

# Welcome home 2nd MAW

2nd MAW transfers authority to 3rd MAW in Afghanistan

CPL. LISA TOURTELLO

3rd MAW (Fwd.) FOLLOW @3rdMAWFWD  
**CAMP LEATHERNECK, Afghanistan** — More than 3,000 Marines with the 3rd Marine Aircraft Wing (Forward) officially assumed aviation responsibilities in the Regional Command Southwest area of operations Feb. 29, aboard Camp Leatherneck, Afghanistan.

The 3rd MAW (Fwd.) Marines relieved 2nd Marine Aircraft Wing (Forward), headquartered aboard Marine Corps Air Station Cherry Point, N.C. The East Coast wing has been the primary Marine Corps aviation asset in support of NATO International Security Assistance Force operations since early 2011.

Brig. Gen. Gregg A. Sturdevant took command of 3rd MAW (Fwd.) when the unit mobilized for deployment earlier this year.

"It's going to be a big year of change," said Sturdevant in an interview with Gretel Kovach of U-T San Diego prior to deployment. "Our total end strength is going to change, our mission is going to change somewhat. ... But I think the demand for aviation will at a minimum stay the same, if not increase."

Sturdevant further elaborated, "When the Afghans are asked to stand more on their own two feet or take more of a lead, with them not having an air wing to depend on, we are going to be their go-to guys."

The San Diego-based wing will provide command and control of aviation



LANCE CPL. SCOTT L. TOMASZYCKI

**Caitlin Murphy, 4, rushes to embrace her father, Maj. Jeffrey T. Murphy, Saturday, after a more than a yearlong deployment to Afghanistan with the 2nd Marine Aircraft Wing (Forward). Murphy is the aviation safety officer for the wing, which flew approximately 70,000 combat sorties in 60,000 hours of flight time.**

## 2nd MAW returns from Afghanistan

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

FOLLOW @zck1USMC

After a yearlong combat deployment to southern Afghanistan, more than 80 Marines with 2nd Marine Aircraft Wing (Forward) returned to Marine Corps Air Station Cherry Point March 3.

Since deploying to Afghanistan Feb. 9, 2011, the wing was responsible for approximately 70,000 combat sorties in 60,000 flight hours, in support of 4,000 medical evacuations and an average of 22 special operations per month, said Maj. Gen. Glenn M. Walters, commanding general of 2nd MAW (Fwd.).

Airstrikes played a critical role in Afghanistan, read a congratulatory message from Lt. Gen. Thomas D. Waldhauser, commander of U.S. Marine Corps Force Central Command, to Walters and his Marines.

The message went on to say the wing was

critical in destroying insurgent lines of communication and disrupting the enemy's freedom of movement in the battle space.

"It was long and tedious, working 12 to 16 hour days every day, sometimes longer," said Cpl. Colin J. Wine, a system administrator for Marine Wing Headquarters Squadron 2. "You're working every single day all year, that's your life. You gain valuable experience in your job field. It's just a good experience to go forward and see what the Marines actually do."

Many Marines are assigned billets that do not fall inside their original job field, added Wine. The cross training was an added benefit of the deployment.

The affect of the separation brought on by a more than year long deployment was evident

See FINAL RETURN page A7

See MASS-1 page A7

Support squadron returns after 7-month tour to Afghanistan

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT FOLLOW @STSTEWARTUSMC

Ten Marines with Marine Air Support Squadron 1, returned to Marine Corps Air Station Cherry Point, N.C., Friday, after a seven-month deployment to Afghanistan.

The Marines provided Marine air command and control systems for the wing.

"The Marines did great out there," said Lt. Col. John R. Siary, commanding officer of MASS-1. "I'm very proud."

While deployed the Marines were spread throughout seven different forward operating bases, said Siary. One of the hardest parts of the deployment was getting the Marines ready to deploy because they came from several different squadrons and detachments.

"We started out with 425 Marines on the deployment," said Siary. "After the December surge recovery hit, we were knocked down to 315."

This was the last part of MASS-1 coming home, and the Marines are very happy to be back, Siary said.

"The only thing I want to do is hug my family," said Gunnery Sgt. Scott A. Pifer, an administration specialist with MASS-1.

That's exactly what Pifer did. As he got off the bus his family was waiting for him. He grabbed his son, lifted him into the air and held him.

"It was truly a memorable deployment, the most memorable deployment I've had," Siary said.

He said spending the holidays

See CHANGEOVER page A7

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The new Marines.com website is designed to more dynamically illustrate the history, impact and journey of America's elite warriors.

## Corps launches more realistic, in-depth website

PUBLIC AFFAIRS

MARINE CORPS RECRUITING COMMAND

FOLLOW @USMARINECORPS

The Marine Corps announced the re-launch of its website, <http://www.Marines.com>, Feb. 29, designed to more dynamically illustrate the history, impact and journey of America's elite warriors. With more than 150 creative video depictions of real-life Marine training and missions, the site offers an authentic glimpse into what makes a Marine.

New features include more than 500 photos and videos, the ability to personalize content and improve navigational storytelling to show a side of Marines previously only known by the few men and women who serve in the Corps.

"We redesigned Marines.com to tell our story, share our achievements and highlight the development of America's best and brightest youth," said Capt. Frederick Evert, lead generation officer, Ma-

rine Corps Recruiting Command. "The new site provides a range of tools and information as youth embark on one of the most important decisions a citizen can make."

The site reflects how Marines have continued to evolve and grow, like today's diverse society they protect, to fight a wider array of battles and a greater spectrum of threats.

Additionally, this resource is one of the first introductions to Marine Corps career opportunities and works to meet today's growing social culture and highlight alignment with the generational youth aspirations for public service and education.

The Marines are dedicated to providing information and tools potential recruits can leverage as they set off on an unwavering and relentless process that

See MARINES.COM page A7

**Daylight Savings Time means:**

**Change to desert MARPAT, sleeves down**

**Sunday March 11**



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# Chaplain's Corner : Confronting Differences

CMRD. PHILIP KING

MAG-14

Warriors – belief too often divides us. The first family story in the Bible is not a happy one. It is one of murder over different offerings to God. Such rage and division has crossed eons of history to this very day, affecting all of us. What compels us to such animosity rather than cooperation? Is it possible to discuss and deal with differences without becoming, or acting like enemies?

Homecoming is a sacred time in the military. This time marks a long awaited, deeply anticipated experience of welcome and love, of gratitude and joy. And yet even our most sacred time is too often marred by differences; differences of expectation, differences in understanding, difficulty communicating and adjusting, even changes that happened that we did not want or welcome.

To combat these problems while transitioning back home from deployment, we undergo seemingly endless briefs on re-integration. During OIF, units would spend two weeks in Kuwait, and be subjected to hours of monotone Power Point recitations by some pretty dry facilitators. It was not a good experience. I asked the trainers once why they took two weeks to do what was essentially

a few hours of real training. I was told that because so many problems erupted from sending Marines and Soldiers home directly from a combat zone, the two weeks was considered a "decompression time." As a shipboard Sailor, returning from deployment could take up to six weeks, depending where you were on the globe. While I'd never really thought of that coming home time as decompression, I must admit it did afford us some mental transition space between the world of deployment and the lives we'd left back in the States.

Ultimately, the heart of the experience and training of reintegration and decompression is getting along with our family and friends back home. On the one hand, these homecomings adjustments are quite individual, as each Marine and family member brings their own unique strengths, struggles and sense of resilience to their distinctive issues. On the other hand, homecoming adjustment is all about our community; the ones we left and are now returning to, and the ones we shared while deployed. This life movement, migration as it were, is unsettling, but also exciting in the opportunities it gives us to see life from different perspectives.

As we return from deployment, or PCS, or face a job

or life change, we need to be honest regarding the passion and emotion rising from our differences and ways of coping; conflicting emotions can too often serve to stir a witch's brew of animosity that are better dealt with by a spirit of gratitude and love. Even Warriors love, and we love with more passion because we understand what it is to go without. This is an essential aspect of homecoming, and reintegration.

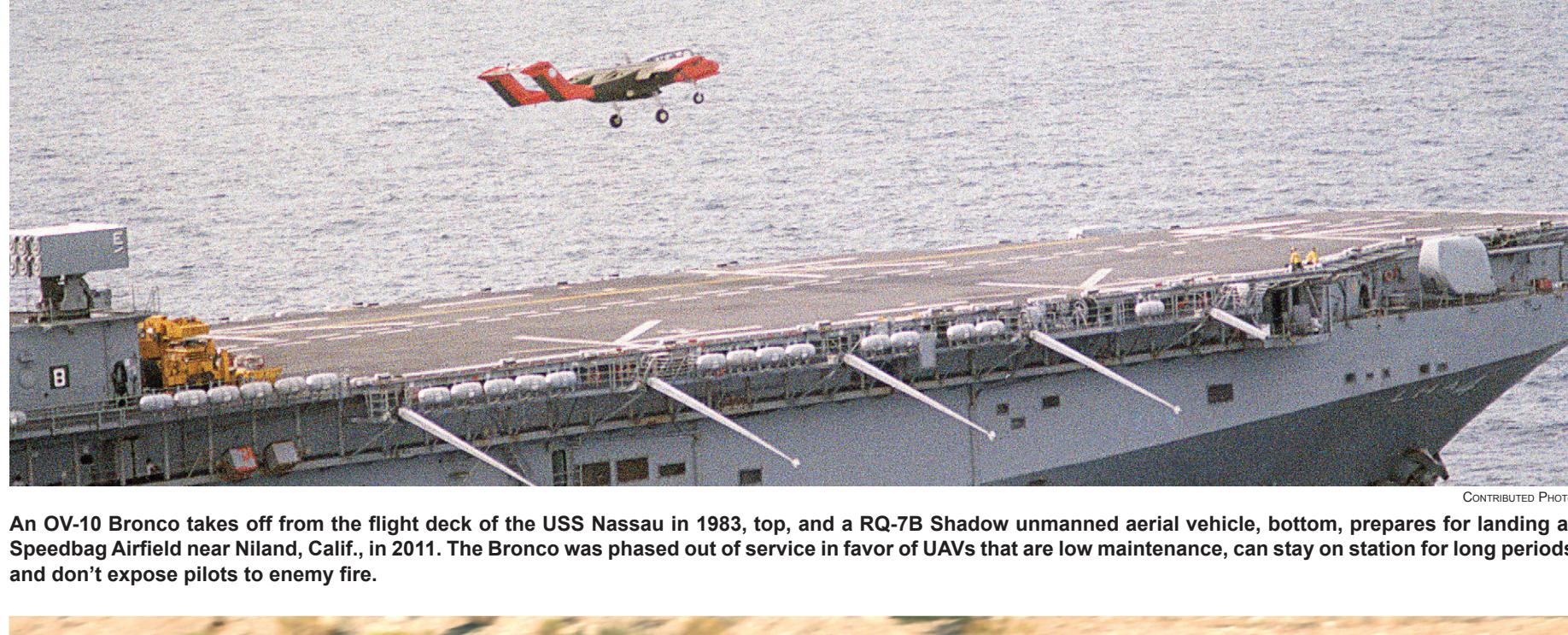
As Marines, Sailors and families in the service of America, especially those whose combat tours have left them scarred regarding our "enemies," we all share in the struggle to maintain a disciplined view and objectivity regarding manageable differences that have power to afflict and divide us deeply.

Ultimately, our enemies have taken many forms across time, and we have faced them on countless fields of fire. Despite what animosity and division may have arise during an absence, our enemies are not the ones we return home to.

Compassion, reason and understanding are the best tools of reintegration. Love and gratitude never fail to serve us well in hardship and in hope.

We must be willing to fight to remember that.

## Celebrating 100 years of Marine Corps aviation



CONTRIBUTED PHOTO

An OV-10 Bronco takes off from the flight deck of the USS Nassau in 1983, top, and a RQ-7B Shadow unmanned aerial vehicle, bottom, prepares for landing at Speedbag Airfield near Niland, Calif., in 2011. The Bronco was phased out of service in favor of UAVs that are low maintenance, can stay on station for long periods and don't expose pilots to enemy fire.



CONTRIBUTED PHOTO

## The Windsock

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## Flyby

Highlighting Cherry Point's Warriors



Lance Cpl. Daniel Dawson

**Job Title:** Crew chief/ Aircraft Rescue Firefighter

**Unit:** MWSS-271

**Hometown:** Checotah, Okla.

**Age:** 21

**Date Joined:** Jan. 10, 2010

Lance Cpl. Daniel Dawson holds two separate billets with Marine Wing Support Squadron 271. He is a crew chief and aircraft rescue firefighter, what his co-workers have dubbed a "rescueman."

"I love doing my job, and I joined to be a firefighter," said Dawson, a 21-year-old native of Checotah, Okla. "If you think for one second this is actually a job then something is wrong. It's not a job, it's a passion."

The camaraderie with the Marines makes the job all the better.

Dawson has been in fire services for roughly five years and is currently a volunteer at the Western Carteret Fire and Emergency Medical Services.

"If I'm not here, I'm running full time with the city department," Dawson said. "What I get out of it is the chance to preserve life and property, emphasis on life coming first."

Fighting fires for the first time is a cocktail of nerves and adrenaline that one can really understand until going through it, said Dawson.

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# Leadership Experience



**Sam S. Rollings**, a small business owner in Beaufort, N.C., fires a practice stinger missile launcher in 2nd Low Altitude Air Defense Battalion's indoor weapons simulator during a tour of Marine Corps Air Station Cherry Point Feb. 29. Rollings is a member of the Leadership Carteret County Chamber of Commerce Executive Leadership Program. The group came aboard the air station to gain insight into what Cherry Point Marines and Sailors do.

## Carteret County leaders tour air station, gain insight

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

FOLLOW @ACLEOPATRAUSMC

Watching two Marine Corps Air Station Cherry Point Marines raise the flag during morning colors aboard the air station Feb. 29, 31 members of Leadership Carteret held their hands over their heart as their eyes followed the flag gliding up the flag pole.

The leadership group, organized by Carteret County Chamber of Commerce, tours the air station each year to see and gain insight into what Cherry Point Marines and Sailors do.

When colors concluded, Col. Philip J. Zimmerman, commanding officer of the air station, greeted the group near the flag pole in front of the base headquarters building, their first stop of the day.

"Welcome to Marine Corps Air Station Cherry Point," he said. "Hopefully as you experience different sites, you will gain more understanding of what it is that we do here."

Leadership Carteret exists to help local business executives, small business owners and their employees gain leadership qualities they can put to use in their community. Many of the members of the program aspire to hold positions in local groups and organizations.

The tour is done annually to keep the community caught up with what's happening at the air station, said Vanessa W. Lawrence, community plans and liaison specialist for the air station.

Fostering good relations between MCAS Cherry Point and Carteret County can thus create a positive economic impact, Laurence added.

Before getting on their tour bus, group members took time to shake Zimmerman's hand before heading to Fleet Readiness Center East, the largest employer of Carteret County residents, said Lawrence.

At the facility, the tour group walked through the plant and viewed various aspects of operation such as safety

procedures, equipment handling and how aircraft get repaired.

After learning about aircraft and what processes need to be taken to repair them, they were off to visit the HH-46D SeaKnight helicopters known as "Pedro" at Marine Transport Squadron 1 on the flight line.

"It is vital for the group to see Pedro because most of the search and rescue missions take place in and around Carteret County," said Lawrence.

While on the flight line, there were also demonstrations done by Marines from Explosive Ordnance Disposal. They showed how they handle bomb threats using their bomb diffusing robots.

Next, the group headed across the flight line to the air traffic control tower to observe how the Marines communicate with aircraft. While there, they had a chance to interact with the air traffic control Marines in the radar room and the weather room.

"It was very neat to see how they predict forecasts in the weather room," said Sam S. Rollings, owner of a small business in Beaufort, N.C. "I had no idea that they could do half of the things they do."

After leaving the tower, the group had lunch at the mess hall.

Lunch was great, said Desiree M. Erickson, an information technology technician with Sound Bank in Morehead City, N.C. "It was nice to eat at the chow hall with the Marines. The food was really good, I could even smell the aromas while standing outside."

The group's next stop on their tour guided them to 2nd Low Altitude Air Defense Battalion's indoor weapons simulator, where the participants were able to fire practice stinger missile launchers.

Firing the stinger missile launcher was a once in a lifetime opportunity, said Sharon Tetterton, an employee at an apartment complex in Newport, N.C. "I had a great experience here today. I do not have anything negative to

say about any aspect."

The group also got a close-up look at Marine Unmanned Aerial Vehicle Squadron 2's aircraft and the working dogs at the Provost Marshals Office.

"Every part of the tour really had a specific link to this group," said Lawrence. "This was one of the most personable and outgoing tour groups. They asked a lot of questions. That really showed their level of engagement and awareness of the air station."



**Mary J. Woodard**, an employee of a real estate business, based out of Emerald Isle, N.C., holds a practice stinger missile launcher outside 2nd Low Altitude Air Defense Battalion's indoor weapons simulator, during a tour of Marine Corps Air Station Cherry Point Wednesday. Woodard is a member of the Carteret County Chamber of Commerce Executive Leadership Program.



Christopher S. Vandiford, the director of maintenance for a local real estate business based out of Emerald Isle, N.C., tries on an Explosive Ordnance Disposal helmet during a tour of MCAS Cherry Point Wednesday.



**Master Sgt. Todd M. Corbin**, the Explosive Ordnance Disposal platoon sergeant, gives a demonstration to members of the Carteret County Chamber of Commerce Executive Leadership Program during their tour of MCAS Cherry Point Wednesday. The demo included bomb diffusing robots used to handle bomb threats.



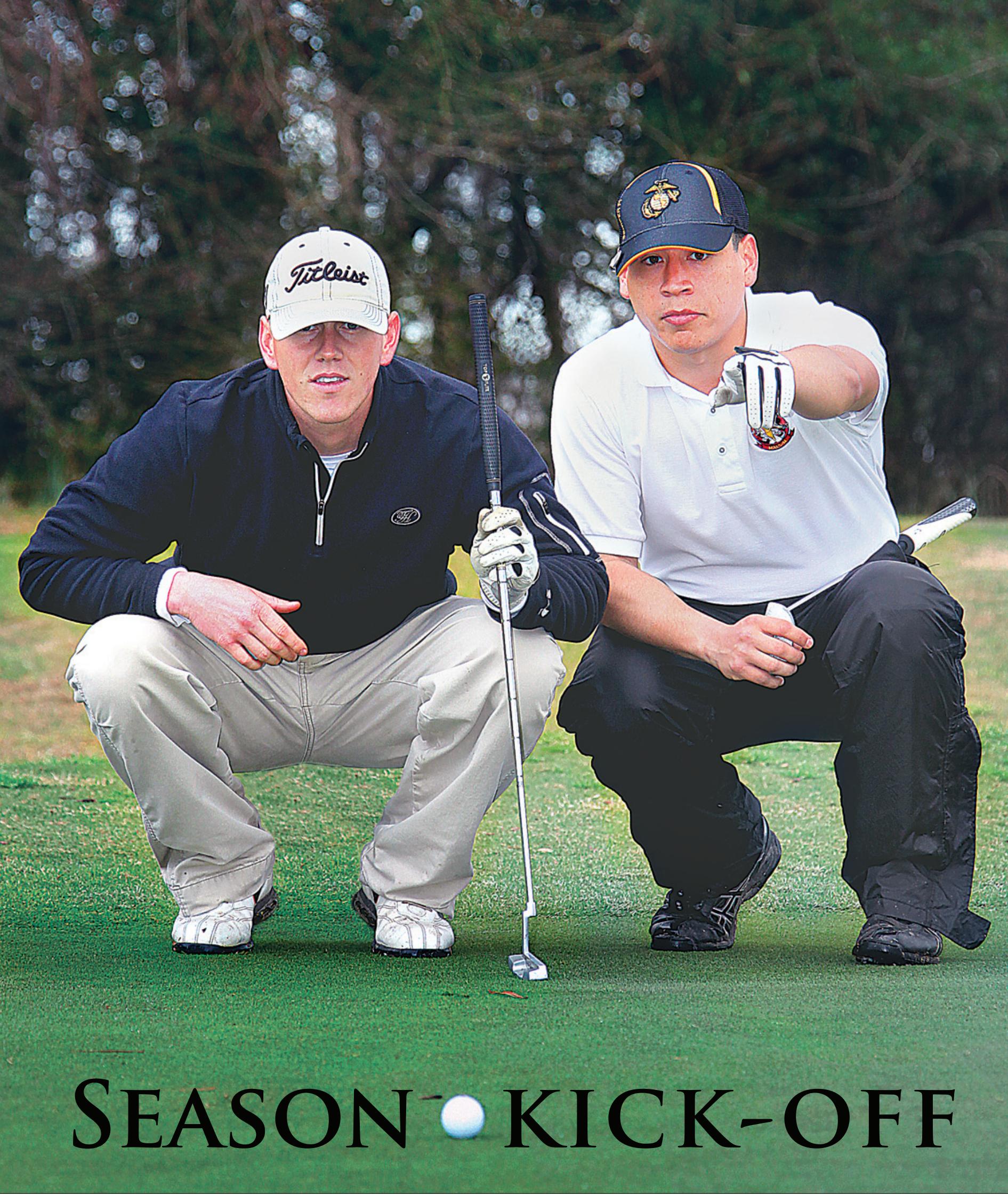
A Marine with Marine Transport Squadron 1 explains the functions, capacities and missions of the HH-46D SeaKnight helicopters known as "Pedro" during a tour of Cherry Point Wednesday.

# Medical evacuation



CPL. BRYAN NYGAARD

Petty Officer Third Class Michael Soto, the corpsman for Bridge Platoon, Alpha Company, 9th Engineer Support Battalion, directs litter-bearers as they load an injured Marine into a helicopter during a medical evacuation in the district of Garmisir, Helmand province, Jan. 30. Soto, a native of Lake Villa, Ill., has been with 9th ESB for the past year and is the primary caregiver to the Marines of bridge platoon as they serve on the frontlines of Afghanistan.



# SEASON KICK-OFF

Ricky R. Canales helps his golf partner, Brady A. Lamb, read the break in the green for a putt on the second hole during the Marine Corps Community Services 4-Club Chili Open Golf Tournament at the Cherry Point Sound of Freedom Golf Course, Saturday. Canales is a consolidated automated support systems technician for the EA-6B Harrier with Marine Aviation Logistics Squadron 14, and Lamb is an electronics technician with MALS-14.

## Cherry Point golfers compete in first tournament of year

**LANCE CPL. CORY D. POLOM**

MCAS CHERRY POINT, N.C.

FOLLOW @CoryPOLOM

Intermittent rain showers couldn't stop determined Cherry Point golfers, Saturday, during the Marine Corps Community Services 4-Club Chili Open Golf Tournament at the Cherry Point Sound of Freedom Golf Course.

There were 10 two-man teams battling it out for the first place prize of two \$40 gift cards from the golf course pro shop.

"This tournament tests a golfer's ability to adapt in many ways," said Ralph J. Ferree II, the Sound of Freedom golf pro. "The golfers only get to use four of their clubs to compete. This makes them change up their play."

Ferree added that the weather was a factor in the choices of clubs because the wet conditions made the ball fly differently and forced teams to adjust their strategies.

"It was hard to find a four club combination that would allow me the perfect club for each situation," said Brady A. Lamb, an electronics technician with Marine Aviation Logistics Squadron 14. "I had to adapt and overcome in this tournament."

The winning team consisted of Marines from MALS-14. Sean Jahr, an assistance aviation chief with MALS-14, and Jeffrey W. Beaty, an avionics staff noncommissioned officer in charge with MALS-14, finished their 18-hole round with a final tally of 51, which is a 21 under par for the course.



Brady A. Lamb, an electronics technician with MALS-14, reads the break in the green before putting during the tournament Saturday.

# *UFC Athlete visits VMFAT-501*



CONTRIBUTED PHOTO

Ultimate Fighting Championship Interim Welterweight Champion Carlos Condit, left, talks to Marines with Marine Fighter Attack Training Squadron 501 at Eglin Air Force Base, Fla., Friday. Condit was previously part of a group of UFC fighters who visited service members in Afghanistan in June 2008. Condit showed an interest in visiting and paying tribute to service members and their families.

## CHANGEOVER from page A1

capabilities to support operations with the Marine Air-Ground Task Force, British Task Force Helmand, Afghan National Security Forces, as well as Georgian and Bahrani military forces, explained Maj. Mark Zimmer, the 3rd MAW (Fwd.) future plans officer. During the transfer of authority ceremony, Sturdevant said Maj. Gen. Glenn Walters and 2nd MAW (Fwd.) have taken aviation combat war fighting to a new level and hopes 3rd MAW (Fwd.) can maintain the same level of excellence.



CPL. LISA TOURTELOT

**Brig. Gen. Gregg Sturdevant, commanding general of 3rd Marine Aircraft Wing (Forward), and Sgt. Maj. Rodolfo Arrieta, sergeant major of 3rd MAW (Fwd.), uncase the organizational colors for the wing during a transfer of authority ceremony at Camp Leatherneck, Afghanistan, Feb. 29.**

## MASS-1 from page A1

with the Marines on the deployment was one of the best part. The Marines grew closer and their families played a big part.

"I just want to say thanks to the families of the Marines," Siary said. "They helped out a lot and were very supportive during the deployment."

# Always ready

**LANCE CPL. CORY D. POLOM**

MCAS CHERRY POINT

The "Roadrunners" with Marine Transport Squadron 1's search and rescue teams train hard every day to maintain muscle memory and keep their skills fresh.

Marines and Sailors of VMR-1 worked on their communication skills when they conducted Doppler training March 1.

"In today's training the crew chief is tasked with directing the pilot to a pick-up a simulated casualty," said Cpl. Corey Showers, the search and rescue noncommissioned officer in charge with VMR-1. "When a pilot is above water they have to deal with the illusion of moving backwards because the rotor wash from the helicopter makes it feel like they are moving."

"That is where the crew chief comes in. While he is lowering a swimmer down he is also talking to the pilot letting him know when to move forward, left or right."

Also during the training the crew took a trip to Greenville, N.C. to conduct a few roof top landings on the helicopter pad at Vidant Medical Center.



**An HH-46E Sea Knight from Marine Corps Air Station Cherry Point lands on the Vidant Medical Center helicopter pad, in Greenville, N.C., March 1.**

## MARINES.COM from page A1

tests mind, body and character. The site includes a registration tool that personalizes information and updates, answers questions, connects directly to recruiters and takes users on a journey to determine what it takes to be a Marine.

More features on the new Marines.com include:

- Personalized account management that provides answers to questions and is aligned with user interests.
- A "Career Tool" that allows users to answer questions to gain a better understanding of the many career opportunities available in the Marine Corps.
- An enhanced video library that allows users to save a queue of videos to see and better understand the few who wear the Marine Corps uniform as they complete their missions.
- The "Becoming a Marine" section that walks users through the intensive 12-week recruit training with videos that allow users to visualize key milestones, such as overcoming the 11 unique challenges of the Confidence Course and earning the Marine Corps Emblem.
- Comprehensive social media integration that allows for almost every feature on the new website to be shared through properties such as Facebook and Twitter.

## FINAL RETURN from page A1

when the Marines were finally able to reunite with their families.

"Returning was almost surreal, because we waited so long to get back and it didn't seem real until I actually saw them," said Sgt. Amanda McGhee, who returned to her family who came down from Maryland.

It was great to see my family here and everyone that was supporting us, said McGhee, a helicopter landing zone manager for MWHS-2.



LANCE CPL. SCOTT L. TOMASZYCKI

**Friends and family of Marines with 2nd MAW (Fwd.) cheer and wave as buses carrying their loved ones arrive in the parking lot of the training and education building Saturday. The wing returned to Cherry Point from its combat deployment to southern Afghanistan.**



SGT. JOHN JACKSON

**Staff Sgt. Aron Szekely, mission commander, Engineer Support Company, 9th Engineer Support Battalion, 1st Marine Logistics Group (Forward) looks on as Cpl. Robert Beich, a heavy equipment operator with Engineer Support Co., 9th ESB, 1st MLG (FWD) improves the grade of a hill during a road improvement mission in Helmand province, Afghanistan, Feb. 15. With the road improvements, the route will be easier to travel by coalition forces and the local Afghan population.**

# Heavy equipment operators pave way for safer Afghanistan

**Sgt. John Jackson**

1ST MARINE LOGISTICS GROUP (FWD)

**HELMAND PROVINCE, Afghanistan —** Heavy equipment operators with Engineer Support Company, 9th Engineer Support Battalion, 1st Marine Logistics Group (Forward) began road improvements on a frequently traveled route outside Musa Qal'ah, Feb. 15.

By improving the road, the Marines are making it easier and safer for military convoys and local civilians alike to travel through the area.

In addition to the added safety the road improvements bring to the area, the mission also helps to build better relationships with the local Afghan population.

"It's important for us to be out here doing [the road improvement] not only to make it safer for us and the Afghans, but it also helps us to improve our relations with the population," said Staff Sgt. Aron Szekely, mission commander for the road improvement project, Engineer Support Co., 9th ESB, 1st MLG (Fwd). "It's beneficial for us and the locals to have better roads in the area."

Though the road improvements will be advantageous for coalition forces and the local populace, there are still challenges the Marines face before the project is complete.

"The terrain in the area makes it difficult," said Szekely, 33, from Tampa, Fla. "Ensuring that we keep our equipment operational so we can make the improvements is a challenge."

According to Szekely, the Marines will improve the route by grading the existing path and leveling the terrain. Once the route is level, the potholes are filled and the hills are at a passable grade, gravel will be spread, wet down and com-

pacted. Additionally, the Marines will add culverts under the road and ditches to the side of it to help water drainage, making the end result a much easier traveled route for tactical and civilian-owned vehicles alike.

Despite the challenges the terrain brings, the heavy equipment operators are determined to accomplish the mission.

"The terrain is rough here, but we have already improved roads in the area, and the Marines are well prepared to get this mission complete as well," said Sgt. Guadalupe Cortez, a heavy equipment operator with Engineer Support Company, 9th ESB, 1st MLG (Fwd). "The Marines have taken what they learned from predeployment training and from the missions we have already done, and now they are really coming together. They are doing a great job."

According to Szekely, the 10 heavy equipment operators will improve the road to make it approximately 25-30 feet wide, making it suitable for two lanes of traffic. Additionally, the Marines will make the hills much easier to climb by leveling them to a manageable angle for all vehicles.

"My team is the 'A' team for sure," Szekely said. "Every single Marine has improved their ability; everyone has a drive to accomplish the mission. It makes my job a lot easier."

When the mission is completed the Marines will have an improved route that will last long after coalition forces have left the area.

"It's just a rewarding job," Cortez said. "To be able to see the end result; to see the civilians using the roads we improve is all worth it."



SGT. JOHN JACKSON

**Staff Sgt. Aron Szekely, mission commander, Engineer Support Company, 9th Engineer Support Battalion, 1st Marine Logistics Group (Forward) speaks with local Afghans about the road improvement project in Helmand province, Afghanistan, Feb. 16. In addition to the added safety the route improvement is bringing to the area, the mission also helps to build better relationships with the local Afghan population.**

# Flight operations aboard USS Makin Island



LANCE CPL. CLAUDIA PALACIOS

Marines and Sailors position a pair of CH-46E Sea Knights aboard USS Makin Island March 1. The helicopters were flown by pilots serving with Marine Medium Helicopter Squadron 268 (Reinforced), the aviation combat element for the 11th Marine Expeditionary Unit. The unit is deployed as part of the Makin Island Amphibious Ready Group, a U.S. Central Command theater reserve force. The group is providing support for maritime security operations and theater security cooperation efforts in the U.S. Navy's 5th Fleet area of responsibility.



CPL. GARRY J. WELCH

A CH-53E Super Stallion helicopter with Marine Medium Helicopter Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, prepares to land on the flight deck of the USS Essex, Saturday. The helicopters were flying onto the USS Essex to join the 31st MEU for its upcoming deployment to the Asia Pacific region. The 31st MEU is the only continuously forward-deployed MEU and remains the nation's force in readiness in the Asia-Pacific region.

## HMM 265 joins 31st MEU for CERTEX, AIT

**CPL. GARRY J. WELCH**

31st MEU

**USS ESSEX, At sea** — Helicopters of Marine Medium Helicopter Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, landed on USS Essex (LHD-2) Sunday, in preparation to support the MEU's upcoming deployment.

Over the course of a few hours, HMM 265 (Rein) flew on more than 20 helicopters, ranging from the powerful CH-53E Super Stallion's, to the legendary UH-1N Huey's, all ready to support the 31st MEU.

"The fly on went very well," said Maj. Michael J. Acosta, the executive officer of

HMM 265 (Rein), 31st MEU. "We had 23 aircraft to move today and all of the aircraft made it on the ship. This is our third consecutive movement of 23 or more aircraft, and we have had a 100% success rate every time, meaning there were no safety or mechanical failures, and we met all of our timelines."

During its time with the 31st MEU, the squadron has provided unique capabilities the command can utilize in exercises or operational scenarios.

These capabilities include tactical recovery of personnel and aircraft, helicopter raids, noncombatant evacuation operation response, humanitarian aid and disaster

relief response and a quick and efficient mode of transportation for the Marines.

"The squadron serves as the core of the air combat element of the 31st MEU," said Lt. Col. Damien M. Marsh, the commanding officer of the Aviation Combat Element, 31st MEU. "We provide all the aviation support for the Battalion Landing Team, Combat Logistics Battalion, and headquarters elements of the 31st MEU."

The squadron is now standing by to support the MEU during its amphibious integration training, and the upcoming certification exercise.

"Without the Air Combat Element, we would be restricted to just surface move-

ment and amphibious landings," said Capt. Travis Pugh, a pilot with HMM 265 (Rein). "There would be no way to reach back and touch the enemy beyond the beach."

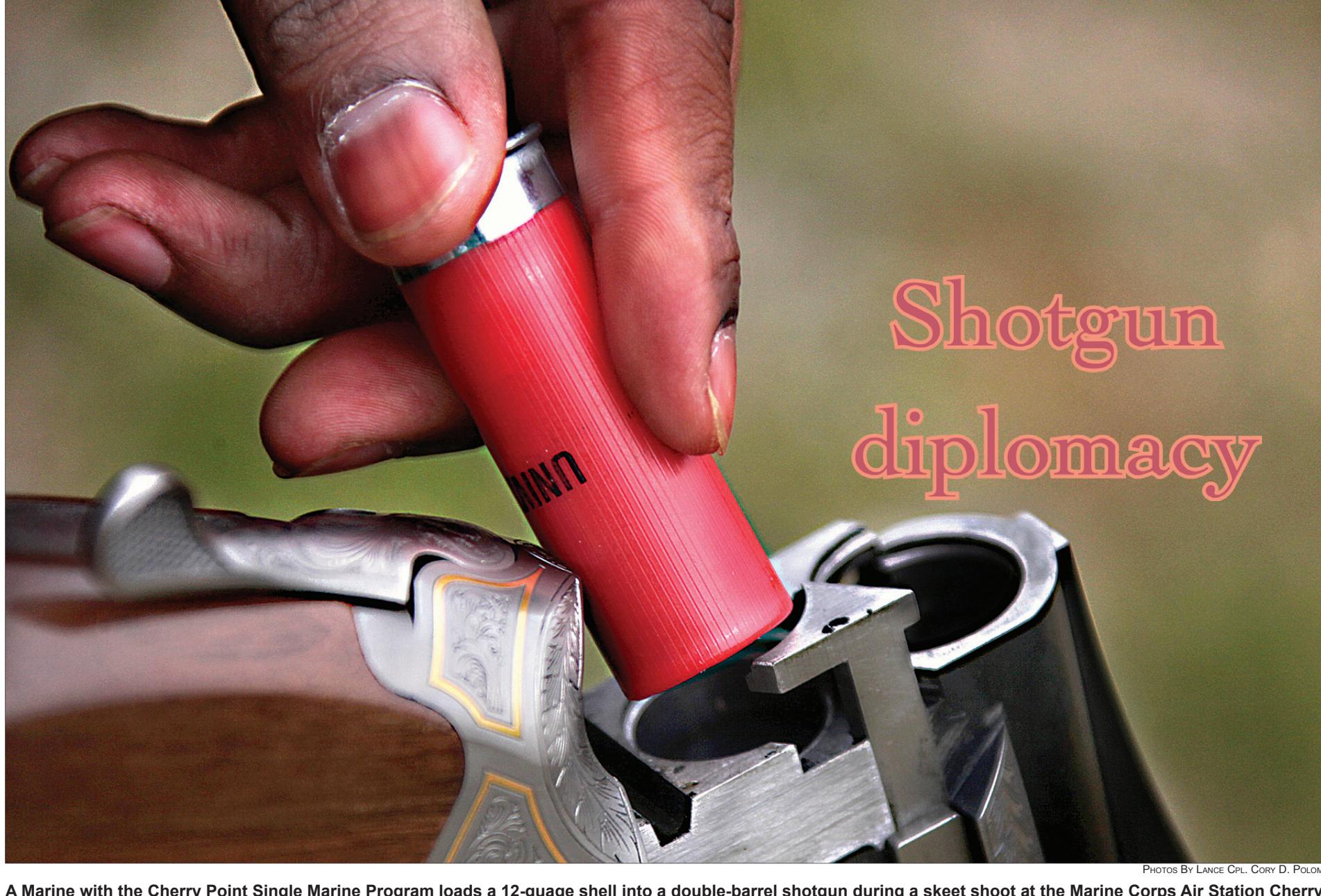
According to Pugh, during the certification exercises, the squadron will be tested on their ability to deliver Marines to their objective on time.

The 31st MEU is the only continuously forward-deployed MEU and remains the nation's force in readiness in the Asia-Pacific region.

# Life&Times

Facebook.com/MCASCherryPoint

March 8, 2012



## Shotgun diplomacy

PHOTOS BY LANCE CPL. CORY D. POLOM

A Marine with the Cherry Point Single Marine Program loads a 12-gauge shell into a double-barrel shotgun during a skeet shoot at the Marine Corps Air Station Cherry Point Skeet Range, Friday. The SMP will be conducting a skeet shoot every quarter, and with enough participation, they will try to conduct them every month.

## Cherry Point Skeet Club introduces SMP to shotgun sports

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

FOLLOW @CORYPOLOM

"Every Marine is a rifleman," is a phrase every Marine knows and lives by, and in the case with some participants of the Single Marine Program, they can now claim themselves shotgun-men.

The SMP teamed up with volunteers from the Cherry Point Skeet Club Friday at the Marine Corps Air Station Cherry Point Skeet Range, and the group shot clay pigeons from a variety of positions.

"We think the SMP is a great organization that does great things for the Marines of Cherry Point," said retired Col. David L. Buland, president of the skeet club. "When they contacted us asking about the possibility of shooting here we took it one step further for them."

The skeet club volunteers brought enough shotguns and clay pigeons for the Marines, and they started off with a full round of trap shooting.

A trap shoot is a shotgun competition where five shooters on a line fire at clay pigeons, which are fired in all directions and heights. The shooters fire five shells from a vantage point before shifting down the line to fire again. In total, the shooters fire 25 shells from five different points.

"I use to fire shotguns all the time but never at moving targets," said Lance Cpl. Maxwell C. Bunnell, a switch technician with telecommunication information system directorate. "This was a great experience for me."

The Marines then fired a round of skeet, which is another 25 shells fired at clay pigeons from eight different stations.

"I was asked by quite a few people about getting this arranged, and I thought it was a great opportunity to get the Marines out of the barracks and have some fun," said Jen L. Krivoblavy, the SMP coordinator at MCAS Cherry Point. "The skeet club was very generous to us and allowed us to use the range for free. This was a great way to learn a new sport in a safe environment."

The SMP will be conducting a skeet shoot every quarter, and with enough participation they will try to conduct them every month.

"It was great getting to shoot the shotguns and get this experience," said Bunnell. "I hope more people take advantage of this opportunity because it gives you something fun to do other than sitting in the barracks playing video games."



(Above) Lance Cpl. Maxwell C. Bunnell, a switch technician with telecommunication information system directorate, fires a double-barrel shotgun at a clay pigeon during the trap portion of the Single Marine Program Skeet Shoot at the MCAS Cherry Point Skeet Range, Friday. The Marines fired 50 rounds on two different courses of fire, a trap shoot and a skeet shoot.

(Left) Lance Cpl. Maxwell C. Bunnell, a switch technician with telecommunication information system directorate, sights in on a clay pigeon during the skeet portion of the Single Marine Program Skeet Shoot at the MCAS Cherry Point Skeet Range, Friday. Skeet and trap shooting mimics bird hunting which is why the targets are called clay pigeons.

### Cherry Point Skeet Club

#### Hours:

Saturday	9 a.m.- 1p.m.
Sunday	10 a.m.- 2 p.m.
Wednesday	6 p.m.- 9 p.m.
Thursday	6 p.m.- 9p.m.

#### Membership Fees:

Civilian/Retired: \$30.00/ Year  
Active Duty: No Charge

#### Cost/round:

Members: \$2.50  
Guest: \$4.00

#### For More Information:

Phone: 252-617-2678  
E-mail: labman1@live.com  
Mail: PO Box 2651  
Havelock, N.C. 28532



Staff Sgt. Jared M. Sberal, left, instructs Sgt. Michael A. Whitaker on how to get a better shot at a clay pigeon during the skeet portion of the Single Marine Program Skeet Shoot at the MCAS Cherry Point Skeet Range, Friday. Sberal is a helicopter mechanic with Marine Light Attack Helicopter Squadron 467, and Whitaker is a cable crewmen with telecommunication, information system directorate.

# 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 March 8**

**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 March 9**

**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, Mexican corn

**Saturday March 10**

**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 March 11**

**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 March 12**

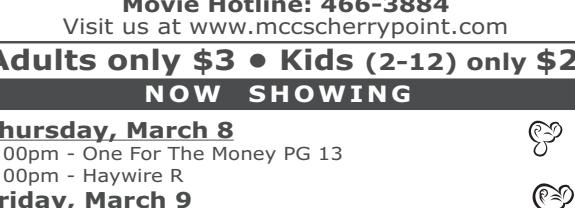
**Lunch** - Open faced steak sandwich, cajun lightning chicken, rice pilaf, green beans nicoise, sauteed summer squash with tomato **Dinner** - vegetarian split pea soup, spaghetti with meat sauce, barbequed spareribs, scalloped potatoes, steamed broccoli

**Tuesday March 13**

**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 March 14**

**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 barbequed beef brisket, baked tuna and noodles, baked macaroni and cheese, vegetable stir fry, beans fiesta



Movie Hotline: 466-3884

Visit us at [www.mccscherriepoint.com](http://www.mccscherriepoint.com)

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

**Thursday, March 8**

6:00pm - One For The Money PG 13

8:00pm - Haywire R

**Friday, March 9**

5:00pm - Man On A Ledge PG 13

7:15pm - One For The Money PG 13

9:30pm - Underworld Awakening R

**Saturday, March 10**

3:00pm - Man On A Ledge PG 13

5:15pm - One For The Money PG 13

7:30pm - Underworld Awakening R

**Sunday, March 11**

3:00pm - Big Miracle PG

5:00pm - Haywire R

**Tuesday, March 13**

6:00pm - Toy Story G

**Wednesday, March 14**

6:00pm - The Grey R

**MOVIE SYNOPSIS**

**One For The Money** - Starring: Katherine Heigl, Jason O'Mara, Daniel Sunjata. A proud, born-and-bred Jersey girl, Stephanie Plum's got plenty of attitude, even if she's been out of work for the last six months and just lost her car to a debt collector. Desperate for some fast cash, Stephanie turns to her last resort: convincing her steady cousin to give her job at his ball bearing company as a rare, prizewinning opportunity for a promotion. Unfortunately, the dim-witted manager of the world. After successfully freeing a Chinese journalist held hostage, she is double crossed and left for dead by someone close to her in her agency. Suddenly the target of skilled assassins who know her every move, Mallory must find the truth in a race to freedom.

**Man On A Ledge** - Starring: Sam Worthington, Elizabeth Banks, Anthony Mackie. Nick Cassidy makes a desperate and life-threatening move to prove his innocence after he is framed for the theft of a rare, prized diamond.

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

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

**Toy Story** - Starring: Tom Hanks, Tim Allen, Woody, a traditional pull-string talking cowboy, has long enjoyed a place of honor as the favorite among six-year-old Andy's menagerie of toys. Quick to calm their anxieties about being replaced by newer arrivals, Woody finds his own confidence shaken, as his status as top toy in jeopardy, upon the arrival of Buzz Lightyear.

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

Movies are subject to change without notice

# Nutrition facts: Maintain Marine Corps weight standards

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 it isn't just about physical training. 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 do 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 remains 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 percent body fat. 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 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.

**Weight management program** - A comprehensive weight management program involves a balanced nutritional lifestyle, a physical training program, and appropriate behavior changes. The following elements are needed for an effective program.

**Physical training** - Physical training is critical to a weight management program, benefiting both the body and the mind.

**Proper nutrition** - Adequate nutrition and appropriate caloric intake are solid goals for weight management.

**Behavioral changes** - To succeed in a weight management program, individuals must identify and modify the behaviors that cause the problem.

**Gaining lean body mass** - A weekly increase of one pound is a sound approach for gaining primarily muscle and not fat. To effectively increase LBM, one needs adequate rest and sleep, an appropriate increase in calories, and a proper resistance-training

## 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.

program. Different elements to consider in an effective program would be as follows.

**Nutritional guidance** - Increased calories should be in the form of three balanced meals plus several high-calorie, high-nutrient snacks, ensuring adequate protein for muscle growth.

**Physical training guidance** - One underlying principle of resistance-training programs is the "overload principle," which simply means the muscles should be stressed beyond normal daily levels.

**FITT principle for LBM gain** - The frequency, intensity, time, and type of exercise (FITT principle) all contribute to the conditioning effect a Marine will get from an exercise program.

**Losing body fat** - The recommended fat loss is one to two pounds of body fat per week. Combining a low-calorie lifestyle with physical training can do this. Fat-reduction training programs must involve large muscle groups for extended periods of time, i.e., aerobic endurance exercise. Resistance training is also needed to maintain LBM while burning fat. Moreover, helping Marines to identify when they are physiologically hungry (hunger) or psychologically hungry (appetite) will help them develop sound nutritional lifestyles.

**Nutritional guidance** - Individuals should become educated in nutrition and be aware of the hidden fats and empty calories in certain (many processed) foods.

**Physical training guidance** - To burn fat, training sessions must involve aerobic endurance exercises.



## Registering to vote takes less time than it takes to fill your vehicle gas tank

The General Election is Nov. 6. Contact a voting officer today! If you are unsure who your Unit Voting Officer is, contact the Installation Voter Assistance Office. The office is located inside the DEERS/RAPIDS office in building 298. Cpl. Kent Holtberg is available to assist you during normal working hours at 466-3243, and via email at [vote.mcascherrypoint@usmc.mil](mailto:vote.mcascherrypoint@usmc.mil). Your vote counts!

# From the clinic: Going green saves 'green' at NHCCP

In a banner year for Naval Health Clinic Cherry Point, several "green" initiatives have garnered attention and recognition. Three major projects have been the focus of the facilities maintenance staff, a boiler reduction plan, LED lighting implementation, and the clinic's front entrance. All three projects are a true testament to the command's vision of a safer, cleaner environment of care for both patients and staff.

These projects will not only increase the overall efficiency of the facility, but will also decrease the carbon footprint by approximately 500 metric tons of CO<sub>2</sub>. This volume of CO<sub>2</sub> emissions is equal to the amount of CO<sub>2</sub> produced in 64 homes. In addition to the carbon footprint, projects such as the front entrance will also produce cost savings through decreases in fuel consumption. Statistics show changing from a sliding door operation, previously in use, to a revolving door design, the clinic will decrease its overall BTU loss by 80%. A break even analysis conducted on this project yielded the project will pay for itself in about 22 months.

## TRICARE ONLINE

For more information visit:

[www.tricare.mil/pharmacy](http://www.tricare.mil/pharmacy)

[www.tricare.mil/homedelivery](http://www.tricare.mil/homedelivery)

[www.tricare.mil/subscription](http://www.tricare.mil/subscription)

[www.facebook.com/tricare](http://www.facebook.com/tricare)

[www.twitter.com/tricare](http://www.twitter.com/tricare)

<https://m.esrx.com>

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

Also in FY11, the clinic applied and received an energy grant which paid for the implementation of LED lighting throughout the clinic's parking lot. The project was completed in a total of 6 days, resulting in greater life span, decreased energy consumption and brighter lighting.

The overall effect of the boiler reduction plan is another example of fiscal responsibility by the command. The plan is designed to decrease the amount of overall run time of boilers while still being able to support patients and staff needs. The result of the plan will decrease the amount of fuel consumption by an estimated 101,000 gallons, saving the government \$402,990.

Supporting "green" ways of conducting business has been a command leadership philosophy since the arrival of the commanding officer. The ability to produce quality projects, initiate cost savings and increase patient services is a direct reflection of the focus and energy expended by the staff of NHC Cherry Point.



# THE LOCAL BUZZ

## Announcements

► Indicates new announcement

### OSC Auction

The Cherry Point Officers' Spouses Club will host a "Time, Talent, and Treasures" auction at the Havelock Tourist and Event Center March 16.

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

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

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

### MARSOC Screening

Headquarters Marine Corps will be hosting Marine Forces Special Operations Command screening for Active Duty Marines and Sailors interested in MARSOC at Marine Corps Air Station Cherry Point March 29.

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

### ► Havelock Pop Warner

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

The price for registration for football is \$100 and cheer is \$125. For more information visit their Facebook site at <http://on.fb.me/havelockpopwarner>.

### ► Free Silent Drill Team Performance

The Commandant's Own Marine Corps Battle Color Detachment will perform aboard Marine Corps Base, Camp Lejeune on March 14 at 10:30 p.m. on W.P.T. Hill Field.

The Battle Color Detachment consists of the United States Marine Drum and Bugle Corps, the Silent Drill Platoon and the Color Guard of the Marine Corps.

This event is free and open to DoD cardholders only.

In the case of inclement weather, the event will be cancelled.

## Monthly and Weekly Events

### Courage to Change

Cherry Point and Havelock Courage to Change is a support group for friends and families of people who suffer from alcoholism.

Meetings are held at St. Paul's Lutheran Church in Havelock, Tuesdays at 8 p.m.

For more information, call 241-6155 or 670-6236.

### AA Beginners Meeting

There are two weekly Alcoholics Anonymous meetings aboard the air station. The meetings are held Wednesdays and Thursdays at 8 p.m.

The meetings take place in Room 208 of Building 229, in the same building as the tax center, next to the Cherry Tree House.

For more information, call 447-2109.

### Al-Anon Family Group Meeting

There are Al-Anon family group

meetings Tuesdays at 7:30 p.m. for family members and friends of individuals who may have alcohol problems. The meetings are held at Havelock First Baptist Church.

For more information, call 447-8063 or 447-2109.

### Together For Life

The "Together for Life" one-day premarital seminar is held for active duty personnel age 26 and under, within 90 days of marriage.

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

### Domestic Violence Victims

A support group for victims of domestic violence is provided by the Carteret County Domestic Violence Program.

The group meetings are held every Wednesday at 6 p.m.

For more information, call 728-3788.

### Marine Corps League Meetings

The Cherry Point Detachment of the Marine Corps League meets the third Tuesday of each month at Miller's Landing at 7 p.m.

For more information, call 515-1175.

### Disabled Veterans

Chapter 26 of the Disabled American Veterans meets on the third Tuesday of each month at the Senior Center in Havelock at 7 p.m.

For information, contact Cris Young at 259-3427.

### Enlisted spouses club

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

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

### 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.

## 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.

The 9th Marine Expeditionary Brigade landed at Da Nang, Republic of Vietnam, as the first U.S. ground combat troops to be committed to that conflict. The 3,500 men arrived both across the beach with Battalion Landing Team 3rd Battalion 9th Marine Regiment, and at Da Nang Airfield with Battalion Landing Team 1st Batt. 3rd Marines.

### Hope for the Warriors

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

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

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

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

### ► Motorcycle Poker Run

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

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

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

### Friday, Saturday Night Events for Children

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

The center is open Friday and Saturday evenings for children in the Beaufort, Havelock and Morehead City area.

For more information contact Patrick J. Tivnan at 843-709-0732

### ► RIDES Magazine

RIDES Magazine will be highlighting select United States Marines who are passionate about car culture in a three-part series.

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

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

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

Email all photos to: [marines@rides-mag.com](mailto:marines@rides-mag.com).

## Marine and Family Programs

### Marine, Family Programs Office Numbers

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

- Child Development Resource and Referral – 466-3595.

### Now in Building 87

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

### Library – 466-3552.

### LifeLong Learning – 466-3500.

### Military Family Life Consultant – 876-8016.

### Retired Activities – 466-5548.

### Budget for Baby

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

To register call 466-2031.

### Breastfeeding Class

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

To register call 466-2031.

### Veterans' Assistance

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

## 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 HOOKEHS

### 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

**NEXT UP...****SPRINT CUP**

**Race:** Kobalt Tools 400  
**Where:** Las Vegas Motor Speedway  
**When:** Sunday, 2:30 p.m. (ET)  
**TV:** FOX

**2011 Winner:** Carl Edwards (right)

**NATIONWIDE SERIES**

**Race:** Sam's Town 300  
**Where:** Las Vegas Motor Speedway  
**When:** Saturday, 5:00 p.m. (ET)  
**TV:** ESPN 2

**2011 Winner:** Mark Martin

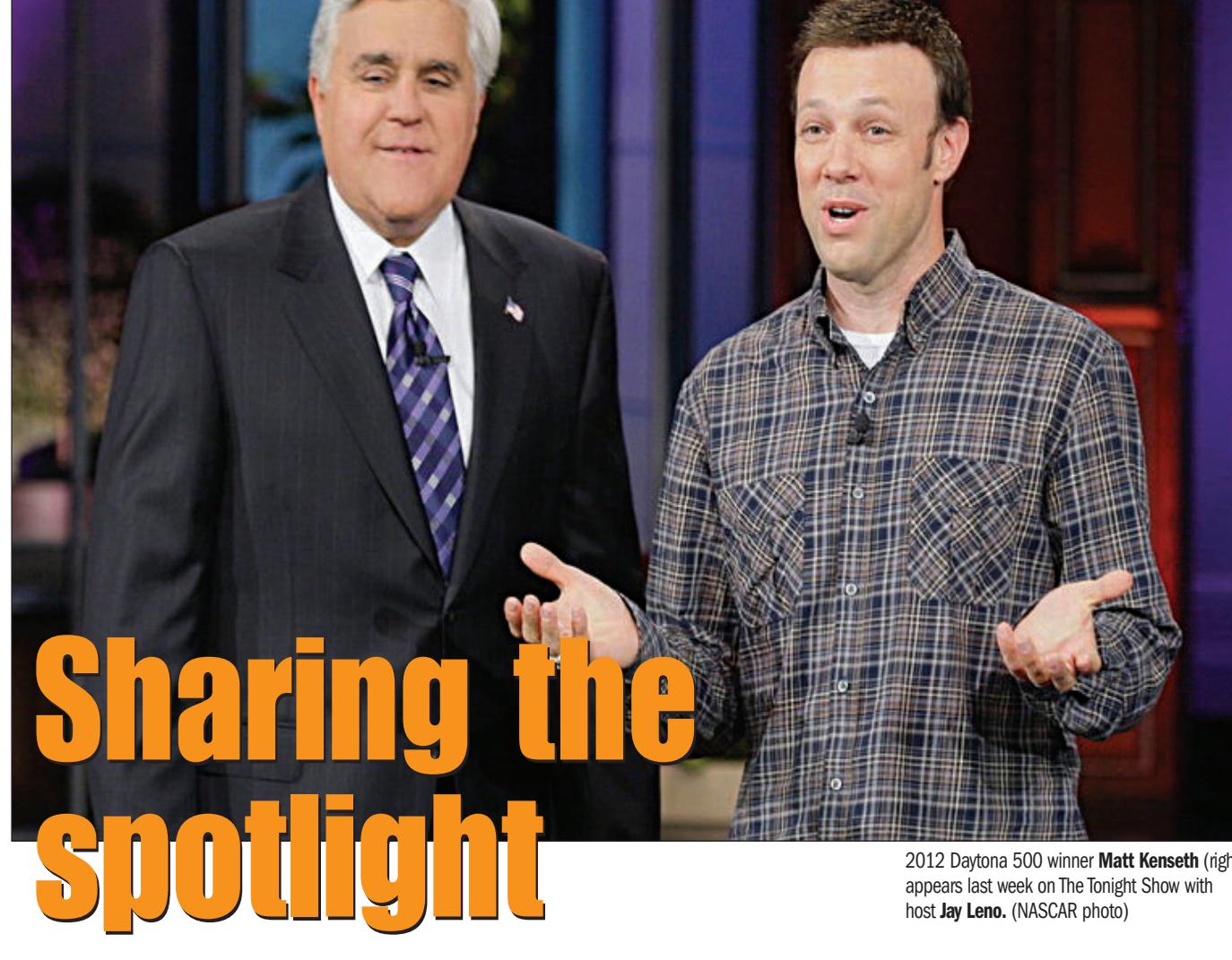
**CAMPING WORLD TRUCKS**

**Race:** Kroger 250  
**Where:** Martinsville Speedway  
**When:** March 31, 1:00 p.m. (ET)  
**TV:** SPEED

**2011 Winner:** Johnny Sauter

# NASCAR INSIDER

By RICK MINTER / Universal Uclick



## Sharing the spotlight

His victories often overshadowed, Kenseth takes it in stride

**I**t seems that throughout his NASCAR career, Matt Kenseth's accomplishments have a way of getting overshadowed by other events.

In 2000, his rookie year in the series now known as Sprint Cup, he won the Coca-Cola 600 and rookie of the year honors, but most of the attention that year went to the driver who finished second in the rookie standings, one Dale Earnhardt Jr.

Kenseth's 2003 Cup championship is remembered more than anything for the way he won it – by dominating the points race for much of the season – and for what it brought about – the Chase for the Sprint Cup.

Then Kenseth's second Daytona 500 triumph had to share the headlines with the rain, which led to the first-ever postponement of the Daytona 500 and the first-ever Monday night race broadcast in prime-time, a spectacular jet dryer fire and Danica Patrick's Sprint Cup debut.

Kenseth, who worked in a teleconference with the media around an appearance on The Tonight Show with Jay Leno and other stops on a whirlwind media blitz, said he wasn't surprised that his big night was somewhat overshadowed by other events.

"It seems like it goes like that quite a bit for me," he said. "I'm not really in it for the recognition or credit or any of that stuff anyway."

It is surprising to Kenseth and others in the performance-based environment of NASCAR that despite his solid credentials, on top of a clean-cut image, he does not have full sponsorship for this season. He has impressive long-term numbers, 22 Cup wins and 26 more in the Nationwide Series, and just last year he won three races and finished fourth in the Cup standings.



Matt Kenseth signs autographs for fans on Thursday in San Francisco, Calif. (NASCAR photo)

Still, he's without sponsorship for more than half of the scheduled races this season.

"I think they have about 15 races sponsored," he said of the sales staff at his Roush Fenway Racing team. "They still have some inventory they're trying to sell. They give me some updates, but other than that I let the sales department do their thing, [and] I try to do our thing from a performance standpoint."

He also said that even if he was more flashy, it might not make any difference.

"We could all dissect my personality or my looks or what I say, what I do, don't say, don't do," he said. "But you can look at the opposite end of the spectrum. You can look at 20-year-old Trevor Bayne, who won the [2011] Daytona 500. Everybody was doing back flips because he won the Daytona 500. They can't get a sponsorship for him in Nationwide or Cup either."

Bayne does have backing from Ford for a limited Cup schedule in the Wood Brothers Ford.

The sponsorship shortcoming could be mostly a factor of the economy. Another of Kenseth's teammates, Ricky Stenhouse Jr., won the Nationwide championship last year but is struggling for backing this year. And Roush has parked its one-time flagship No. 6 Ford because it isn't sponsored.

Kenseth pointed out that for most of his career, sponsorship hasn't been an issue, and he said that for now he doesn't see any need to try to remodel his image.

"Maybe there's something I'm not doing right or saying right or whatever," he said. "But I've been in the sport for quite a while. I've always just tried to be myself and never really change for anybody."

"I don't think that's really been a bad thing. I'm pretty much a face-value guy."

**NOTEBOOK****Hamlin, team soar in Phoenix**

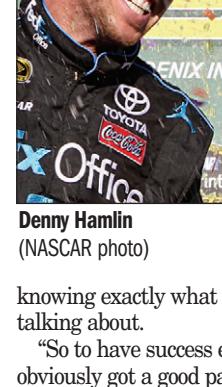
Denny Hamlin's victory in the Subway Fresh Fit 500 at Phoenix International Raceway gave him a measure of redemption at the same track where his 2010 championship bid was derailed by a fuel-mileage finish that saw him lose a race he'd dominated, when he had to stop for fuel and eventual champion Jimmie Johnson didn't. And it was a big win for his crew chief Darian Grubb, who was fired by Stewart-Haas Racing even as he led Stewart to the Cup title.

But both Grubb and Hamlin took the high road in their post-race interviews.

"I guess you could say it is a little bit of vindication, but I really don't think that way," Grubb said. "I feel like I came into a very good situation. [Former crew chief] Mike Ford built one heck of a team here with the 11 car, and the FedEx Toyota is obviously really strong, Joe Gibbs' organization is very strong."

Hamlin, who also took the points lead after a free fall, points-wise, at the end of last year, said the fact that the defending champion crew chief chose him was a big boost in itself.

"When he has faith in me that he feels like he



Denny Hamlin (NASCAR photo)

can win a championship with me, after all the choices he had in the off-season, that gives me a lot of confidence," Hamlin said, adding that he expects the winning to continue as he and Grubb get to know each other even better.

"It's still going to build," he said. "I honestly feel like it's going to be realistically two months before we're totally clicking and

knowing exactly what each other is saying and talking about.

"So to have success early tells me that we've obviously got a good pairing here."

Hamlin also appears to have worked on his racing focus during the off-season, a stretch that saw him spend time in the Phoenix area working on his golf game and other non-racing activities.

"That's what I needed to improve myself, and I was just as weak a link as anyone last year within our program," he said. "What I needed to do to make myself better is what I did, and that was just get away and not even think about racing for a while."

"But when it came time to get to the race track, my focus is solely on winning races and winning a championship, and I'll do anything it takes to do that. It's just my way of doing things. It's what I needed to do to improve my driving and my focus."

**Sadler has 1st big win since '04**

For the second straight week, a Nationwide Series regular prevailed in a field that included numerous Sprint Cup competitors. A week after James Buescher won at Daytona, Elliott Sadler went out and won the Bashas' Supermarkets 200 at Phoenix International Raceway.

It was his first major NASCAR win since a Cup race at Auto Club Speedway in September of 2004 and his first Nationwide victory since the fall of 1998 at Rockingham. His victory, coupled with his third-place finish at Daytona, gave him the Nationwide points lead by 10 over his Richard Childress Racing teammate Austin Dillon.

"It's a very emotional win," Sadler said. "We all know how long it's been since I was in Victory Lane. Luke Lambert, my crew chief, made a great call at the end to change left-sides only, and it definitely panned out the way we wanted it to."

## Penske announces switch from Dodge to Ford

Roger Penske and officials from Ford Motor Company held a teleconference last week to answer questions about Penske's decision to switch his NASCAR teams from Dodge to Ford beginning next season. But when the call was concluded, there were still a lot more questions than answers about the new arrangement.

Will Penske's teams continue to build their own engines, or will they use the Roush Yates engines that the Ford-backed teams now run?

Penske, who raced Fords in NASCAR from 1995 through 2002, indicated that he'd likely start out by continuing to build engines in-house and see how his powerplants stack up against those from Roush Yates.

"This is something that we'll take a good look at," Penske said. "But what I like about it is we'll be able to benchmark our capabilities at Penske Engines versus the best in the business at Roush Yates."

There also are lingering questions about whether the funding from Ford that is headed to Penske will be new money or part of the manufacturer's current spending, which would seem to mean reduced funding for existing Ford teams.

Then there's the question of how Dodge will react to losing its main representative in NASCAR, a question that could be answered this week, as Dodge is scheduled to unveil its 2013 Sprint Cup Charger at Las Vegas Motor Speedway. One key factor is that Dodge needs a partner that has engine-building capabilities, and there are few of them left in NASCAR.

One candidate would seem to be Richard Petty Motorsports, since Richard Petty had some of his best years in NASCAR driving Dodges and was a part of Dodge's return to NASCAR back in 2001. But it no longer builds its own engines.

The Petty team, which now runs Fords, said in a statement that "We have a partnership with Roush

Fenway Racing and we are happy to be a part of the Ford Racing program. As we always do, we will evaluate all of our options and make decisions based on what is ultimately best for our race team."

Dodge's response to the Penske announcement came from Ralph Gilles, president and CEO of SRT Brand and Motorsports, who said, "Our motorsports involve-

ment isn't limited to NASCAR. We do value our NASCAR program and will be evaluating the opportunities available moving forward. As those opportunities materialize, we'll reveal our 2013 plans, not only in NASCAR but in other forms of motorsports."

What is clear is that Penske's move can be interpreted as another sign of consolidation of resources in NASCAR.

He pointed out that he was influenced by the positive results that have come from technical alliances like Stewart-Haas Racing with Hendrick Motorsports and Joe Gibbs Racing with Michael Waltrip Racing.

Beginning next year, Penske, who has had to go it alone technologically as the lone Dodge-backed team in NASCAR, can tap into the resources of Roush Fenway Racing, Richard Petty Motorsports and Wood Brothers Racing.

"Having that additional technical information flow through the process as Ford has outlined it to us, I think, was very important to us," he said.

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**SPRINT CUP POINTS****1. Denny Hamlin**

89; Leader

**2. Greg Biffle**

83; behind -6

**3. Kevin Harvick**

81; behind -8

**4. Matt Kenseth**

79; behind -10

**5. Dale Earnhardt Jr.**

72; behind -17

**6. Martin Truex Jr.**

71; behind -18

**7. Mark Martin**

71; behind -18

**8. Joey Logano**

70; behind -19

**9. Kyle Busch**

66; behind -23

**10. Carl Edwards**

63; behind -26

**NUMERICALLY SPEAKING**

**6** Top-5 finishes in Cup races at Las Vegas by Jeff Gordon and Mark Martin, top among drivers

**368** Laps led by Jeff Gordon in the past seven Cup races at Las Vegas, the most of any driver

**41** Points separating Cole Whitt, 4th in the Nationwide standings, and his J.R. Motorsports teammate Danica Patrick (21st)

**71** Points separating Cup points leader Denny Hamlin and Jimmie Johnson (38th), who was penalized 25 points after Daytona