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Chaplain's Stirring the pot. Corner : Again

CMDR. CARL P. KOCH
MCAS CHERRY POINT COMMAND CHAPLAIN

I've been accused of having some radical ideas. Ideas I should keep to myself. Stir my own pot. Leave well enough alone. "If it ain't broke, don't fix it." But here I am with another idea, and I think I'm about to stir another pot.

My musings are mine. I'm not speaking on behalf of the Navy Chaplain Corps. I'm not speaking on behalf of the commanding officer, executive officer, sergeant major, or even the protocol officer. But I know I'm going to stir a big, emotionally-charged pot.

I think some of my ideas have been met with pitchforks and torches. This is my own little brainstorm. Some might say it was a huge one that left nothing in its wake. Here's my latest pot-stirring radical idea:

The Navy and Marine Corps should close all state-side chapels.

Chapels are majestic money pit monuments to the past. They may have pretty stained glass windows, but I've not seen one Marine come to our chapel because of its stained glass and it's pretty nice. So I say, close it up, along with all other stateside chapels.

Chapels are usually empty. Used 3-5 hours per week by a handful or a hundred people. Chapels gobble up more than their fair share of limited maintenance dollars. Shutting them down could save the government millions per year.

Put chapel-based religious ministry teams in the market place of Marine and Sailor activity. The base chapel is NOT that place. Board up the windows. Turn off the lights. Lock the doors. I can already hear the sound of savings.

Okay, there are a few caveats to my proposal. Unlike certain political figures, I cannot

insist you accept my proposal before knowing the caveats. Close all stateside chapels unless:

1. The chapel is at a training command or a geographically isolated base. If a student population cannot drive to a place of worship "outside the gate," leave the chapel open so they have a place to go. Same goes for geographically isolated bases.
2. The chapel can be turned into a multi-purpose facility. For a few hundred thousand dollars, most chapels could be transformed into state-of-the-art auditoriums. This change would increase use by tenant and base commands and justify the cost of maintaining the building. It is first and always a chapel and worshippers would benefit from improvements.
3. Finally, close chapels unless congregations currently utilizing them are actively engaged in intentional, target-audience-appropriate outreach toward Marines, Sailors and their families. This does not mean an organ concert or a few new banners.

Budget cuts are a reality. I believe the Navy and Marine Corps cannot afford to maintain warehouse sized spaces for the infrequent use of a handful of people with fond memories of the past.

If chapels and the congregations that use them aren't serving a purpose that serves our young active duty and their families, how do we justify either the expense or our existence?

Okay, I'm done stirring. I hope to see you Sunday. We have outreach to do.

Celebrating 100 years of Marine aviation



Troops with Company K, 3rd Battalion, 5th Marines, grab hold of their shelters to keep from blowing away in the down wash of a CH-46 helicopter delivering supplies to their position at Landing Zone Ike, Vietnam, in 1969. An upgrade class of the CH-46 is still used by Marines today at Marine Transport Squadron 1, where the HH-46E Sea Knight is used for search and rescue missions around Marine Corps Air Station Cherry Point.

The Windsock

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REMEMBER TO RECYCLE

Sgt. Donald F. Marshall

Job Title: Assistant Data Chief
Unit: MWSS-271
Hometown: Wyoming, Mich.
Age: 24
Date Joined: Oct. 9, 2007

Sgt. Donald F. Marshall is the assistant data chief for Marine Wing Support Squadron 271, where he is in charge of all the data information in the squadron.

"It is my job to ensure all computer systems are set up properly," Marshall said. "While I am deployed, I have the additional duties of putting together the commanding officers' command center."

Marshall said he enjoys his job, and it shows in the uplifting support he gives his Marines.

"My favorite part of my job is teaching the junior Marines everything I know and seeing the light bulb turn on when they begin to understand," said a smiling Marshall.

Marshall was named the MWSS-271 and Marine Aircraft Group 14 noncommissioned officer of the quarter for his dedication and leadership.

"It was an honor and a reassurance that I am doing a good job," he said. "My Marines get to brag that they have the best shop. Before they had no proof of it, but now they can point to my photo or my award and say 'see we have the best NCO and he is making us better.' I am honored and thrilled to be serving these Marines."

Highlight Your Marine or Sailor Superstar

Call or email The Windsock
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Highlighting Cherry Point's Warriors

LANCE CPL. CORY D. POLOM

Behind the scenes at the gas chamber



PHOTOS BY LANCE CPL. CORY D. POLOM

Chlorobenzylidene malononitrile gas or CS, is dumped onto a hot plate in its powder form, which combined with heat causes a chemical reaction releasing CS gas into the gas chamber aboard Marine Corps Air Station Cherry Point April 11.

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

FOLLOW @STSTEWARTUSMC

Chemical, biological, radiological, and nuclear defense specialists helped bolster Marines' trust and confidence in their equipment while in a chemically unsafe environment during training in the gas chamber aboard Marine Corps Air Station Cherry Point, Wednesday.

The purpose of the training is to ensure Marines are prepared to don protective gear and operate in a potentially dangerous environment.

The CBRN Marines run the chamber 2-3 times a week, conducting what's dubbed an individual protection equipment confidence exercise.

"Marines need to look at this training as an environment, not just as annual training," said Gunnery Sgt. Robert M. Taylor, CBRN inspection chief at the chamber.

Taylor further explained that the chamber is an environment change, just as if it was sunny and then starts to rain.

"We change what we wear and how we act depending on the environment we are in," he said.

The job of a CBRN specialist is to pass vital information on to other Marines. They give classes in a way to get through to all Marines, so the information is better retained.

"If we are teaching classes, we have to make sure everyone is where they need to be," said Sgt. Lewis C. McCormick, a CBRN range chief at the chamber. "It can be very stressful sometimes to keep track of the Marines and make sure they are retaining the information."

"When we don't have the chamber going we have classes to improve on our instructor skills," he said. "We take out gear to ensure it works well and that we know how to use it properly."

"It's important that if Marines find themselves in a chemically unsafe environment, they know their gear is going to help them, protect them, and get them home safely to their families," said McCormick.

If a chemical attack happens in real life, Marines are not going to know when or where it happens and it won't be in a chamber, said Taylor.

"The most rewarding part of my job is seeing new people every day and teaching them some of what I know, so if they are ever in a situation, they can reflect back to what I've taught them," McCormick said.

Chlorobenzylidene malononitrile gas or CS, activates after being poured onto a hot plate by Sgt. Jean-Pierre Dumond, a biological, radiological and nuclear defense specialist, inside the gas chamber aboard MCAS Cherry Point April 11.



Marines with Marine Aircraft Group 14 prepare their Mission Oriented Protective Posture Gear outside the gas chamber aboard MCAS Cherry Point while getting their safety brief from CBRN specialists April 11.



Lance Cpl. Christopher J. Denno, a CBRN specialist, distributes CS powder around the hot plate releasing gas into the gas chamber aboard MCAS Cherry Point April 11.



Sgt. Jean-Pierre Dumond, a CBRN specialist, assists a MAG-14 Marine with removing the hood of his MOPP gear in order to break the seal of his gas mask inside the gas chamber aboard MCAS Cherry Point April 11.



PHOTOS BY CPL. TYLER J. BOLKEN

Families gather at the Marine Corps Air Station Cherry Point Chapel for the air station's annual Easter egg hunt April 8. The non-denominational chapel held Sunday morning services before the gathering on the chapel lawn.

Cherry Point Marine families congregate, then hunt



Staff Sgt. Jai Le, a communications chief with Marine Wing Communications Squadron 28, snaps a shot of his 5-year-old son, Jett, prowling for eggs during MCAS Cherry Point's annual Easter egg hunt at the air station chapel Sunday. "I think he got enough eggs," said Le, smiling down at his son.

CPL. TYLER J. BOLKEN

MCAS CHERRY POINT

FOLLOW @BOLKSBLITRUSMC

Donning their best dress with baskets in hand, several families filed around the Marine Corps Air Station Cherry Point Chapel April 8 for the air station's annual Easter egg hunt.

The non-denominational chapel held Sunday morning services before the gathering on the chapel lawn.

"Three, two, one – go!" counted down religious personal assistant, Seaman Analiza Gordy, sprawling the candy-crazed children into an egg frenzied free-for-all.

"Holiday occasions are when families can focus on each other," said Cmdr. Carl P. Koch, command chaplain at the air station. "Everybody's got their cameras, photographing for the sake of capturing those memorable moments."

One Marine, set to deploy to Afghanistan soon, said the day spent with his family was especially enjoyable.

"I think he got enough eggs," Staff Sgt. Jai Le said, smiling down at his 5-year-old son, Jett.

Le, a communications chief with Marine Wing Communications Squadron 28, said he, his wife and children usually go home to Louisiana for Easter, but with the upcoming deployment going home this weekend wasn't workable.

"This is the first Easter we've spent just the four of us," he said. "But it was nice to spend it with the people here at the chapel who we consider family."

As for the kids, most of them seemed happy enough just to be leaving with full Easter baskets.



Candy-crazed children sprawl into an egg frenzied free-for-all during MCAS Cherry Point's annual Easter egg hunt at the air station chapel Sunday. "Everybody's got their cameras, photographing for the sake of capturing those memorable moments," said Cmdr. Carl P. Koch, command chaplain at the air station.

Gunfighters aid 1st Light Armored Reconnaissance insertion



CPL. ISAAC LAMBERTH

Crew members from Marine Light Attack Helicopter Squadron 369 make final preparations to lift off in their UH-1Y Venom helicopter. Marines from the squadron provided air support for 1st Light Armored Reconnaissance Battalion Marines as they searched for improvised explosive device-making material in Helmand province, Afghanistan, March 15.

CPL. ISAAC LAMBERTH

3RD MARINE AIRCRAFT WING (FWD)

CAMP BASTION, Afghanistan – An hour before the break of dawn, Marines on the flight line of Camp Bastion, Afghanistan, were abuzz with the day's upcoming operations; one of which included providing close air support for their brothers on the ground.

Prior to heading into a hostile area, two helicopters, a UH-1Y Venom and an AH-1W Cobra from Marine Light Attack Helicopter Squadron 369, also known as the "Gunfighters," fired their door-mounted machine guns. The final function check of their weapons reassured the crews they would be ready to engage enemy forces if necessary.

The duo then flew south and circled over a location suspected of containing IED-making materials.

To check the suspected location, a platoon of Marines from 1st Light Armored Reconnaissance Battalion arrived in MV-22B Ospreys, from Marine Medium Tiltrotor Squadron 365, as the Gunfighters provided overwatch.

Arriving from the north, the Ospreys landed in a cloud of dust. Within seconds of touching down, the Marines of 1st LAR poured out of them. As quickly as the helicopters landed, they left, leaving the Ma-

lines on the ground to begin their search.

Capt. Josh McClellan, a pilot with HMLA-369, said the mission was to support ground troops and stop the manufacturing of IEDs.

While the Marines of 1st LAR were on the ground, the two helicopters from HMLA-369 were carefully scanning overhead for any suspicious activity, and ready to repulse any insurgent attack.

McClellan, of Mt. Juliet, Tenn., said providing air support is crucial to Marines in the event they are attacked.

"We are here to deter anybody from attacking the guys on the ground," he said. "If they do, we can nullify the threat."

Lance Cpl. Devin Yang, a scout with 2nd Platoon, Charlie Company, 1st LAR, said having 3rd MAW (Fwd) helicopters nearby was a comforting sight.

"Seeing the Cobras made us all feel safer," said Yang, of Tomah, Wis. "Since we are so far from friendly forces, the Cobra [and Venom] were welcome support."

Sgt. David Garcia, a crew chief for HMLA-369, said the helicopters have large-caliber machine guns, rockets and missile systems, which can greatly assist ground troops and save lives.

Garcia, of Glendale, Ariz., said the helicopters can deal serious firepower if needed.



CPL. ISAAC LAMBERTH

Cpl. Lucas Chambers (left) of Robbins, Tenn., a door gunner, and Sgt. David Garcia, of Glendale, Ariz., a crew chief, both from Marine Light Attack Helicopter Squadron 369, scan for suspicious activity while providing air support for Marines from 1st LAR Battalion in Helmand province, Afghanistan, March 15.

"If they [Marines] engage insurgents, we are here to help them out," he added.

McClellan said fortunately the mission did not require the Gunfighters to engage

but if they are needed to in the future, they will be ready to assist ground troops in a moment's notice.

FAREWELL from page A1

went to swear in, the National Guard officer wasn't there and they sent me to lunch. I walked out and saw a Marine on the pull-up bars in a pair of those old flimsy red shorts we used to wear, sweaty and everything, coming back from a run. He asked me what I was looking at.

"I said nothing and kept on walking," Bailey continued. "Now this is a 17-year-old kid in high school, and when I came back from chow, the Marine was standing in his office, which I had to walk past to go down to the National Guard office to swear in."

The Marine was in his dress blues in front of the mirror and again asked Bailey what he was looking at.

"I went into his office and that was all it took," said Bailey, of enlisting in December 1981. "I knew right then and have never looked back."

With uncles and a brother who served in the Army and National Guard, Bailey's family is no stranger to the military. But it was the Marine recruiter's opportunistic influence that stuck, and something Bailey wanted to pay forward when he later became a recruiter. It was the most rewarding part of his career, he said.

"I gave a lot of young individuals an opportunity to leave their hometown and do positive things," said Bailey, who recruited out of Redding, Penn.

"His commitment to helping individuals made him a tremendous mentor to all of the Marines and Sailors on the air station, as well as myself," said Col. Philip J. Zimmerman, commanding officer of MCAS Cherry Point.

Bailey and Zimmerman worked together for more than a year and a half, and Zimmerman said not one day went by that Bailey wasn't there for him, the Marines and the air station.

"Taking care of Marines and making sure everybody is treated equally, that's what I prided my career on the whole time," said Bailey.

Maness, previously the sergeant major of Combat Logistics Battalion 3 at Marine Corps Base Hawaii, Kaneohe Bay, said she's honored to have been selected to follow a Marine with 30 years of commitment.

"I'm looking forward to working with the Marines and the community," she said, with a motto of keeping it simple. "I can't wait to get to work."

RETURN from page A1

had been in more than a decade, providing a good example of our expeditionary capabilities."

"This has been a long seven months," said Mollie Todd, wife of Sgt. James D. Todd, an individual material readiness list asset manager with VMAQ-1. "My strong faith and the great friends and neighbors I have around me made this deployment more bearable."

James said he is proud of the squadron's accomplishments and there is no better feeling than being back home.

"While we were there, we did our job to the best of our abilities to ensure the success of the VMAQ-1 mission," he said. "What drove me to get home safely was the support of my beautiful wife. It is an awesome relief to finally be back."

The squadron's remaining Marines and aircraft returned to the air station early this week, after relinquishing their duties to VMAQ-2 as the electronic warfare component for U.S. Central Command in Afghanistan March 26.

"Every Marine joins to do something that is bigger than himself," said Gordon. "We are in the business of supporting the national defense of the United States. Those who wear this uniform take pride and honor in defending our country. The Marines with VMAQ-1 have taken great strides to ensure the borders stay safe while on this deployment and I am extremely proud of them for a job well done."

HUNT from page A1

appear on this page tomorrow morning at 9 a.m. EST."

Each morning at 9 a.m. a new clue will be posted on the page the previous clue led participants to find. This cycle will continue until April 22 when the final clue is posted. All comments must be made to the congratulatory post of the final clue by 11:59 p.m., April 22.

April 23 all the comments will be analyzed to determine first, second and third place. The winner will be the first person to not only solve the final clue, but must also have solved every clue during the hunt.

The first, second and third place scavengers will be featured on the air show Facebook page as the cover photo, along with a brief introduction post on the timeline as well.

In addition, the first place winner will receive an official air show T-shirt, hat, poster, meeting with various performers and preferred seating in the Terrace Chalet for the winner and a guest. Second and third place will not go empty handed, each will receive various air show gear and additional prizes as well.

Rules for the game, along with a few hints, will be posted to www.facebook.com/TheAirShow throughout the week of April 9-13 to help future scavengers get an idea of where these clues may lead them.

This is the first time Facebook has been used by MCAS Cherry Point to conduct a scavenger hunt of any kind. The goal is to increase participant awareness of Marine Corps aviation as the air station prepares to "Celebrate the Heritage" through our air show May 4-6. This heritage includes a celebration of the Marine Corps aviation centennial, the 70th anniversary of MCAS Cherry Point and our multi-cultural heritage.

REALIGNMENT from page A1

the new changes with the squadron would be fairly transparent to them.

"Your commanding officer will report to me with whatever he needs, and I will support you just like I support all of my other squadrons. I want to make sure you get cared for the same way you did when you fell under Group 27," said Shorter.

The entire Marine Corps, in some manner, is going through some type of reorganization, said King.

"The changes in the amount and size of units and the number of personnel are all part of changes for a more lethal, mobile and flexible force," he said.

King used his opportunity to speak with the Marines as a chance to encourage and motivate them.

"You all are truly the workhorses of the wing," he said. "There is no other squadron here that can do what you do."

King said he really wanted to convey that MWSS-271 and MAG-14 must come together as one large team in order to accomplish their mission.

"With more and more operations being expeditionary, our combined efforts will continue to make the impossible possible," he said.

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PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

Sgt. Shane P. Santelli, a motor transport chief with 2nd Low Altitude Air Defense Battalion, adds the final additions to one of his paintings April 3, in the squadron's headquarters building aboard Marine Corps Air Station Cherry Point. Santelli recently started his own art studio, based out of his house. He donates 70 percent of the proceeds from the sale of his paintings to military friendly organizations.

Sergeant therapeutically paints through PTSD healing process

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

FOLLOW @ACLEOPATRAUSMC

On the outside looking in, Sgt. Shane P. Santelli is an outspoken, motivated Marine. On the inside, he is a creative soul striving to reach the masses using his talents as an artist to help others going through struggles similar to his post-traumatic stress disorder.

Santelli, a motor transport chief with 2nd Low Altitude Air Defense Battalion aboard Marine Corps Air Station Cherry Point, sustained a traumatic brain injury while on patrol in Delaram, Afghanistan, in 2010.

"I sustained a TBI from an improvised explosive device blast," he said. While recovering from his injuries, Santelli sought a creative outlet to help him deal with his injuries, and he identified painting as an outlet to express himself.

"I literally just picked up a brush and started painting," he said. But Santelli isn't a stranger to art. Even though he's been only painting since October, he's been drawing since high school.

"The way he portrays his feelings on canvas is therapeutic to him," said Lt. Col. Joel A. Burdette, commanding officer of 2nd LAAD Bn.

Burdette shares Santelli's love of abstract art. "I like his work because a lot of it is exceptionally abstract," he said. "His work often has meanings that are two or three layers deep. He takes his work very personal, and when you look at his paintings you can see how he struggles with things."

Burdette says that there is one of Santelli's paintings in particular that he really enjoys. In the painting a Marine is depicted going through a struggle. At the bottom, the devil who represents post traumatic stress disorder pulls the Marine in a downward direction. Meanwhile, St. Michael pulls the Marine upwards. Burdette says he is mesmerized every time he sees the painting.

Santelli named the piece 'The Ultimate Struggle,' and said the canvas encapsulates his whole reason for painting.

"It depicts my struggle with PTSD," he said. "You may not even notice you have it until something happens and you really see PTSD for what it really is. When you suffer from it, there are things that happen to you mentally that you just can't explain."

"Sergeant Santelli donated five of his paintings to Cherry Point's Officer Spouses Club's Time, Talent and Treasure Auction," said Burdette. "All of his pieces were sold at the auction, and 70 percent of the proceeds from his paintings were given to 2nd LAAD."

Donating his paintings was his way of giving back by doing something he enjoys, said Santelli.

Santelli recently started his own art studio, based out of his house. Fifty percent of the proceeds of his paintings are donated to military friendly organizations. He is also

sponsored by the Graffiti of War Project, an organization that promotes unconventional art created by military members.

"I hope he gets the gratification from seeing how much people really enjoy his art work," Burdette said. "I can only imagine how rewarding it must feel to know that people want to hang his artwork in their house."

Burdette said he's inspired by Santelli's creativity and passion. "Believe it or not, Santelli was actually going to be a professional chef," he said. "He



Sgt. Shane P. Santelli, a motor transport chief with 2nd LAAD Battalion, dabs paint from his palette onto the canvas of a painting he is finishing April 3 in the 2nd LAAD headquarters building aboard Marine Corps Air Station Cherry Point.

is a fantastic chef, but I think he is now realizing that his creativity lies more so in his art work. I encourage him and support him in all of his endeavors. His expression through art is something that people can really relate to and appreciate."

Santelli says that his goal is to help inspire those who are suffering to find their own creative outlets.

"Art therapy really does help, whether you have artistic abilities or not," he said. "Throwing paint on something allows you to just release some of the pain and torment you might be feeling. I want to be able to bring this to light."



Sgt. Shane P. Santelli, a motor transport chief with 2nd LAAD Battalion, displays one of his most recent paintings. In the painting a Marine is depicted going through a struggle. At the bottom, the devil who represents PTSD pulls the Marine in a downward direction. Meanwhile, St. Michael pulls the Marine upward.



Sgt. Shane P. Santelli, a motor transport chief with 2nd LAAD Battalion, stands and takes time to admire his work in the 2nd LAAD headquarters building aboard Marine Corps Air Station Cherry Point April 3. Santelli began painting in 2011 as a way to help him express himself after suffering a traumatic injury in Delaram, Afghanistan, in 2010. "I literally just picked up a brush and started painting," he said.

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 April 12

Lunch - Green chili and corn stew, Indian spiced roast chicken, long grain and wild rice, steamed broccoli, Harvard beets, chicken with rice soup, Dinner - Lemon chicken, salisbury steak, oven brown potatoes, Spanish rice, sauteed mushrooms and onions, southern style greens, brown gravy, bean with bacon soup

Friday April 13

Lunch - Baked fish with spinach topping, chicken and cheese enchiladas, golden jewel multigrain blend, Yucatan style rice, steamed vegetable medley, herbed green beans, New England fish chowder, Dinner - Stuffed green peppers, grilled bratwurst, steamed rice, lyonnaise potatoes, sauteed zucchini, German sauerkraut, Louisiana seafood gumbo

Saturday April 14

Lunch - Mesquite roasted pork loin, chicken provencal, red beans with rice, Italian roasted potatoes, mixed vegetables, broccoli polonaise, lentil vegetable soup, Dinner - Grilled steak, Asian BBQ turkey, baked macaroni with cheese, baked potatoes, steamed baby carrots, asparagus, mulligatawny soup

Sunday April 15

Lunch - Honey BBQ chicken, vegetable lasagna, fraconia potatoes, Italian vegetable blend, simmered pinto beans, Minnesota wild rice soup, Dinner - Beef and corn pie, French fried shrimp, French fried fish, tater tots, turnips and bacon, vegetable stir fry, cabbage and white bean soup

Monday April 16

Lunch - Open faced steak sandwich, cajun lightning chicken, rice pilaf, green beans nicoise, sauteed summer squash with tomato, Dinner - Vegetarian split pea soup, spaghetti with meat sauce, BBQ spareribs, scalloped potatoes, steamed broccoli

Tuesday April 17

Lunch- Louisiana chicken and sausage gumbo, southern fried catfish fillets, turkey with vegetable, primavera, roasted zucchini, potatoes au gratin, calico cabbage, hush puppies, Dinner - Tomato noodle soup, Yankee pot roast, Casablanca vegetable stew, oven browned potatoes, steamed rice, brown gravy, corn on the cob, sweet sour greens

Wednesday April 18

Lunch - Hearty winter vegetable soup, maple mustard pork loin, chicken parmesan, whipped sweet potatoes, penne rigate noodles, marinara sauce, ratatouille broccoli cheese and rice, breadsticks, Dinner - Chicken tortilla soup, Texas BBQ beef brisket, baked tuna and noodles, baked macaroni and cheese, vegetable stir fry, beans fiesta

Guard against bicycle theft

Provost Marshal's Office

MCAS Cherry Point

As you drive through any of our station housing areas you'll undoubtedly take note of the neat houses with well kept lawns, and in the carports of some houses you will see bicycles hanging there in the hopes that they'll still be there the next morning.

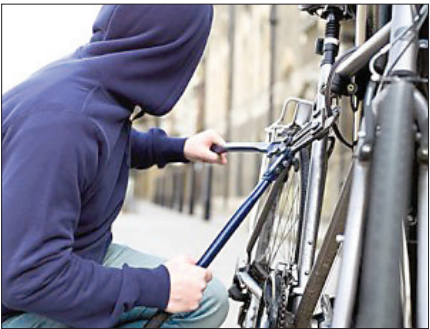
Unfortunately, some of those people will walk outside one morning to find their bicycle missing. All too often PMO receives the telephone call and dispatches military police out to take the report, but are unable to provide much assistance because the victim is unable to provide identifying information on the bicycle. For the MP's to locate the missing bicycle the owner needs to be prepared to provide PMO with identifying information such as make, model, serial number, the receipt if possible, or pictures of the bicycle if they are available. While PMO will do everything within their means to locate

stolen property and return it to the rightful owner, it is very difficult to locate and positively identify stolen bicycles without the proper information.

And let us not forget that the best way to prevent having the MP's arrive at your house is to make your bicycle a hard target. If possible, store your bicycle inside, or at least chain and lock your bike to an immovable object. The vast majority of bicycles stolen aboard the air station were left unsecured and unattended. Thieves normally like the easy target so they don't have to risk being spotted while cutting a chain or lock.

Considering it's very easy to spend well over \$750 on a bike today, some more than \$1,000, the time spent to protect it is time well spent.

If you've had property stolen or have lost personal property, don't forget to check the PMO Lost and Found Property from time to time. If you wish to check the turned-in items for your missing property, please call 466-3037/6368.



The truth about anxiety and stress

Mark Underwood

Quincy Bioscience

In the 1970s Ricky Nelson song, "Garden Party," one of the refrains says, "You can't please everyone so you've got to please yourself." That may ring true to you if you're constantly stressed about making everyone around you happy.

Have you ever wondered how some people are able to conquer worrying about everything all the time? First off, they probably know that worry, stress and anxiety can lead to fear, tension, anxiety, anger, and exhaustion. That's why they've decided to make changes in their lives.

Some studies have shown that changing lifestyle practices can help decrease stress and improve the quality of your life even beyond your best expectations. According to the American Institute of Stress, over 110 million Americans take medication for stress related causes every week. Those numbers go up when the holidays come along. People who are already predisposed to stress often find themselves feeling blue and more stressed out than usual.

Worry less, enjoy life more

Most of us worry about things that make us feel stressed, but some people spend an excessive amount of time worrying about tomorrow. Someone once said, "Don't tell me that worry isn't good for you. I know better. The things I worry about don't happen." Many chronic worrywarts probably wish they could change the way they view the world, but they simply don't know how to stop worrisome thoughts.

Stress is a natural reaction to an enfolding possible problem. When we feel stressed and start worrying, those thoughts trigger an alarm in the brain, telling our bodies that something may be wrong. The fight or flight response calls in the nervous system and asks it to respond. Hormones are released, jolting the body into action. Muscles become tense, pulse increases, and breathing increases. Heightening the senses during a crisis is essential to survival. This is a natural and important biological response.

The problem is some people can't shut off worrying. Keep in mind our bodies are designed for short bursts of stressful activity, but ongoing daily stress often means that the system has been left 'on' to respond. If you often feel stressed and tired, you may be getting signals that your body is over-worked. Stress varies from person to person, but it can involve mental, physical or behavioral changes. If you have difficulty concentrating, have headaches, tight muscles or have difficulty sleeping, these may be stress signals you shouldn't ignore. Some people may experience a combination of signals. Ultimately, if stress and anxiety are not resolved, it may impact your ability to work effectively. It can also increase the risk of injury and disease.

Make new lifestyle choices

• Learn relaxation and mindfulness techniques.

• Have a healthy diet. When we have a healthy diet

and get adequate rest, we tend to remain healthy and feel positive about ourselves. Good sleep and nutrition also help maintain more steady levels of our so-called stress hormones, which keep us more stable emotionally.

• Exercise. For people who are prone to anxiety there's real evidence that regular, moderate exercise can have anti-anxiety and antidepressant effects.

• Maintain a positive attitude. Stay focused on the good things going on in your life. Reflect on your successes instead of things that are out of your control.

• Write down your worries. Journaling what worries you may help pinpoint the real core of some problem so you can work on them more objectively.

• Take time out for you. Engage in activities that make you feel energized and rejuvenated. That may be as simple as taking a quiet walk, practicing yoga or learning a new hobby. The important thing is to find things to do that give you pleasure instead of sitting around worrying. You can manage stress by averting your attention to new lifestyle choices. This will help you live a better life while coping with life's pitfalls.



MCAS Cherry Point

STATION THEATER

E Street

Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

Adults only \$4 • Kids (4-12) only \$3

NOW SHOWING

Thursday, April 12

6:00pm - Gone PG 13

Friday, April 13

5:00pm - Dr. Suess' the Lorax PG

7:15pm - Gone PG 13

9:30pm - Wanderlust R

Saturday, April 14

2:00pm - Dr. Suess' the Lorax PG

4:00pm - Dr. Suess' the Lorax PG

6:15pm - Gone PG 13

8:30pm - Wanderlust R

Sunday, April 15

3:00pm - Sneak Preview: The Lucky One (doors open at 1:30pm)

Tuesday, April 17

6:00pm - Aladdin G

Wednesday, April 18

6:00pm - Act of Valor R

MOVIE SYNOPSIS

Gone - Starring: Amanda Seyfried, Daniel Surjata, Jennifer Carpenter. Jill Parrish comes home from a night shift to discover her sister Molly has been abducted. Jill, having escaped from a kidnapping a year before, is convinced that the same serial killer has come back and taken Molly. Since the killer leaves no trace, the police don't have any evidence and can't help her. Afraid that Molly will be dead by sunrise, Jill sets out alone on a nail-biting chase to come face-to-face with the killer. Will she have enough time to find and outwit him, expose his secrets and save her sister?

Dr. Suess' the Lorax - Animation - Starring the voices of: Danny DeVito, Ed Helms, Zac Efron. A boy searches for the one thing that will enable him to win the affection of the girl of his dreams. To find it he must discover the story of the Lorax, the grumpy yet charming creature who fights to protect his world.

Wanderlust - Starring: Paul Rudd, Jennifer Aniston, Malin Akerman. George and Linda are an overextended, stressed out Manhattan couple. After George is downsized out of his job, they find themselves with only one option: to move in with George's awful brother in Atlanta.

The Lucky One - Starring: Zac Efron, Taylor Schilling, Blythe Danner. U.S. Marine Sergeant Logan Thibault returns from his third tour of duty in Iraq, with the one thing he credits with keeping him alive - a photograph he found of a woman he doesn't even know. Learning her name is Beth and where she lives, he shows up at her door, and ends up taking a job at her family-run local kennel. Despite her initial mistrust and the complications in her life, a romance develops between them, giving Logan hope that Beth could be much more than his good luck charm.

Aladdin - Animation - Starring the voices of: Lea Salonga, Scott Weinger, Robin Williams. A tale of love and fantasy involving a street wise urchin, Aladdin, a beautiful princess and a magical genie.

Act of Valor - Starring: Rosalyn Sanchez, Jason Cottle, Nestor Serrano. When a mission to recover a kidnapped CIA operative unexpectedly results in the discovery of an imminent, terrifying global threat, an elite team of highly trained Navy SEALs must immediately embark on a heart-stopping secret operation, the outcome of which will determine the fate of us all.

Movies are subject to change without notice

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

Marine Dome: 466-2566

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

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

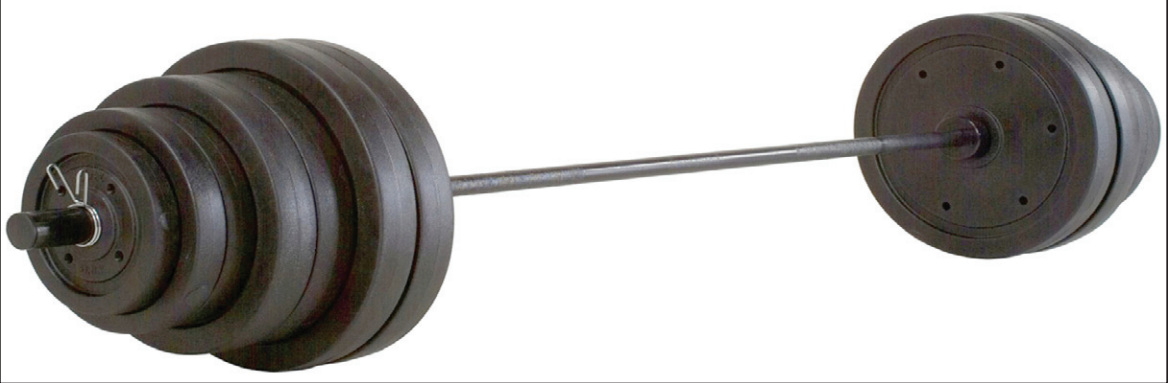
Weekends and holidays: 1 - 5 p.m.

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



The Local Buzz

Announcements

► Indicates new announcement

Patriotic Volunteers Needed

Come grab a brush and dab some red, white or blue and live history as volunteers restore the greatest symbol of our country to Havelock Saturday.

The American Flag was destroyed by vandals in March of this year at the city park in Havelock. The city is looking for volunteers who intend to restore the flag by painting it on the back of the stage where it has been since the 1960's.

The final brush stroke placed on the project will signal the band and all in attendance to sing a rousing chorus of "God bless America"

For more information, contact Jeff Crane 652-6323.

Lecture on Fort Macon and the Civil War

Paul Branch, the author of two novels about Fort Macon, is scheduled to discuss the battle and siege of Fort Macon Saturday.

The free lecture held at Fort Macon at 3 p.m. will look at the overall history of the fort from 1756 to 1945 with emphasis on the Civil War.

For more information, call 728-7317.

Music of Bach and Leclair to Come to New Bern

As part of Tryon Palace's spring Garden Lovers Weekend, the Ensemble Vermillian will perform a baroque celebration of the music of Bach and Leclair Sunday.

The concert is in Cullman Performance Hall at the North Carolina History Center, 529 S. Front Street in New Bern. Performance time is 3 p.m. and seating begins at 2:30 p.m. Tickets are \$20 for adults and \$5 for students and are available by phone at 800-676-1560 or 639-3525 or at the North Carolina History Center. Seating is general admission.

► National Park Week Free Admission

The National Park Service and the National Park Foundation invite people everywhere to enjoy, explore, learn, share and give back to America's nearly 400 national parks during National Park Week April 21-29.

National parks will mark the annual celebration with special events and activities including Volunteer Day April 21, Earth Day April 22, and Junior Ranger Day April 28.

Park visitors can plan their National Park Week and find information about events, special activities for visitors of all ages and how to support the parks at <http://www.nationalparkweek.org>.

New Bern Flag Football

New Bern Parks and Recreation is putting together a 4-on-4 flag football league that will begin April 29 and run through June 24.

All games will be played at Kafer Park in New Bern.

Registration fee is \$25 per person. To register go to the West New Bern Recreation Center front office no later than April 23.

For more information, contact Trevor Freitas 639-2907 or by email freitast@newbern-nc.org

Advanced Riders Courses

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

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

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

For more information, contact your motorcycle mentorship program president or installation safety office, or register at <http://bit.ly/cherrypointtrackday>.

► Native Plant Festival

The North Carolina Coastal Federation is hosting a free native plant festival April 27.

The event will be full of native plants, flowers, shrubs and trees. The event will be held at the North Carolina Coastal Federation building in Newport from 3-7 p.m.

For more information, contact 393-8185.

Hope for the Warriors

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

The race will be held at Jacksonville High School May 19.

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

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

Marine and Family Programs

Marine, Family Programs Office Numbers

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

• Child Development Resource and Referral – 466-3595.

Now in Building 87

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

- Library – 466-3552.
- LifeLong Learning – 466-3500.
- Military Family Life Consultant – 876-8016.
- Retired Activities – 466-5548.

Budget for Baby

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

To register call 466-2031.

Breastfeeding Class

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

To register call 466-2031.

Veterans' Assistance

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

Monthly and Weekly Events

Courage to Change

Cherry Point and Havelock Courage to Change support group is 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

Alcoholics Anonymous meetings aboard the air station are held Wednesdays and Thursdays at 8 p.m. The meetings take place in Room 208 of Building 229, next to the Cherry Tree House.

For more information, call 447-2109.

Al-Anon Family Group Meeting

Al-Anon family group meetings are held Tuesdays at 8 p.m. for family members and friends of individuals with possible alcohol problems. 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.

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

Domestic Violence Victims

Support groups for victims of domestic violence are 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

Cherry Point's 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 the third Tuesday of each month at the Senior Center in Havelock at 7 p.m.

For information, contact Cris Young at 259-3427.

Enlisted spouses club

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

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

Friday, Saturday Night Events for Children

The Bridge Youth Center on Harker's Island is for children 6-18 to participate in recreational activities Friday and Saturday evenings. For more information contact Patrick J. Tivnan at 843-709-0732.

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.

Be aware of suspicious persons

Watch for anyone who does not appear to belong in the workplace, neighborhood, or business establishment near the air station.



OPERATION EAGLE EYES

Off Limits MCAS CHERRY POINT AREA

98 CENT ONLY STORE
(BIG DADDY) WESLEY'S GROCERY
COASTAL SMOKE SHOP
EXPRESSIONS
FRIDAY'S NIGHT CLUB (AKA CLUB INSOMNIA, CLUB CLASSICS, INFINITY LOUNGE)
H&D EXPRESS AKA CITGO
NADINE'S FOOD MART
SUPER EXPRESSWAY
TOBACCO OUTLET (HAVELOCK AND NEW BERN)
TOBACCO SHOP & GIFTS (BEAUFORT AND NEW BERN)
TOBACCO TOWN
TOBACCO SHOP (NEWPORT, N.C.)
TWIN RIVERS (NOT THE MALL)
WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

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

OUTSIDE AREAS

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