover to experiment with. Although I would probably be perfectly happy using all of the leftover turkey in my favorite roast turkey sandwiches. I see it almost as a challenge to do something new and creative with the leftovers every year to keep things interesting.

I had a bunch of leftover cranberry chutney and I was wondering what to do with it. One of the first things that I thought of was the baked brie with cranberry sauce that I had tried a while ago and really enjoyed.

I then thought that it would also work well in sandwich form.

Ingredients

- 2 slices bread
- 1 tablespoon butter (room temperature)
- 1 serving roast turkey (sliced)
- 2 tablespoons cranberry chutney
- 4 ounces brie (sliced)

Directions

Assemble the sandwich and grill until golden brown on both sides.



KEVIN LYNCH

Thanksgiving Eggs Benedict

I was quickly making my way through my roast turkey leftovers, enjoying some turkey sandwiches with cranberry sauce and some turkey Cuban sandwiches, when I remembered that there was one other thing that I wanted to try doing with them and luckily I still had just enough left. Last year some time shortly after I had finished all of my turkey leftovers I had come across the idea of Thanksgiving leftovers eggs benedict on the Del Frisco's menu by chef Thomas Dritsas and it sounded like a good way to enjoy some of those leftovers. This recipe is pretty simple given that pretty much everything is leftovers that simply need to be heated and the only real thing that you need to do is poach a few eggs.

Ingredients

- 2 English muffins (sliced and toasted),
- 4 tablespoons cranberry sauce,
- 4 slices roast turkey breast (warm),
- 4 eggs,
- 1/2 cup gravy (warm)

Directions

1. Place the muffin slices two per plate and top each with a tablespoon of cranberry sauce and a slice of turkey.
2. Bring a large pot of water to a boil and reduce the heat to medium.
3. Crack an egg into a bowl, swirl the water in the pot and pour the egg from the bowl into the water and repeat for remaining egg.
4. Let the eggs cook until the whites are set but the yolks are not, about 2-3 minutes and fish them out.
5. Place the eggs on top of the turkey and cover with gravy.



KEVIN LYNCH

Turkey and Cranberry Quesadillas

It is always fun trying to come up with new ways of using turkey leftovers in such a way that the leftover meals are just as interesting as the original. Once I had satisfied that craving it was time to move on and given that both the turkey and cranberry sauce were done with texmex flavours I was thinking along the lines of turkey and cranberry sauce tacos or better yet quesadillas. Though the cranberry sauce already had jalapenos in it, it was not spicy enough for the heat that I want in a quesadilla so I added some more to the quesadilla along with some cilantro as it is one of my favorite herbs and a texmex staple.

Ingredients

- A touch of butter (or oil),
- 2 flour tortillas,
- 1/4 pound turkey (cooked, shredded),
- 2 tablespoons cranberry sauce,
- 1 jalapeno (chopped),
- 1 green onion (chopped),
- 1 handful cilantro (chopped),
- 2 handfuls cheese such as cheddar or jack, etc. (grated)

Directions

1. Melt the butter in a pan.
2. Place a tortilla in the pan and rub it around in the butter to coat.
3. Heat the tortilla until air pockets form, flipping a few times.
4. Repeat 2-3 for the second tortilla and leave it in the pan.
5. Place the turkey, cranberry sauce, jalapeno, green onion, cilantro and cheese on top followed by the other tortilla.
6. Cook the quesadilla until golden brown on both sides and the cheese is melted flipping once.



KEVIN LYNCH

Turkey and Squash Thanksgiving Risotto

I am always on the lookout for tasty ways to enjoy holiday dinner leftovers and when I came across this recipe for Thanksgiving risotto on Mike's Table I bookmarked for the holidays. The original recipe called for fresh turkey so I modified it a bit to use leftover turkey.

This Thanksgiving risotto is like an entire Thanksgiving dinner all rolled into one dish. You have the turkey and the cranberries from the dinner and the spices remind you of dessert.

Ingredients

- 2+ cups chicken stock,
- 2 sage leaves (chopped),
- 2 tablespoons butter,
- 1 onion (chopped),
- 1 cup butternut squash (cut into bite sized pieces),
- 1 cup arborio rice,
- 1/8 teaspoon ground cinnamon,
- 1/8 teaspoon ground ginger,
- 1/8 teaspoon ground allspice,
- 1/8 teaspoon ground nutmeg,
- 1/8 teaspoon paprika,
- 1/8 teaspoon cumin,
- 1/2 cup dry white wine,
- 1/4 cup dried cranberries,
- 1/2 pound turkey (cooked, cut into bite sized pieces),
- 1/2 cup parmigiano reggiano (grated),
- 1 tablespoon butter

Directions

1. Heat the chicken stock and sage leaves in a saucepan and keep it warm.
2. Melt the butter in a large sauce pan.
3. Add the onions and squash and simmer for 5 minutes to start softening them.
4. Add the rice and the spices and coat with the butter.
5. Add the wine and stir until it has evaporated.
6. Add 1/4 cup of stock at a time and stirring until it has evaporated. The rice is done when it is cooked to al dente.
7. Add the cranberries and after 1 cup of stock has been added.
8. Add turkey, parmigiano reggiano and butter and stir until the turkey is heated.

For more recipe ideas visit <http://www.closetcooking.com>

Marine squadron in Afghanistan wins Pentagon's top maintenance award

CPL. BRIAN ADAM JONES

2ND MAW(FWD)

BAGRAM AIRFIELD, Afghanistan —

Just days into their second deployment to Afghanistan in two years, the Marines of Marine Electronic Warfare Squadron 1, an EA-6B Prowler squadron deployed from Marine Corps Air Station Cherry Point, learned they received the Pentagon's top maintenance award for their efforts in 2010.

The Secretary of Defense maintenance awards program recognizes outstanding performance by units maintaining military equipment and weapons systems. Six units from across the Department of Defense are recognized annually. One of the six award winners receives top honors as the Phoenix Award winner.

After being recognized in the small unit category, VMAQ-1 was announced the Phoenix award winner at the 2011 DoD Maintenance Symposium and Exhibition in Fort Worth, Texas.

"It's unprecedented," said the squadron's commanding officer, Lt. Col. Chandler Seagraves, a native of New Bern, N.C. "This is the first Marine Prowler squadron to win this award. The Marines have obviously done the work to prove worthy of that."

The DoD's release cites VMAQ-1's ability to deploy to Afghanistan on short notice and immediately establish self-sufficient support and sustainment.

From the fall of 2009 to May 2010, the squadron deployed to Bagram Airfield, Afghanistan as the first Marine electronic warfare squadron in Afghanistan in nearly a decade, Seagraves said.

"I think we deserve it, these guys work very hard," said Staff Sgt. Ki Kimball, a native of Ludington, Minn., and a quality assurance representative with the squadron. "It takes years to get where we are now."

Over the course of their six-month deployment, the squadron flew 590 sorties for 2,293 flight hours, a 340 percent increase over normal operations, completing



CPL. BRIAN ADAM JONES

Cpl. Lucas Green, an ejection seat mechanic with Marine Electronic Warfare Squadron 1, works in the cockpit of an EA-6B Prowler at Bagram Airfield, Afghanistan, Nov. 17. Marine Electronic Warfare Squadron 1 recently received the Pentagon's top maintenance award for its successes in Afghanistan in 2010. Green is a native of Kissimmee, Fla.

99.8 percent of their sorties. The squadron exceeded all previous deployment records, maintaining an 84.9 percent mission-capable rate for its aircraft, and decreasing the normal yearly cost for ordered components by half, from \$11 million to \$5.8 million, according to the release.

Now that they're back for another tour, the squadron's Marines appear ready to continue providing electronic warfare support to the coalition's counterinsurgency efforts, and build on the success and recognition that comes with the Phoenix Award.

"It feels great to be back doing our mission," said Gunnery Sgt. Shaun E. Tate,

the squadron's maintenance control chief and a native of Augusta, Ga. "We set the groundwork and the pace for all Marine Prowlers in Afghanistan, and I think it's outstanding that we're getting recognized for the hard work."

As a direct asset of U.S. Central Command, VMAQ-1 supports the entire nation of Afghanistan and all of the coalition forces working to eradicate terror and violence from the region.

"We rack up a lot of flight hours quickly," Seagraves said. "The faster you rack up those flight hours, the more maintenance the Marines have to do."

"The tempo of our operations here will

be the greatest challenge," Kimball concurred. "We have a bunch of new guys who have never been to Afghanistan and we're flying much more flights than what they're used to."

"Our goal out here is 100 percent mission completion," said Tate, "to provide ready, mission-capable aircraft to match the flight schedule."

Kimball said the squadron's success in that mission is owed to the training that the younger Marines receive, training that all of the squadron's Marines completed, and that strict adherence to maintenance procedures is nothing new at VMAQ-1.

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All-American Bowl must demonstrate moral and scholastic excellence in addition to their skill on the gridiron.

“The Marine Corps wanted a game not only focused on athletic excellence, but academic excellence and moral character,” said Lori Proctor, account supervisor for J. Walter Thompson. “We found the right partner for that in Junior Rank.”

J. Walter Tho is the advertising firm which represents MCRC.

Although most players in participating in the Semper Fidelis All-American Bowl have received athletic scholarships to various colleges and universities, some have not yet accepted offers. Expected to be in attendance at Chase Field are numerous college scouts, there to break down the athletes play and determine how they can help a team at the next level.

Another nationally televised event during bowl week will be the USMC Proving Ground Combine. The Proving Ground Combine, through a series of football drills, will test the abilities of 300 high school juniors. Marines will be present throughout the combine to assist coaches and provide motivation for the athletes. The top perform-

ers in the Proving Ground will receive invitations to play in next year’s Semper Fidelis All-American Bowl. Football fans once again should tune in to CBS Sports Network for the combine.

In addition to the football events during the combine, participants will also take part in a seminar with Marines, where they will learn the importance of leadership, in addition to other core values that drive Marines and Junior Rank.

“The United States Marine Corps is the embodiment of honor, tradition and working with your teammate to achieve an objective,” said Shaon Berry, CEO, Junior Rank.

Berry, a former University of Pittsburgh running back, founded Junior Rank in 2008.

For players too young to participate in the Semper Fidelis All-American Bowl or Proving Ground Combine, Junior Rank and the Marines will host the Junior Academic All-American Bowl Jan. 2, 2012.

The Junior Academic All-American Bowl is a football game for 7th and 8th grade students. Maintaining focus on character and academics, players must display the same

ability in the classroom as they do on the football field in order to participate.

“Players participating in the Junior Academic All-American Bowl must have at least a 3.0 grade point average and a character recommendation to participate,” said Sarah McCollum, account executive, JWT.

Junior Academic All-Americans will also have the opportunity to learn from the players they hope to one day emulate. According to McCollum, Semper Fidelis All-American Bowl players will be involved in a Big-Brother type mentorship program with their younger counterparts.

All told, 500 student-athletes will be showcased throughout the week. With their participation, along with the efforts of Marines, Junior Rank and other organizers, the wheels have been set in motion for a successful inaugural Semper Fidelis All-American Bowl Week.

We look forward to bringing in the best athletes from across the nation to a beautiful setting in Phoenix for a true celebration of the game,” said Berry.

GI BILL from page A1

be better for the Marine depending on their circumstances. Also, Marines need to talk to the Veterans Affairs representative from the school they will be attending. For more information before making a decision, a Marine should talk to their career planner and visit <http://www.GIbill.va.gov/> the administrative message can also be found at <http://1.usa.gov/gibillmaradmin>.

HISTORY from page A1

and Air Force fliers delivered the much needed support. Throughout the battle, 96 percent of ordnance delivered to resupply the bases was brought in by aircraft.

“It was just a perfect picture and perfect orchestration of what Marine Air could do as a supporting arm in support of the troops on the ground,” Egen said. “The command authority decided we were not going to lose Khe Sahn, and we didn’t lose it, but that was because the Marines on the ground held it. Tactical aircraft, meaning Navy, Marines and the Air Force, did as much as they could to help them do that. The Marines were the ones truly integrated with the ground forces.”

Equipment strengthens link between air, ground



SGT. BRANDON L. SAUNDERS

A team of Marines from Marine Air Support Squadron 2 and Marine Aerial Refueler Transport Squadron 152 test the Marine Air-Ground Task Force aerial palette system/special airborne response system while mid-flight over Okinawa Oct. 28. MASS-2 is part of Marine Aircraft Control Group 18, 1st Marine Aircraft Wing, III Marine Expeditionary Force, and VMGR-152 is part of Marine Aircraft Group 36, 1st MAW.

SGT. BRANDON L. SAUNDERS

MARINE CORPS BASES JAPAN

MARINE CORPS AIR STATION FUTENMA, OKINAWA, Japan

— Marines with 1st Marine Aircraft Wing tested new technology at MCAS Futenma, Okinawa, Japan, Oct. 28, that improves direct air support to troops on the ground.

Marines with Marine Air Support Squadron 2, Marine Air Control Group 18, 1st MAW, III Marine Expeditionary Force, tested the Marine Air-Ground Task Force aerial palette system/special airborne installation response system after receiving a week of instruction.

“The MAPS/SABIR system is a command

and control system, which allows the Marines of the squadron to place a (direct air support center) in the air,” said Sgt. Steven M. Prats, an aviation communications system technician with MASS-2.

A DASC is a communications center that provides a direct link between troops on the ground conducting missions and support aircraft in the air.

The MASS-2 Marines worked alongside Marines with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st MAW, to seat the gear inside a KC-130J Hercules tanker aircraft, so they could train with the new equipment. The system can be seated in any KC-130J

as long as the aircraft is wired for it.

“Our unit is the first in the Marine Corps to get this type of gear,” said Master Sgt. Charles D. Kines, the training and operations chief of MASS-2. “We’re definitely doing something big here.”

“This provides direct air support for (troops) on the ground. It strengthens our 911 force,” said Prats.

The system is set up on two palettes. The first is for equipment such as servers and heavy-duty communication gear. The other palette is set up strictly for operators, allowing a team to communicate effectively with friendly forces on the ground and track their every move.

“This supports the mission by allowing faster response to whatever is going on,” said Prats. “It comes with eight, single-channel radios and incredible data capabilities.”

“(The system) was initially used for reconnaissance missions, but it can be beneficial to all forward-deployed units,” said Cpl. Jason L. Johnson, an airframes inspector with VMGR-152.

The MAPS/SABIR system will be tested in a real-world environment during upcoming exercises.

By doing so, system operators will be able to effectively work out any potential bugs within the new equipment, said Johnson.

2ND MARINE AIRCRAFT WING BAND

presents the

2011

Christmas Concert

Friday, December 9th @ 7 P.M.
MCAS Cherry Point Base Theater

Toys For Tots are welcome
Doors open @ 6 P.M.

FREE ADMISSION



Christmas is coming



LANCE CPL. GLEN E. SANTY

Marine trombonists with the 2nd Marine Aircraft Wing band rehearse Tuesday for the 2011 Christmas Concert, which they will perform at the Marine Corps Air Station Cherry Point Theater Dec. 9, at 7 p.m. In addition to the band, Santa Claus will be on hand, and there will be a Toys for Tots donation box located in the theater lobby for anyone who wishes to donate.



LANCE CPL. GLEN E. SANTY

Chief Warrant Officer 4 Robert Szabo, band director, leads the band Tuesday while they practice for the 2011 Christmas Concert. "I push them daily and they respond," Szabo said of his Marines.

2nd MAW Band tunes up for Holiday concert

JOINT PUBLIC AFFAIRS OFFICE

MCAS CHERRY POINT

The 2nd Marine Aircraft Wing Band will hold its free annual Christmas concert at the Cherry Point Theater Dec. 9 at 7 p.m.

The band's performance is open to residents of Cherry Point and the local community. The gates will open to the public at 5 p.m. for patrons with or without an air station decal. The air station will have special event signs posted to direct attendees to the theater.

"Christmas is obviously a special occasion. To get the community and the families of the Marines and Sailors together – it's a good time," said Chief Warrant Officer 4 Robert A. Szabo, director of the band. "Our goal is for people to not think of this year's concert as a typical band performance. We are adding vocals, bells and a couple of other surprises that I don't want to spoil."

The band will perform classic Christmas songs, and patrons can expect exciting twists to their favorite holiday tunes.

"This is my first time playing in the Christmas concert here and I'm really excited about it," said Sgt. Sarah S. Jennings, 24, a flutist for the band. "I'm a Christmas enthusiast and I'm really looking forward to this year's concert. We've been working hard, and I think we're going to have a great performance."

There will also be a Toys for Tots donation box located in the theater lobby for anyone who wishes to donate.



LANCE CPL. GLEN E. SANTY

Sgt. Sarah Jennings, a flutist with the 2nd MAW band, plays during the band's rehearsal for the 2011 Christmas Concert. "We're going to have bells and instrumentals and all different components working together for the concert," Jennings said.



LANCE CPL. GLEN E. SANTY

Chief Warrant Officer 4 Robert Szabo, band director, leads the band during a rehearsal Tuesday. "I trust them and can't say enough good things about them," Szabo said of his Marines.

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 Dec. 1

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

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

Friday Dec. 2

Lunch - Roast turkey, French fried shrimp, French fried fish, dirty mashed potatoes, green beans, Calico cabbage, hush puppies, tartar sauce, cocktail sauce, New England Clam Chowder

Dinner - Tatertot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms, Manhattan Clam Chowder

Saturday Dec. 3

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 Dec. 4

Lunch - Baked fish with butter crumb topping, herbed baked chicken, potatoes au gratin, confetti rice, herbed roasted carrots, balsamic roasted vegetables, tomato soup

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

Monday Dec. 5

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 rigate, noodles, scalloped cream corn, broccoli and red peppers, Spanish chorizo and potato soup

Tuesday Dec. 6

Lunch - Linguini with clam sauce, bayou chicken, Rissole potatoes, mashed cauliflower, sauteed green beans and mushrooms, beef with vegetables and barley soup

Dinner - Country fried steaks, baked turkey with noodles, mashed potatoes, creamed ground beef, peas, squash and carrot medley, bean with bacon soup

Wednesday Dec. 7

Lunch - Chicken piccata, bayou jerk pork loin, chipotle roasted sweet potatoes, Islander's rice, steamed spinach with garlic, Lyonnaise carrots, mango and black bean salsa, cream of mushroom soup

Dinner - Hungarian goulash, Creole shrimp, brussels sprout, parmesan corn, chicken tortilla soup

From the clinic: *Relay Health*

Naval Health Clinic Cherry Point is using Relay Health, our online patient service. Relay Health is a secure web-based service through which Medical Home Port patients (family members and retirees) and the clinic's providers and staff can communicate. This service provides an interactive website where patients can initiate an email to the clinic, schedule appointments, check lab results and request medication renewals. Patients may also use this service to securely store and manage their personal health record information including problems, allergies, immunizations, hospitalizations, lab and other test results, and their family health history.

To set up secure communications with your provider, you must use a registered user. There are two ways to register:

(1) Ask your Medical Home Port staff or patient administration de-

partment (Medical Records) for a request form.

(2) Go to www.relayhealth.com, click on "register" at the top right corner, and register as a "patient."

If you do not know the name of your primary care manager (PCM), leave the space blank, and our staff will link the information for you. Please look for a response in 1-2 business days, and don't forget to check your junk mail folder.

When a Relay Health message is delivered to your personal inbox, the service immediately sends an e-mail to your preferred e-mail address (the e-mail address you provided when registering) notifying you of a waiting message and providing a convenient link to this service. When your provider replies to your message, his or her name will appear in the sender field of the message. Should a member of your provider's staff respond to your message, that person's name

as well as the provider's name will appear in the sender field of the message you receive. All Relay Health messages provide an audit trail, enabling you and your provider to view the entire message history.

You can use this service for your dependent family members under the age of 18. If you wish to add someone over the age of 18 to your account, an authorization of disclosure must be filed in the Patient Administration Department first. It's similar to setting up your primary account, from the Relay Health home page, select "add a family member" and register. The service will send a message to the clinic requesting that your family member's account be linked to your account.

The staff at the Naval Health Clinic looks forward to assisting you with this new service.

Did you know? *Dangers of alcohol abuse*



SAFETY DIVISION

HEADQUARTERS MARINE CORPS

The Marine Corps has suffered seven off-duty/recreational fatalities so far in fiscal year 2011; alcohol was involved in five of the seven deaths and also in one permanent disability. Three of those fatalities occurred when the Marine involved literally drank to the point of passing out, and never woke up—which is also referred to as "drinking for sport" or "binge drinking." Alcohol has also been a contributing factor in 8 of 29 car, motorcycle and pedestrian fatalities – totaling 13 confirmed alcohol related fatalities so far this fiscal year ranging from Marines hit by a car while crossing the highway, to falling from a building.

This 'did you know' notes some of the dangers of abusing or mixing alcohol and prescription medications, and highlights individual Marine fatalities in which alcohol was a contributing factor. It is critical that leaders at all levels continue to educate Marines on the dangers involved in the recreational use of alcohol and prescription drugs, and remain vigilant for the warning signs a Marine abusing these substances may exhibit. Know your Marines and don't let them become one of the statistics below.

- A Marine was found unconscious near the barracks duty desk, emergency personnel were unsuccessful in attempts to resuscitate the Marine.
- A Marine was found dead in his driveway by his neighbors who also reported that the he came to their house early in the morning and appeared drunk and confused, and then was seen going to his driveway. The medical examiner later reported that he died of hypothermia with cold exposure and chronic alcoholism as contributing factors.
- A Marine's mother found him dead at his home while on leave. The autopsy report later revealed the cause of death was acute morphine intoxication due to heroin use; alcohol was also present in his blood.
- A Marine was on leave in Brazil, and suffered a C-spine injury and water intake while swimming in the surf. Inju-

ries classified as permanent total disability (paralysis of lower limbs).

- A Marine died from head injuries sustained after falling 17 stories from a hotel. He had been consuming alcohol prior to the fall.
- Two Marines were attempting to cross the interstate while walking from Oceanside, Calif., to Camp Pendleton and were struck by a vehicle travelling northbound. One Marine died and the other suffered several injuries, alcohol was involved in this mishap.
- A Marine was crossing the street (out of the cross walk) while returning from liberty at Fleet Week in New York and was struck by a vehicle traveling along the roadway, he was declared dead at the scene.
- A Marine was riding his motorcycle and was struck by a vehicle driven by another intoxicated Marine. The Marine on the motorcycle was taken to the hospital where he was pronounced dead, the intoxicated Marine is facing criminal charges.
- A Marine was found unresponsive after a night of drinking, and was later pronounced deceased.
- A Marine was traveling at high rate of speed when he lost control of his motorcycle, hit a power control box and was decapitated. It was later determined that he had been drinking prior to the mishap.
- A group of Marines were traveling in a car at a high rate of speed when the driver failed to negotiate a sharp turn, causing the vehicle to lose control and roll several times. The driver was wearing a seatbelt. One of the passengers was not wearing a seatbelt, and was ejected from the vehicle, however both were pronounced dead at the scene.
- A Marine attempted to pass another vehicle and collided head on with a truck, causing both vehicles to flip. He was pronounced dead at the scene, alcohol was involved in this mishap.
- A Marine lost control of his PMV in a curve, and was ejected from vehicle. When emergency personnel arrived he was pronounced dead at the scene, it was later confirmed that he had been using alcohol prior to the mishap.

MCAS Cherry Point
STATION THEATER E Street
Movie Hotline: 466-3884
Visit us at www.mccscherrypoint.com

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

	Runtime
Thursday, December 1	
6:00pm - Footloose PG 13	1:53
Friday, December 2	
5:00pm - Johnny English Reborn PG	
7:30pm - The Thing R	1:39
Saturday, December 3	
3:00pm - Johnny English Reborn PG	
5:30pm - Footloose PG 13	1:53
8:45pm - The Thing R	1:39
Sunday, December 4	
3:00pm - Johnny English Reborn PG	

MOVIE SYNOPSIS

Footloose - *Starring: Kenny Wormald, Julianne Hough, Andie MacDowell, Dennis Quaid, Miles Teller.* Ren McCormack is transplanted from Boston to the small southern town of Bomont where he experiences a heavy dose of culture shock. A few years prior, the community was rocked by a tragic accident that killed five teenagers after a night out and Bomont's local councilmen and the beloved Reverend Shaw Moore responded by implementing ordinances that prohibit loud music and dancing. Not one to bow to the status quo, Ren challenges the ban, revitalizing the town and falling in love with the minister's troubled daughter Ariel in the process.

Johnny English Reborn - *Starring: Rowan Atkinson, Gillian Anderson, Pierce Brosnan, Dominic West, Rosamund Pike.* In his latest adventure, the most unlikely intelligence officer in Her Majesty's Secret Service must stop a group of international assassins before they eliminate a world leader and cause global chaos.

The Thing - *Starring: Mary Elizabeth Winstead, Joel Edgerton, Ulrich Thomsen, Eric Christian Olsen, Adewale Akinnuoye-Agbaje.* Paleontologist Kate Lloyd has traveled to the desolate region for the expedition of her lifetime. Joining a Norwegian scientific team that has stumbled across an extraterrestrial ship buried in the ice, she discovers an organism that seems to have died in the crash eons ago. But it is about to wake up. When a simple experiment frees the alien from its frozen prison, Kate must join the crew's pilot, Carter, to keep it from killing them off one at a time. And in this vast, intense land, a parasite that can mimic anything it touches will put human against human as it tries to survive and flourish.

Movies are subject to change without notice

TOYS FOR TOTS



U.S. MARINE CORPS RESERVE
(910) 440-2843 / (910) 376-7285

THE LOCAL BUZZ

Announcements

► Indicates new announcement

Festival of Trees

The Hospice "Festival of Trees" will be Dec. 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 will visit during the day for school children.

Admission is free, but donations are welcome.

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

► Holiday Craft Fair

The History Place will host its indoor Holiday Craft Fair on Saturday from 9 a.m. to 4 p.m.

Admission is free to the public.

Talented crafters will be on hand, whose specialties include holiday creations, Christmas decorations, pottery, fabric dolls, cutting boards, knot designs, jewelry and gemstones, wooden pendants, painted gourds, sculptures, Alpaca items, hand-painted wood art and much more.

Hot dogs, drinks and homemade baked goods will be available for purchase.

The History Place is located at 1008 Arendell Street in downtown Morehead City.

For more information call Cindi B. Hamilton 247-7533 extension 101 or email historyplace@thehistoryplace.org.

► History Place Screening "The Americans on D-Day"

The History Place will hold a free event including a one-hour screening of the film "The Americans on D-Day" and a speech by local World War II veteran Earl Norwood following the screening Dec. 6 at 6:30 p.m.

Film writer Richard Lanni and local historian Rodney Kemp will attend the event.

For more information call Cindi B. Hamilton at 247-7533 extension 101 or email historyplace@thehistoryplace.org.

Flu Shot Dates

The following dates are available for family members and retirees at Naval Health Clinic Cherry Point. Only flu vaccinations will be given during these times.

- Dec. 7, 1-3:30 p.m. at Immunizations.
- Dec. 10, 8 a.m. to noon at Medical Home Port.

You may get a flu shot/mist during regular walk-in hours as well at Immunizations.

► 2nd MAW Band 2011 Christmas Concert

The 2nd Marine Aircraft Wing Band will host the 2011 Christmas Concert Dec. 9 at the Marine Corps Air Station Cherry Point theater.

The doors will open for seating at 6 p.m., the concert starts at 7 p.m.

Admission is free and open to the public.

Toys for Tots donations are welcomed and encouraged.

Christmas Parade

The city of Havelock's 41st annual Christmas Parade will be held on Dec. 10 at 2 p.m.

The parade route will lead down U.S. Highway 70 from St. Christopher's Episcopal Church to City Hall.

Any organization, business, church group or individual interested in participating in the parade can call William Winstead at 444-6429. Deadline is Friday.

All entries will be judged on creativity and theme. Awards for 1st, 2nd and 3rd will be given. This year's parade theme is "welcome home for the holidays."

► Camp Christmas Adventure

Camp Christmas Adventure is for children ages 8 through 12 and will take place on Dec. 22, 23, 28, 29 and 30.

Activities include arts and crafts, holiday excursions, tree decorating, cooking projects and more.

Bring \$20 for registration fee through Dec. 16 at both West New Bern Recreation Center and Stanley White Recreation Center.

For more information contact Emmitt Godette at 639-2912 or godettee@newbern-nc.org.

Toys for Tots

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

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.

Assistance from local commands would be very much appreciated.

Any organization requesting toys should go to the website <http://bit.ly/toysfortotslejeune> to make contact with the local Marine Reserve for assistance.

Area request forms and conditions can be found on the website.

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.

This week in Marine Corps History

From the USMC History Division

Dec. 4, 1950

Lt. Col. Raymond G. Davis led his battalion into Hagaru-Ri, Korea, after four days of intense fighting in the mountain passes against a numerically superior hostile force. His battalion, 1st Battalion, 7th Marines, helped clear the way for the 5th and 7th Marines. Davis was awarded the Medal of Honor for his heroism.

Dec. 6, 1928

A small detail of Marines under Capt. Maurice G. Holmes defeated Nicaraguan bandits near Chuyelite, Nicaragua. Gunnery Sgt. Charles Williams was mortally wounded during the fighting. Williams was posthumously awarded the Navy Cross for gallantry.

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