

Cherry Point recognizes man who inspired 2012 air show theme

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

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With a little more than three months to go until the 2012 Marine Corps Air Station Cherry Point Air Show May 4-6, the air station recognized the winner of its air show theme naming contest Feb. 8, at the contest winner's place of work.

At Fire Station #1 aboard the air station, Paul F. Ringheiser III, a fire fighter and paramedic, was commended for his inspiration behind this year's theme, "Celebrate the heritage."

"It is a privilege and an honor to be chosen as this year's winner," he said. "I never expected to have my submission picked, but I'm glad it was. When I look back years from now, I will be able to say I named the 2012 air show."

The air show committee and the station's joint public affairs office picked the top five finalists and presented their ideas to the air station's commanding officer, Col. Philip J. Zimmerman, who then made the final decision, said 2nd Lt. Hector Alejandro, air show media officer.

"We publicized the contest using various mediums throughout the community," said Alejandro.

Ringheiser's focus around the word heritage was what shaped the theme said Zimmerman.

"It encapsulates everything we wanted to celebrate at this year's show," he said.

The Marine Corps is built off its heritage, embedded through honor, courage and commitment since the beginning, said Ringheiser.

"That's what I thought about when seeking inspiration for the theme," he said.

It is safe to say aviation runs in the Ringheiser family. He served seven years of active duty with the Air Force, and is now serving in the Air Force Reserves. His father served in the Marine Corps as an air traffic controller, and his grandfather was a Marine, once stationed at MCAS Cherry Point and served as a nose gunner with a B-52 bomber squadron during WWII.

This year's air show will focus on multi-cultural heritage, 100



Col. Philip J. Zimmerman, Marine Corps Air Station Cherry Point commanding officer, presents an award to Paul F. Ringheiser III, a paramedic and fire fighter with the station fire department, at Fire Station #1 Feb. 8. Ringheiser was commended for his inspiration behind the theme, "Celebrate the Heritage," for this year's MCAS Cherry Point Air Show May 4-6.

years of Marine Corps aviation and MCAS Cherry Point's 70-year anniversary, said Zimmerman.

"It encourages us to remember the past, and the accomplishments of those that came before us who made Marine Corps aviation the powerful force that it is today," said Zimmerman.

Bold Alligator 2012 confirms capabilities of 2nd MAW aviation

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

U.S. Navy amphibious ships can carry the personnel and air power needed to conduct military operations in a myriad of locations throughout the world. During Exercise Bold Alligator 2012, every aspect of Marine aviation was used in the full range of air operations to showcase the advantages of seabasing.

Bold Alligator, which took place Jan. 30 through Feb. 12 afloat and ashore in and around Virginia and North Carolina, was amphibious exercise of its size in the past ten years. It granted valuable experience to pilots and aircrews as they reacquainted themselves with the shipboard working environment.

Col. Scott S. Jensen, commanding officer of the aviation combat element for the 2nd Marine Expeditionary Brigade during the exercise, likened the exercise to softball practice. The members of a good softball team already know the mechanics of a double-play whether they practice or not. When the team is getting ready for a tournament, however, they perfect their techniques. Marine aviators know the mechanics of working on a ship but need things like Bold Alligator to get ready for the big tournament.

The 'tournament' of Bold Alligator was Feb. 6, when Marines of Regimental Landing Team 2 stormed Onslow Beach, N.C. While RLT-2 Marines secured their frontline positions, and the aviation arm consisting of an array of aviation assets practiced operations supporting the landing.

"Prior to the Marines landing on shore, we'll spend time clearing the airspace in order to

See BA-12 page A7

Montford Point Marines' service etched in history

Celebrating Black History Month, a look back at African-Americans' contributions to the Corps

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

FOLLOW @ACLEOPATRAUSMC

As many African-Americans nationwide reflect on their history this month, the contributions of black service members throughout the past are brought to light.

Thanks to the untiring efforts of Gen. John F. Amos, Commandant of the Marine Corps, future Marines will learn about the history of the Montford Point Marines, the first African-Americans to serve in the Marine Corps.

The Marines will be taught the history during the "Crucible" portion of boot camp.

"Every Marine, from private to general, will know the history of those men who crossed the threshold to fight not only the enemy they were soon to know overseas, but the enemy of racism and segregation in their own country," said Amos.

"In 1942 the black recruits weren't allowed to go to Parris Island or San Diego, because of segregation," said Gunnery Sgt. Harsheen T. Eady, the Headquarters and Headquarters Squadron equal opportunity advisor. "Therefore Montford Point Base, an all black recruit training camp, was stood up outside of Marine Corps Base Camp Lejeune, N.C."

The Marines that trained at Montford Point went through recruit training and their military occupational specialty school while they were there, said Eady. The estimated 20,000 Marines trained there were all given an artillery MOS.

See BLACK HISTORY MONTH page A7

Mental health clinic revamps, relocates

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

FOLLOW @STSTEPHENTUSMC

Marines and Sailors participated in a ribbon cutting ceremony at Naval Health Clinic Cherry Point Thursday, for the grand opening of the air station's revamped and relocated mental health clinic.

The facility used to be on the first floor of the clinic but moved to the third because of a lack of space. The upstairs location provides a much more suitable environment, said Lt. Cmdr. Erin M. Simmons, department head for the mental health clinic.

"We wanted to be able to offer more group services, more types of clinical services, and we didn't

have the space down stairs," said Simmons. "In addition to that, down stairs had no windows and was very closed in."

The number of patients the clinic receives has gone up in the past six months, forcing it to send the majority of its active duty patients off-base to get the help they need, but now there is room for that to be avoided, said Simmons.

"We return most of our patients to full duty, and we medical board or separate relatively few of them," said Simmons. "The thing we consider is

See CLINIC page A7

What's Inside

| | | |
|------------------|----|------------------------|
| Fly-By | A2 | Weight Management B2 |
| Recovered Helmet | A3 | President's weekend B2 |
| Honor WWII Vets | A5 | The Local Buzz B3 |

In This Edition:



"Operation Magic"
visits MCAS Cherry Point

See page B1 for photos and story



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

Chaplain's Corner : "The season of lent"

Lt. CMDR. R. ERIC MALMSTROM

MCAS CHERRY POINT

On Feb. 22 the Christian Church will celebrate Ash Wednesday. This day marks the beginning of Lent, the 40 days prior to Easter. It is meant to be a period of special devotion in preparation for the celebration of Easter. Many churches will offer special mid-week services during Lent. Christians everywhere will fast in one form or another to observe Lent. Some might give up caffeine or sweets while others skip lunch or refrain from eating meat. The 40 days are meant to remind us of how Jesus fasted for 40 days and nights in Matthew chapter 4. Other Christians don't observe Lent at all.

As a younger man I missed the whole point of observing Lent. It seemed at first to be a season where we mope around feeling bad about ourselves. Not to mention, I didn't see the point in giving up anything for 40 days. After all, who wants to spend 40 days dwelling on all the things we have done wrong and all the things we have failed to do? It seems about as much fun as a root canal.

However, as I have matured in the faith, have grown to appreciate and even look forward to the season of Lent. In our own personal relationships we begin with an ideal partner in mind. It is the person who never makes us mad, never lets us down, and never makes a mistake. Over time we learn this ideal is unrealistic. The people in our lives will make mistakes. The people we care about the most will disappoint us and sometimes drive us crazy. If we are honest with ourselves, we realize we are also the ones driving our loved ones crazy and making them mad. True intimacy and love comes when we realize the other person loves us and forgives us in spite of our faults. There are still consequences for our mistakes, but ultimately there is forgiveness.

The season of Lent is much like this kind of relationship. Over the 40 days of Lent we take stock of all the ways we have sinned against God and those around us. If we are honest with ourselves, that gets to be a pretty long list. But at the end of the day we come to realize all of those sins have been forgiven on the cross. That is pretty amazing! During Lent we grow in our understanding that in spite of our faults, God still loves us and forgives us. Ultimately Lent is not a season when we focus on our faults, but it is a season when we focus on God's immeasurable capacity to love and forgive.

Fasting during Lent is a microcosm of the Christian life. If we struggle to give up chocolate for 40 days, what does that say about the rest of our Christian walk? If you decide to fast by skipping lunch, each rumble of your stomach reminds you of what Jesus did to earn salvation for you. It reminds us of how weak we truly are. At the same time it reminds us of how much God loves us and continues to forgive us every day.

With that said, I pray that you all have a blessed season of Lent as you prepare yourselves for Easter. If you have never observed Lent, your chaplain can point you in the right direction.

Celebrating 100 years of Marine aviation



PETTY OFFICER 2ND CLASS D. KEITH SIMMONS

A P-38F Lightning and an F-35 Lightning II are displayed at the Lockheed Martin Corporation building in Fort Worth, Texas, Feb. 29, 2006, for a special ceremony in recognition of the past and present success of the company's production of fighter aircraft.

'Lightning' legacy lives on

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

FOLLOW @STSTEWARTUSMC

In 1941 the Lockheed Martin P-38 Lightning launched into service in the U.S. Army Air Corps and was instrumental in the success of American campaigns in World War II. With the same name, Lockheed Martin is carrying on the Lightning legacy with the F-35 Lightning II.

The latter, like its predecessor, is considered far ahead of its time.

When announcing the official name of the Lightning II Joint Strike Fighter July 7, 2006, Gen. T. Michael Moseley, U.S. Air Force Chief of Staff, said, "Today we name the aircraft after two great legacy aircraft (speaking also of the English Electric Lightning), two great pieces of air power history. Tomorrow this Lightning II will make a name for itself."

In a word, power comes to mind when most discuss and compare the all-everything capabilities of the P-38 and F-35.

"What made the P-38 unique for its time was the decision to opt for twin engines," said Karl Zingheim, exhibits manager at the San Diego Aircraft Carrier Museum. "Since the Army had a preference for inline engines and the best American inline engine was the Allison, Lockheed went for two of them to deliver the necessary power."

Zingheim said the P-38 played a big part during World War II in the Pacific theater, where it became the dominant U.S. Army fighter. It was capable of photo reconnaissance missions as well as duty as a fighter-bomber and night-fighter. The P-38 was the multirole fighter for its time.

The F-35 has the capabilities to play a major role in future air campaigns.

"The F-35 Lightning II is a supersonic, multirole, stealth fighter designed to meet the future combat requirements of the United States and allied governments," said Laurie A Quincy, F-35 Media Relations Manager for Lockheed Martin Aeronautics.

The F-35 is suited for air-to-air and air-to-ground combat, surveillance and reconnaissance gathering, electronic warfare and command and control roles, said Quincy. Like the P-38 in its era, the F-35 can operate in virtually any situation and no other contemporary fighter has the versatility and combined capabilities.

The P-38 was the first fighter to exceed 400 miles per hour, said Zingheim.

Similarly, the F-35 is capable of reaching great feats in comparison to other aircraft of its generation. It will be the world's most advanced multirole fighter with the most powerful engine ever flown in a fighter, the Pratt and Whitney F135 engine, said Quincy.

Considering the magnitude of each aircrafts' capabilities, production isn't easy.

"The P-38 did go through an extensive development process before becoming the fighter that it was," said Zingheim. "There was enough faith in the design concept that the Army and Lockheed Martin patiently hung on and wrung out any problems with the aircraft."

Similarly, the F-35 program is the largest defense program in U.S. history, said Quincy.

The production process for the F-35 continues, and 2nd Marine Aircraft Wing furthers the pursuit with its F-35 variant, the F-35B, at Marine Fighter Attack Training Squadron 501 at Eglin Air Force Base, Fla.

"The Marine Corps has to be ready to fight across the spectrum of war; a force that is most ready when the nation is least ready. The F-35B gives us the capability to do just that," said Maj. Gen. Jon M. Davis, commanding general of 2nd MAW.

More than 70 years removed from the original Lightning's groundbreaking first flight, its power and legacy continues today through its successor.

"The F-35 is going to make history as one of the great fighters," said Quincy.

The Windsock

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REMEMBER TO RECYCLE



Highlighting Cherry Point's Warriors



Sgt. SIMONE L. HANKINS

Job Title: Aviation electrician

Unit: Marine Aviation Logistics

Squadron 14

Hometown: Woodbridge, N.J.

Date Joined: Dec. 3, 2007

The aviation electricians with Marine Aviation Logistics Squadron 14's Avionics Division 620 are responsible for the electrical equipment maintenance done on many of the aircraft aboard Marine Corps Air Station Cherry Point.

"One of the main things we work on is what we call 'exreps', which is any gear that might prevent an aircraft from taking off," said Sgt. Simone L. Hankins, a MALS-14 aviation electrician. "The gear can be anything such as generators or the joystick that controls the aircraft."

Hankins said the work they do on gear can keep aircraft from taking off, which requires them to be available at all hours of the night.

"We have to work hard, fast and multitask so flights can stay on schedule," she said. "It's one of the hardest parts of our job, being on call 24-7."

Hankins said one of the greatest parts about being an aviation electrician is whether they're on a deployment or back home, their job doesn't change.

"We do the same exact thing while in garrison as we do on deployment, and I think that's a good thing," she said. "No matter what, we are ready to deploy and do our job. There are no surprises."

"I love my job, and I love what I do," she said. "My favorite part of my job is helping the new Marines that join us and teaching them how to do their job."

Highlight Your Marine or Sailor Superstar

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Pamlico County residents find Cobra pilot's long lost helmet



PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

Pamlico County residents Bob and Beverly Fruhling sit on the banks of Pamlico River near where former AH-1W Super Cobra pilot Dennis DeRienzo's helmet was found. The couple thinks the helmet was swept up in the wake of Hurricane Irene in August 2011. The helmet was lost when the Cobra, co-piloted by DeRienzo, crashed during a routine pre-deployment exercise on February 10, 1999.



Marines with Marine Transport Squadron 1 built a commemorative plaque and mounted DeRienzo's helmet on it.

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

MERRITT, N.C. — During a routine pre-deployment exercise on February 10, 1999, an AH-1W Super Cobra crashed near the Pamlico Sound, about 10 miles from Piney Island, N.C.

Search and rescue Marines with Marine Corps Air Station Cherry Point's Marine Transport Squadron 1, fondly known as "Pedro," responded to the accident in less than an hour, flying in one of their HH-46E rescue helicopters, reports state.

Pedro immediately provided aid to the two stranded Cobra pilots, who were estimated to have been floating in the ice cold water for almost 30 minutes. Reports state a rocket's aft retainer ring on the Cobra separated from the rocket launcher and struck the rear stabilizer of the helicopter, causing it to lose control.

The two pilots were recovered safely but most of their gear was not, including one of their helmets.

"When the pilot went down, his helmet somehow came off him," said Bob Fruhling, who possessed the lost helmet. A neighbor gave it to him after finding it washed up ashore near his home in the aftermath of Hurricane Irene in August 2011. "I don't think anyone knows what happened to it, or where it's been since then."



The neighbor gave the helmet to Fruhling and his wife, Beverly, because he knew they knew the commanding officer of MCAS Cherry Point, Col. Philip J. Zimmerman, and hoped with his help, they could get the helmet back to its rightful owner.

The Fruhlings, residents of Merritt, N.C., got in touch with Zimmerman, and the helmet's journey back to its owner began. Their starting point was a label inside of the helmet that after all of these years, faintly read the name of the pilot who wore it, Capt. Dennis DeRienzo.

Zimmerman sent his executive officer, Lt. Col. Eric S. Weissberger, to visit the Fruhlings in Merritt to retrieve and see the battered helmet for himself.

"He said it was amazing everything was still intact," Fruhling said of Weissberger's reaction. "There is a lithium battery attached to the helmet, and he could not believe it had not exploded after being submerged in salt water."

After the visit, Weissberger brought the helmet back with him to MCAS Cherry Point, with hopes of returning it to DeRienzo, who is now a helicopter pilot for the New York City Police Department.

Weissberger contacted a former colleague of DeRienzo's, Lt. Col. Travis L. Powers, the executive officer of VMR-1.

Powers, with help from other VMR-1 Marines, mounted the helmet onto a large plaque with DeRienzo's name on it, and the squadron's logo. He plans to travel to New York City to return the long lost-helmet to its owner.

"I'm excited and grateful to be a part of this," said Powers. "But I am more grateful that Dennis is still around to give this helmet back to. Too often in accidents like this, there is no happy ending."



Pamlico County resident Beverly Fruhling examines former Super Cobra pilot Dennis DeRienzo's helmet, as she stands near the Pamlico River where the helmet was found. "It's amazing that the helmet is still intact after everything that it has been through, we don't know exactly where the helmet has been all this time but somehow it made its way to us" she said.

Tri-national Marine force assaults Thai beach



CPL. GARRY J. WELCH

Royal Thai Marines push forward as CH-46E Sea Knight helicopters with Marine Medium Helicopter Squadron 262, 1st Marine Aircraft Wing, fly overhead during an amphibious assault at Hat Yao, Kingdom of Thailand, Feb. 10, as part of exercise Cobra Gold 2012, an annual multilateral training in which various Asia-Pacific nations execute combined military operations. The multilateral assault included Royal Thai, Republic of Korea and U.S. Marines of the 31st Marine Expeditionary Unit. Exercise Cobra Gold 2012 demonstrates the resolve of the U.S. and participating nations to increase interoperability and promote security and peace throughout the Asia-Pacific region. The 31st MEU is the U.S.'s expeditionary force in readiness in the Asia-Pacific region.

CPL. JONATHAN G. WRIGHT

31st MEU

HAT YAO, Kingdom of Thailand — Elements of the 31st Marine Expeditionary Unit alongside forces from the Republic of Korea and Kingdom of Thailand conducted an amphibious assault at Hat Yao, Kingdom of Thailand, Feb. 10. The assault was part of exercise Cobra Gold 2012, an annual multilateral training in which various Asia-Pacific nations execute combined military operations.

The exercise combined the amphibious assault capabilities of Company B, Battalion Landing Team 1st Battalion, 4th Marines, 31st MEU, as well as companies from the Royal Thai Marines and the Republic of Korea Marines.

"When I first heard of Cobra Gold, it didn't seem like that big of a deal, but once I got here I started understanding that working with the Thai and South Korean Marines helps us build our friendship, and that is an important role in us becoming stronger allies," said Cpl. Jerry Willis III, a rifleman with B Co., BLT 1/4 and a native of Everett, Wash. "These exercises are a good way to build our camaraderie throughout the different countries, which is helpful for when

we want to conduct future exercises."

The exercise started with a group of Thai parajumpers inserting for reconnaissance while Thai Marines landed on the beach in a combat rubber raiding craft. Afterward, Marine F/A-18 Hornet fighter jets simulated bombing runs on the beach with the aid of pyrotechnics, enhancing the training environment for those involved.

"Riding up in the AAVs and hearing the explosions go off pumped everyone up," said Capt. Teerapon Lumyaisatit, a Royal Thai Marine. "It was a great experience to be doing so much realistic training alongside the other country's Marines. It made us treat it like a real assault."

Along the coast of the beach, two waves of AAVs splashed ashore and unloaded their Marine occupants, buddy-rushing up to the road and posting security alongside one another. South Koreans lay next to Americans who lay next to Thais as one unit, working together toward the same objective.

"No matter what country we're from, we are all Marines in the end," said Sgt. Joseph Kim, a Republic of Korea Marine. "I will be able to take the experiences from this exercise back to South Korea and share them with the new Marines."

As the objective was completed and the beach taken, the Marines made their way back to their respective AAVs and returned to the sea. High-fives were spread throughout the nation's Marines, exemplifying the success of the training between the various Marine Corps.

"We have participated in exercise Cobra Gold for 31 years," said Lt. Gen. Kenneth Glueck, Jr., deputy commander, Multinational Force and commanding general of III Marine Expeditionary Force. "It really brings together all the nations that contributed; participating nations come together and build teamwork and develop our capabilities together."

The exercise demonstrates the resolve of the U.S. and participating nations to increase interoperability and promote security and peace throughout the Asia-Pacific region.

"We're out here to train alongside the Thai and Korean Marines, not train them up on tactics or how to employ weapons systems," said 2nd Lt. Jacob Crockett, platoon commander with B Co., BLT 1/4 and a native of Vincent, Ind. "The main focus as to why we're out here is to execute joint operations together, something that was a great success today."

World War II honor flight in the works



JOINT PUBLIC AFFAIRS OFFICE

MCAS CHERRY POINT

Three times last year, World War II veterans were flown from the Coastal Carolina Regional Airport in New Bern, N.C., to Washington, D.C., where they visited the World War II Memorial constructed in their honor.

The non-profit organization, Honor Flight Southeastern North Carolina, wants to determine if another flight could take place for the heroes. Each previous flight had room for 108 veterans, and activities in the Capital included tours of other memorials like the Korean and Vietnam memorials as well as the Air Force and Marine Corps memorials.

World War II veterans interested should call the Carteret County Veterans Services Office weekdays from 8 a.m. to 5 p.m. at 728-8440. Veterans can also email VetAdm@carteretcountygov.org.

To view a previous article on World War II honor flights go to <http://1.usa.gov/xoFTDy>.



World War II veteran, Edward Baytala, waves to patriotic onlookers applauding him and 107 of his fellow World War II veterans at the Coastal Carolina Regional Airport in New Bern, N.C., May 4, 2011, during one of the three local honor flights that have occurred to date. Escorting Baytala is Cpl. Pete O. Marceau, an ordnance systems technician for Headquarters and Headquarters Squadron, Marine Corps Air Station Cherry Point.

World War II veteran, Terrence Walker, right, walks past an aisle of applause at the Coastal Carolina Regional Airport in New Bern, N.C., in appreciation of him and 107 of his fellow World War II veterans, May 4, 2011. The non-profit organization, Honor Flight Southeastern North Carolina, flew the veterans to visit the World War II Memorial in Washington, D.C. "I'm so overwhelmed right now," Walker said of the reception.



World War II veteran, Clay Cofield, feeds off the energy of the crowd applauding him and 107 of his fellow World War II veterans at the Coastal Carolina Regional Airport in New Bern, N.C., May 4, 2011, during one of the three local honor flights that have taken place to date. The non-profit organization, Honor Flight Southeastern North Carolina, flew the veterans to visit the World War II Memorial in Washington, D.C.

Helicopter squadron Marines receive awards in Afghanistan



Cpl. BRIAN ADAM JONES

Maj. Gen. Glenn Walters, left, commanding general of 2nd Marine Aircraft Wing (Forward), addresses Marines with the "Gunfighters" of Marine Light Attack Helicopter Squadron 369 during a ceremony at Camp Bastion, Afghanistan, Jan. 6. More than 20 Marines with the squadron received Air Medals for conducting operations in the Helmand River valley. "Their actions made a positive direct contribution to 2nd MAW (Fwd.)'s mission in sustained combat flight operations to defeat enemy forces," the award citation read. Deployed from Marine Corps Air Station Camp Pendleton, Calif., the squadron wields the only Marine attack helicopters in Afghanistan and uses a tandem of AH-1W Super Cobra and UH-1Y Huey helicopters to support Coalition and Afghan forces across southwestern Afghanistan. Walters personally presented the Marines with the awards.

BLACK HISTORY MONTH from page A1

The Marine Corps was the last military branch to accept blacks after receiving orders from President Franklin D. Roosevelt in 1941, said Eady. Much like the African-American innovators that joined the other branches of service, black Marines made their mark in history.

There were a lot of black Marines people don't even know about, who helped make the Marine Corps what it is today, said Eady.

"Most people don't know about Gilbert "Hashmark" Johnson," said Eady. Not only was he one of the first black sergeant majors in the Marine Corps, he was one of the first black drill instructors at Montford Point.

"His career spanned across more than three decades," said Eady. "He served time in the Army, Navy, and Marines. They called him "Hashmark", because his service stripes met with his rank insignia. Subsequently, Montford Point was renamed Camp Johnson, in honor of Sgt. Maj. Johnson."

The Montford Point Marines will receive the Congressional Gold Medal, the nation's highest civilian honor, last November while the Corps celebrated its 236th birthday. The award ceremony will be held this year in Washington D.C. once the United States Mint finalizes a design for the medal.

"Like the wider society at large that was socially and culturally divided by race, the Marine Corps trained these men separately denying them their rightful place in the Corps and in its rich tradition of service," said Amos.

Because these men persevered, the Marine Corps underwent a social awakening that laid the foundation for greater equality and opportunity, said Amos.

"I commend the Commandant for pushing the history of the Montford Point Marines," said Eady. "You can't talk about the complete 236 year history of the Marine Corps without including those Marines. It's that history that I want my children to learn. Not just Archibald Henderson, Samuel Nicholas and Smedley Butler, I want them to know about Gilbert 'Hashmark' Johnson."

RETURN from page A1

could hold their loved ones once again.

"The hardest part of the deployment was being a single mom and having a full time job on top of it," Lyndsey said. "It has definitely been hard, but I'm just happy to have him home."

A deployment can be a struggle for the families back at home, while their Marines are gone for extended periods of time.

"I'm happy to be home," said Kyle. "I've missed so much while I was gone and I want to spend as much time with my family as I can."

"They did an outstanding job while they were deployed," said Sgt. Maj. Anthony P. Banks, sergeant major of HMH-366. "Anything they were tasked with, they got done with flying colors."

BA-12 from page A1

get air superiority," said Capt. Johnathan P. Stouffer, an AV-8B Harrier pilot with Marine Attack Squadron 231. "Once we have that, we'll conduct shaping operations to prepare the battlefield for the Marines. Based on intelligence we'll strike where all the enemy positions are so they can't harm our Marines while they're landing on the beach. Once they get on the beach, we'll transition to close air support and strike where they see the enemy."

AH-1W Cobras also provided air support during the operation, conducting all air strikes inside authorized bombing ranges at Camp Lejeune. Marine F/A-18 Hornets supported the operation from Marine Corps Air Station Beaufort, which role-played as an expeditionary airfield. More Hornets operated from the

USS Enterprise. MV-22 Ospreys inserted Marines and coalition troops to take critical objectives. Jensen said inserting troops by Osprey and helicopters provide important advantages in maneuver warfare.

"It's all about mobility. Our assault helicopters, our MV-22's and our CH-53's are just as necessary to move our landing force ashore, to evacuate casualties and be able to connect the ships to the shore in conjunction with the landing craft," Jensen explained. "The helicopters present rapid mobility; you don't have to stay on roads. You can get there quick and take care of things that might need to be taken care of."

This rapid warfighting strategy was represented by a Marine reconnaissance raid into

CLINIC from page A1

that people aren't just good-to-go or broken. There are a lot of steps in between and a lot of those steps we can fix."

Navy Capt. Edgardo Perez-Lugo, Commanding Officer of the Naval Health Clinic, said the mental health clinic will now be able to recapture 70% of the active duty patients being sent out as network referrals and that number continues to grow.

Most service members with mental health issues of late have typically been discharged because the help they need hasn't necessarily been available, but that is changing.

"I feel it is very important to take care of the people who serve and get them back on the right track," said Seaman Joseph D. Norton, a psychological technician with the mental health clinic. "Having a problem doesn't make them weak. It's very important to get them help and not discharge them but rather let them stay in."

It can be difficult for person to realize the need for and seek mental health, when in reality it can be hard to fight through problems without help, said Norton.

"It's absolutely not true that people are weak when they come here," said Simmons. "It is very important that if you need help that you get that help."

The Marine Corps also shows its support for the mental health issues that are taking place in today's military, mainly focusing on the matter of post traumatic stress syndrome.

"The Department of Defense, all the medical departments, the service chiefs and myself have dedicated a significant amount of time trying to find as many therapies, as many ways to help our young men and women work their way through post-traumatic stress," said the Commandant of the Marine Corps Gen. James F. Amos.

The Marine Corps has instituted a program where if a Marine has a concussion while on deployment, then they are brought inside the wire and can't go back out until they've had a complete examination, Amos stated.

"If they get knocked out twice, they're done. We don't send them home, by the way, because there's not a Marine out there that wants to come home. Marines will lie. You ask them, how are you feeling? They'll say, 'I'm good to go,'" Amos said. "Knowing that they don't want to go home, if they have two concussions that knock them out or they have three concussive events then it is called, three strikes, you're in."

"You stay with your Marines; you stay at the combat outpost; you stay at the forward operating base, but you no longer go out on patrol. But you have the benefit of being with your brothers and sisters," Amos explained.

"We're dedicated, every service chief, every ounce of energy we have, to try to find solutions to post-traumatic stress," said Amos.

Fort Pickett, Va., to strike against a high value target behind enemy lines. The mission was made possible by the Osprey, because it has greater speed and range than conventional helicopters.

Aviation also practiced long range strikes against strategic targets away from the main battlefield. On two occasions, Marine aviation struck notional missile launch sites, using a package of EA-6B Prowlers for protection against anti-aircraft defenses, AV-8B Harriers and Hornets to engage enemy aircraft and strike the target, and KC-130Js to refuel the aircraft.

Amphibious aviation assets are for more than dropping bombs. According to Jensen, the squadrons have to be ready for any kind of

aviation mission. Marine expeditionary units are a 911 force capable of anything, from helping refugees and casualty evacuations to dropping bombs on the enemy. A Marine Expeditionary Brigade, the size of the force used during Bold Alligator, has a more defined purpose when assembled but still maintains a wide range of capabilities.

"If you look back on the island hopping campaigns back in World War II, any time they cut short the artillery preparation of the battlefield casualties were always a lot higher," said Stouffer. "If we skip out on Marine aviation, it's going to take a lot more lives to accomplish the goal. Having us there is saving lives."

Marines oust Army, take gold in 2012 Armed Forces Boxing Championship



STAFF SGT. WAYNE CAMPBELL

Marine Cpl. Tommy Roque, right, trades punches with Army Sgt. Toribio Ramirez during the finals of the 2012 Armed Forces Boxing Championship at Camp Pendleton, Calif., Feb. 3. Roque won the match 35-19. Roque fights for the Marine Corps in the 132lb. weight class. The Pentagon Channel covered all the action for its Armed Forces Boxing series, set to air March 9.

Life&Times

Facebook.com/MCASCherryPoint

February 16, 2011

'For my next trick I'll need a volunteer'



PHOTOS BY LANCE CPL. GLEN E. SANTY

Magicians and comedians Jeff and Kimberly Bornstein get audience participation from Sgt. Travis Bash, a quality assurance representative with Marine Aerial Refueler Transport Squadron 252, during "Operation Magic," a comedy and magic show that they performed at Miller's Landing aboard Marine Corps Air Station Cherry Point, Saturday. Bash was selected randomly, and he chose a puzzle piece from a bag, which in turn matched the piece missing from a completed puzzle.

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT, N.C.

FOLLOW @GESANTY_USMC

Filing into Miller's Landing aboard Marine Corps Air Station Cherry Point last Friday night, Marines and Sailors with families and friends found their seats and waited for the show to begin.

The evening's act, performed by Jeff and Kimberly Bornstein, and Steve Mills, presented the audience a combination of magic and comedy shows.

"It's a good date night and good way for couples to get out without going too far," said Cpl. William Diaz, an aviation operations specialist with Marine Aircraft Group 14. "I live five minutes from base and this gives us a chance to get out of the house and meet new people. It gives me and my significant other time together we don't usually get."

Mills began the show with a comedy routine.

"It's great performing for military audiences," he said. "They're always very appreciative and pay attention throughout the entire show."

Mills added that comedy is rewarding when there is interaction with the audience, watching people's reactions and getting in touch with who he's performing for.

After Mills performance came the main event of the evening, the Bornstein's "Operation Magic" show, which consisted of mind readings, magic and comedy.

The couple produces their own show and have been performing since 2004 for service members nationwide. Jeff, a producer and Army veteran, performed during Operation Iraqi Freedom in five different countries to include Iraq, Kuwait, Bahrain, Djibouti and Saudi Arabia, which consisted of 32 shows in 23 days.

"I think it's awesome to be here and this is an awesome opportunity," said Jeff, who is also a Hollywood actor and stuntman with appearances in "Leathal Weapon III" and "Star Trek IV." "These guys are the real heroes and warriors."

During the mind-reading portion of the show, Jeff and Kimberly asked random audience members to volunteer.

"This was my first time coming to something like this on Cherry Point," said Navy Chief Petty Officer Jason Vernier, a water survival instructor with the MCAS Cherry Point Aviation Survival Training Center. "The show was awesome and hard to figure out. Some of the tricks you could kind of get, but some there was no way to figure out. I'm still mulling them over in my head."

One trick included several random objects placed in a random audience member's hands. Kimberly was able to guess each of the objects by reading the thoughts of those holding them.

"Cherry Point has been one of my favorite places to perform," said Kimberly. "I was really getting a good vibe from the people. They were open minded, down to earth and fun."

At the end of the show, the Bornstein's and Mills signed autographs and sold T-shirts while the audience members asked them about some of the acts of the show. To no one's surprise, however, no secrets were revealed and the mystery of the amazing Bornsteins continues.

Magicians and comedians Jeff and Kimberly Bornstein pose for a photo with Navy Chief Petty Officer Jason Vernier, a water survival instructor with the MCAS Cherry Point Aviation Survival Training Center, at Miller's Landing aboard MCAS Cherry Point Friday night. Jeff and Kimberly produce their own show and have been performing for service members nationwide since 2004.



Magicians and comedians Jeff and Kimberly Bornstein perform their show, "Operation Magic," for Marines, Sailors and families at Miller's Landing aboard MCAS Cherry Point Friday night. The couple performed mind readings that included random audience volunteers' participation.



Comedian Steve Mills performs the opening act for the comedy show, "Operation Magic," performed for service members and their families at Miller's Landing aboard MCAS Cherry Point, Friday night. The comedy and magic show, organized and produced by Jeff and Kimberly Bornstein, came to the air station to boost morale.

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 8:30-11:00 a.m.,

Dinner 3-5 p.m.

FAST FOOD LINE

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-1 p.m.,

Dinner 4-6 p.m.

Breakfast Menu

Assorted fresh fruit, assorted hot and cold cereals, fried eggs and omelets to order, scrambled eggs and hard cooked eggs, grill special, pancakes, French toast or waffles, breakfast potatoes, breakfast meats, creamed beef or sausage gravy, assorted muffins, breads and breakfast pastries

Specialty Bar Menu

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 Feb. 16

Lunch - Cream of broccoli soup, Jamaican jerk chicken, creole macaroni, cilantro rice, succotash, balsamic roasted potatoes **Dinner** - Chicken and orzo soup, pork scallopini with herbed tomato sauce, baked stuffed shells, rice pilaf, marinara sauce, stewed chick peas with Zucchini, mixed vegetables

Friday Feb. 17

Lunch - New England clam chowder, maple glazed salmon, turkey pot pie with baking powder biscuits, long grain and wild rice, green beans, cauliflower polonaise **Dinner** - Turkey vegetable soup, mambo pork roast, lasagna, candied sweet potatoes, marinara sauce, steamed broccoli (Fresh), Mexican corn

Saturday Feb. 18

Lunch - Beef barley and onion soup, vegetable and black bean, enchiladas, chicken and broccoli casserole, confetti rice, Spanish style beans, steamed vegetable medley **Dinner** - Cream of chicken soup, java molasses pork loin, Swiss steak with mushroom gravy, Lyonnaise potatoes, buttered egg noodles, stewed tomatoes, peas

Sunday Feb. 19

Lunch - Vegetable beef supreme soup, baked citrus herb crusted fish, fried chicken, brown rice pilaf, red bliss mashed potatoes, cream gravy, green bean casserole, corn **Dinner** - Turkey noodle soup, creamy Cajun shrimp penne, meat loaf, roasted garlic mashed potatoes, brown gravy, Louisiana style smothered squash, okra melange

Monday Feb. 20

Lunch - Beef short ribs, chicken/vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots, minestrone soup **Dinner** - Braised pork chops, turkey meatloaf, buttered egg noodle, islander's rice, Lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

Tuesday Feb. 21

Lunch - Salmon w/tomato cucumber relish, chicken fried chicken, rice pilaf, mashed potatoes, sausage gravy, succotash, southern style greens, cream of potato soup **Dinner** - Roast beef, baked ziti with Italian sausage, parsley buttered potatoes, peas, vegetable stir fry, toasted garlic bread, Navy bean soup, horseradish sauce

Wednesday Feb. 22

Lunch - Santa Fe glazed chicken, baked smoked chicken, Southwest orzo pasta, whipped sweet potatoes, corn on the cob, simmered mustard greens, raisin sauce, chunky beef noodle soup **Dinner** - Swedish meatballs, spicy shrimp with cheesy grits, rice pilaf, French fried cauliflower, French cut green beans, brown gravy, chicken noodle soup

President's day weekend message

JOHN M. RUTH

MCAS CHERRY POINT SAFETY AND OCCUPATIONAL HEALTH

Presidents' Day, for those of us a bit older, may bring back some fond memories. Prior to President Richard M. Nixon combining both Lincoln's and Washington's Birthday into Presidents' Day in 1971, there were two holidays celebrated in February.

I recall many years ago having a serious discussion with my 2nd grade teacher over who the first President was. I truly believed it was Abraham Lincoln because his birthday, Feb. 12, was the first. Of course, we know that George Washington's birthday was Feb. 22. So, since Mr. Lincoln's birthday was the first one in February, he was obviously the first president, I thought. Back then we got off from school for two days in February!

We now celebrate this holiday on the third Monday of February to not only recognize Washington and Lincoln, but to the other 41 men that have held this great office as well. This holiday also has a special meaning for me since my immigrant Irish Grandmother, Margaret Casey Tierney, once worked for our 27th President of the United States, President William Howard Taft, and later on for his daughter, Anna Louisa, back in my hometown of Cincinnati. Grandma also called my brother, Jim, by his Irish name, "Shamus." And my great-uncle Bill was "Uncle Liam," but that's another story.

As with other holiday safety messages, we will continue to push prevention in all areas of safety. On Groundhog's Day this year, that furry little mammal saw his shadow, so we can expect a late spring. This is again an invitation to break out the heaters and get some more wood for the fireplace. Again, stress Fire Safety and have those heaters rechecked and get the old chimney cleaned by a professional.

As always, we continue to stress the importance of motor vehicle safety. Motor vehicle safety involves wearing seatbelts, planning your trip, proper maintenance of your motor vehicle, no drinking and driving, don't drive while you're tired, and other preventive measures. You may want to repack that emergency kit to include some cooler weather emergency items. You may also want to call ahead and let the relatives know when you're coming. Keep the cell phone charged, too. Did you manage your risks using the Operational Risk Management process for your trip? Did you use the Navy Safety Center's TRIPS application? Did you check for any road delays or road closures that could delay or cancel your trip?

If the weather forecast for this holiday weekend calls for winter-like weather within the liberty limits, some will take advantage and may take a trip to the mountains, go skiing, or whatever off-duty recreation they enjoy. The weather may also be spring-like and we'll continue those chores around the house like cleaning the garage, or even some spring-cleaning of the old homestead. Again, plan out those events and remember to stress prevention. Also, Valentine's Day was the 14th of this month. Was there the traditional candy and flowers for your special Valentine? As always, the best gift you can give your Valentine from your heart is YOU. You're pretty special. Remember that.

It only takes a 2nd to become a statistic. We'll be sharing the road with others wanting to enjoy their well-earned holiday weekend, too.

Again, as I have said before, "Don't become a statistic this holiday weekend or anytime," and have a safe weekend!

From the clinic: February is heart health month

Heart disease is the nation's number one killer for both men and women. It affects many people at midlife as well as into old age. According to the U.S. Centers for Disease Control and Prevention, of all U.S. deaths each year, 26% are caused by heart disease. The only other cause of death that comes close is cancer. The costs of heart disease in the United States will triple between now and 2030, to more than \$800 billion a year, according to a recent American Heart Association report.

Risk factors are health conditions or habits that increase the chances of developing a disease or having it worsen. Controllable major risk factors for heart disease include: smoking, obesity and being overweight, physical inactivity, diabetes mellitus, high cholesterol, high blood pressure, stress, alcohol and nutrition. Risk factors you can't control are your age, your gender and your family genetics.

Each risk factor counts and if you have more than one, they can "gang-up" and worsen each other's effects. But most risk factors can be controlled with lifestyle changes. Making changes to these risk factors can have major pay-offs. For instance, smokers have two to four times the risk of coronary heart disease as non-smokers, and the risk of death significantly decreases after quitting. Besides quitting smoking, heart-healthy actions include weight loss, physical activity, good nutrition, stress management and management of conditions such as diabetes, high cholesterol and high blood pressure.

The nicotine in tobacco such as cigarettes or smokeless, leads to reduced blood flow in the arteries. This reduced flow can lead to a heart attack. You need to quit.

High blood pressure, also known as hypertension, increases your risk of heart disease, stroke and congestive heart failure. There are several ways to control hypertension such as reducing your salt intake, stop tobacco use and regular exercise to get to a healthy weight. Your physician may also recommend medication to lower your blood pressure as well.

High blood cholesterol is an excess of cholesterol and fat in your blood build up in the walls of the vessels that supply blood to the heart. This build-up,

called plaque, can lead to blockages. You can lower your cholesterol by following a heart healthy eating plan, being physically active, maintaining a healthy weight and, if needed, taking medication.

Excess weight, or obesity can increase the risk of not only heart disease, but a host of other conditions, such as stroke, gallbladder disease, arthritis and some cancers. Even a small amount of weight loss (10% of your initial weight) can help lower your heart disease risk.

Even if you have no other risk factors, being physically inactive greatly boosts your chances of developing heart related problems. Try to do at least 30 minutes of moderate-intensity physical activity on most, if not all, days of the week. This includes brisk walking, light weightlifting, or even housecleaning or gardening. If you need to, divide the 30 minutes into shorter periods of at least 10 minutes each.

People with diabetes can be more prone to heart disease. About 11 million Americans have been diagnosed with diabetes and another 5.7 million don't know they have it. About two thirds of those patients with diabetes, die of heart or blood vessel disease.

Your medical provider and the folks at Health Promotions & Wellness of the Medical Homeport Clinic within the Naval Health Clinic can provide you the assistance you need. Come see us!

Source: National Heart, Lung and Blood Institute (NHLBI) at www.nhlbi.nih.gov

TRICARE ONLINE

For more information visit:

www.tricare.mil/pharmacy

www.tricare.mil/homedelivery

www.tricare.mil/subscription

www.facebook.com/tricare

www.twitter.com/tricare

<https://m.esrx.com>

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

Healthy weight management

MARINE CORPS TRAINING & EDUCATION COMMAND

MARINE CORPS BASE QUANTICO

• Healthy Weight Management Weight control should not be meeting the height-weight or body fat standard every six months through crash diets. It should not be a punishment for the Marine who "eats too much," and is not active in physical training sessions. Weight management programs can provide Marines with the tools they need to gain lean body mass, maintain body composition or lose body fat, and ultimately physically prepare them for combat.

• Body weight. The focus on the scale during weigh-in is misleading. The scale measures total body weight and does not differentiate between lean body mass (muscle, bone, organs, etc.) and fat mass. Lean body mass (LBM) is what a body weighs minus body fat. A Marine may increase lean body mass and lose fat, but remain at the same body weight, a good weight gain. Many individuals mistakenly believe that all a person needs to do to lose weight is eat less.

• Percent body fat. Marines who are "overweight" should be tested to determine their body fat percentage. When evaluating a Marine for weight management, leaders must consider that every Marine is different. Individuals should be educated about healthy nutritional lifestyles, how to physically train to lose fat and keep or build LBM and learn how to modify their eating behavior. Male Marines must maintain a body fat of 18 percent or below to avoid being placed on weight control; female Marines' body fat must remain 26 percent or below.

• The low-calorie diet. A low-calorie diet virtually guarantees an additional weight gain in the future. When individuals starve themselves to make weight, they lose a little fat, a

Station gym hours

Devil Dog Gym: 466-2713/4420/4192

Monday - Thursday: 3:30 a.m. - 10 p.m.

Friday: 3:30 a.m. - 8 p.m.

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

Hancock Fitness Center: 466-4018

Monday - Thursday: 5:30 a.m. - 7 p.m.

Friday: 5:30 a.m. - 5 p.m.

Closed weekends and holidays

Marine Dome: 466-2566

Monday - Thursday: 5 a.m. - 9 p.m.

Friday: 5 a.m. - 6 p.m.

Weekends and holidays: 1 - 5 p.m.

lot of LBM, and slow their metabolism. The body adjusts to maintain its slowed metabolism on fewer calories. When the Marine returns to his or her eating habits, the body stores the excess calories as fat. Additionally, since he or she now has less muscle mass, even fewer calories will be used than were burned prior to dieting. The same Marine will try to eat again to make weight. The body will adjust again by slowing its metabolism.

The result is a vicious cycle and is the reason some Marines are on and off weight control programs. Marines must be thoroughly educated and counseled on weight management to begin lifestyle changes, not quick fixes.

STATION THEATER
E Street

Movie Hotline: 466-3884
Visit us at www.mccscherriepoint.com

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

Thursday, February 16
6:00pm - Mission Impossible: Ghost Protocol PG 13

Friday, February 17
5:00pm - We Bought A Zoo PG
7:45pm - Girl With The Dragon Tattoo R

Saturday, February 18
2:00pm - We Bought A Zoo PG
4:45pm - Mission Impossible: Ghost Protocol PG 13
7:30pm - Girl With The Dragon Tattoo R

Sunday, February 19
2:00pm - We Bought A Zoo PG
4:45pm - Girl With The Dragon Tattoo R

Monday, February 20
2:00pm - Joyful Noise PG 13
4:30pm - The Darkest Hour PG 13

Tuesday, February 21
6:00pm - How To Train Your Dragon PG

MOVIE SYNOPSIS

Mission Impossible: Ghost Protocol - Starring: Tom Cruise, Jeremy Renner, Simon Pegg. Blamed for the terrorist bombing of the Kremlin, IMF operative Ethan Hunt is disavowed along with the rest of the agency when the President initiates "Ghost Protocol". Left without any resources or backup, Ethan must find a way to clear his agency's name and prevent another attack.

We Bought A Zoo - Starring: Matt Damon, Colin Firth, Thomas Haden Church. Benjamin Mee is a recently-widowed father who moves his family to a beautiful estate miles outside the city. The only catch is that the estate is also a dilapidated zoo replete with 200 animals, and the purchase of the home is conditional on the new owner keeping the zoo and its entire staff.

Girl With The Dragon Tattoo - Starring: Daniel Craig, Rooney Mara, Christopher Plummer. Mikael Blomkvist is a financial reporter determined to restore his honor after being convicted of libel. Engaged by one of Sweden's wealthiest industrialists, Henrik Vanger, to get to the bottom of the long-ago disappearance of his beloved niece, Harriet - murdered, Vanger believes, by a member of his large family.

Joyful Noise - Starring: Queen Latifah, Dolly Parton, Keke Palmer. The small town of Pacashua, Georgia, has fallen on hard times, but the people are counting on the Divinity Church Choir to lift their spirits by winning the National Joyful Noise Competition.

The Darkest Hour - Starring: Eddie Redmayne, Taron Egerton, Olivia Colman, Margot Robbie. A Viking teenager named Hiccup lives on the island of Berk, where fighting dragons is a way of life. When Hiccup is included in Dragon Training with the other Viking teens, he sees his chance to prove he has what it takes to be a fighter.

How To Train Your Dragon - Animation - Starring the voices: Craig Ferguson, Kristen Wiig, T.J. Miller. A Viking teenager named Hiccup lives on the island of Berk, where fighting dragons is a way of life. When Hiccup is included in Dragon Training with the other Viking teens, he sees his chance to prove he has what it takes to be a fighter.

Movies are subject to change without notice.

THE LOCAL BUZZ

Announcements

► Indicates new announcement

► North Carolina Symphony

The North Carolina Symphony is presenting a program entitled "Dvorak and America" at Meymandi Concert Hall in Raleigh, N.C., Friday.

The symphony will join forces with world-renowned music scholar Joseph Horowitz for an in-depth tour of Antonin Dvorak's Symphony No. 9, "From the New World." You'll learn about the American melodies that inspired one of the most beloved symphonies of all time. Then sit back and enjoy a complete performance of Dvorák's soaring masterpiece.

Please join us for a pre-concert talk in the West Pavilion lobby starting at 11:00am.

For more information including ticket prices visit <http://www.ncsymphony.org>.

► African-American History Presentation

Montford Point Marine Association, Cherry Point Chapter #36 will be hosting "Montford Point Marines 1942-1949" history presentation at the station theater Feb. 24.

The event will start at 10 a.m. and the keynote speaker will be the Rev. L. Shannon Sabsook who served as president of the Cherry Point Chapter from 1989-1995.

The event is free and open to the public.

For more information call Arnold Breckenridge at 466-7332 or email mpma36a@yahoo.com.

► Wynton Marsalis in Wilmington

Grammy award winning trumpeter, composer, bandleader and arts advocate, Wynton Marsalis, is performing wth the Lincoln Center Orchestra at the Kenan Auditorium, University of North Carolina-Wilmington Feb. 28 at 8 p.m.

Wynton Marsalis has helped propel jazz to the forefront of American culture.

His prominent position in American culture was solidified when he became the first jazz artist to be awarded the Pulitzer Prize.

He has produced a catalogue of more than 40 jazz and classical recordings for Columbia Jazz and Sony Classical, which have won him nine Grammy awards.

For tickets visit <http://bit.ly/wmarsalis>.

► Water Report Available

The North Carolina Clean Water Act of 1999 requires owners of a wastewater treatment works to make a System Annual Performance Report available to their customers upon request.

An annual performance report has been prepared and may be obtained free of charge by contacting Timothy Lawrence of the MCAS Cherry Point Environmental Affairs Department at 466-2754.

Tax Center Open

The Cherry Point tax center is open for business until April 17. Walk-in hours from 7:30 a.m.-4:30 p.m., Monday-Friday. Clients are accepted Wednesday from 4:30-7:30 p.m. by appointment only.

Services are offered to active-duty and retired service members. The Tax Center location has changed this year and is now in building 298, near the library and down the hall from the DEERS/RAPIDS office.

This is an IRS sponsored tax center where all Marines preparing taxes are trained and certified by the IRS. Free preparation services for basic federal and state tax returns is provided. The tax center cannot process tax returns/ forms for any documents/ itemized deductions listed below:

- Rental properties
 - Health savings accounts
 - Adoption expenses
 - Simple/SEP IRA distributions
 - Trust distributions
 - Cancellation of debts
 - Home foreclosures
- When you come to see a preparer, bring:
- Form W-2 wage and tax statement
 - Form 1099 MISC
 - Social security number and date of birth for all applicable dependants
 - Valid identification
 - All documents necessary for deductions and credits
 - If filing jointly, both parties must be present or a Power of Attorney for the non-present spouse must be provided
 - Voided blank checks with legible account and routing numbers will need to be provided for those desiring direct deposit. For more information call the Tax Center at 466-2001.

Marine and Family Programs

Marine, Family Programs Office Numbers

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

- Child Development Resource and Referral – 466-3595.

Now in Building 87

- Exceptional Family Member Program – 466-3305.
- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.

Library – 466-3552.

LifeLong Learning – 466-3500.

Military Family Life Consultant – 876-8016.

Retired Activities – 466-5548.

Budget for Baby

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

To register call 466-2031.

Breastfeeding Class

The Navy-Marine Corps Relief Society offers free breastfeeding classes to expectant mothers. The purpose of the class is to help prepare the mother to be ready and confident to breastfeed once the baby arrives.

To register call 466-2031.

Veterans' Assistance

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

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

LAIRD'S 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

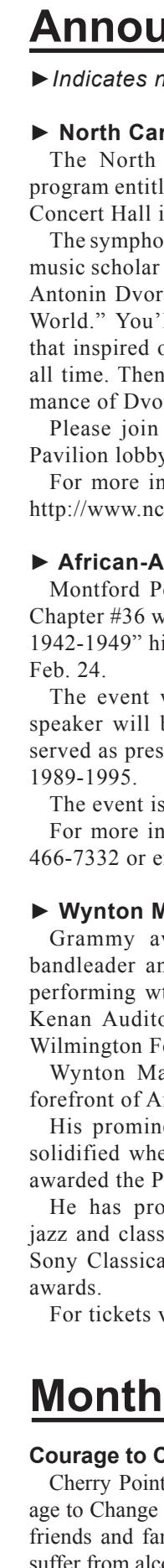
OUTSIDE AREAS

CARLAND

CENTENNIAL ENTERPRISES, INC.

STUDENT ASSISTANCE COMPANY

JOSHUA EXPERIENCE/ CLUB ACCESS



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.

Al-Anon Family Group Meeting

There are Al-Anon family group

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.

Progressive surveillance

Progressive surveillance is a technique whereby the terrorist observes a target for a short time from one position, withdraws for days or even weeks, then resumes surveillance from another position. This activity continues until the terrorist determines target suitability and/or noticeable patterns in the operation's or target's movements. This type of transient presence makes the surveillance much more difficult to detect or predict.

More sophisticated surveillance is likely to be accomplished over a long period of time. This type of surveillance tends to evade detection and improve the quality of information. Some terrorists perform surveillance of a target or target area over a period of months or even years. Public parks and other public gathering areas provide convenient venues for surveillance because it is not unusual for individuals or small groups in these areas to loiter or engage in leisure activities that could serve to cover surveillance activities.

OPERATION EAGLE EYES