

The Windsock

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Davis to relinquish command today

A look back at the last two years

CPL. BRIAN ADAM JONES

MCAS CHERRY POINT

FOLLOW @BRIANADAMJONES

The Marine Corps' East Coast aviation element is scheduled to change leadership today when Maj. Gen. Jon M. Davis hands over command to Maj. Gen. Glenn M. Walters during a ceremony scheduled at 9 a.m. on the flight line here.

"I think the wing is only going to do better under his leadership," Davis said. "I'm very, very pleased handing off to Gen. Walters."

Davis is selected for promotion to lieutenant general and slated to transfer to U.S. Cyber Command at Fort Meade, Md., as deputy director, pending Senate confirmation.

Davis took command of the 2nd Marine Aircraft Wing in July 2010, declaring his commitments in certain terms – win the fight in Afghanistan, expand worldwide support, prepare for the unknown, and train the next generation of aviators and maintainers.

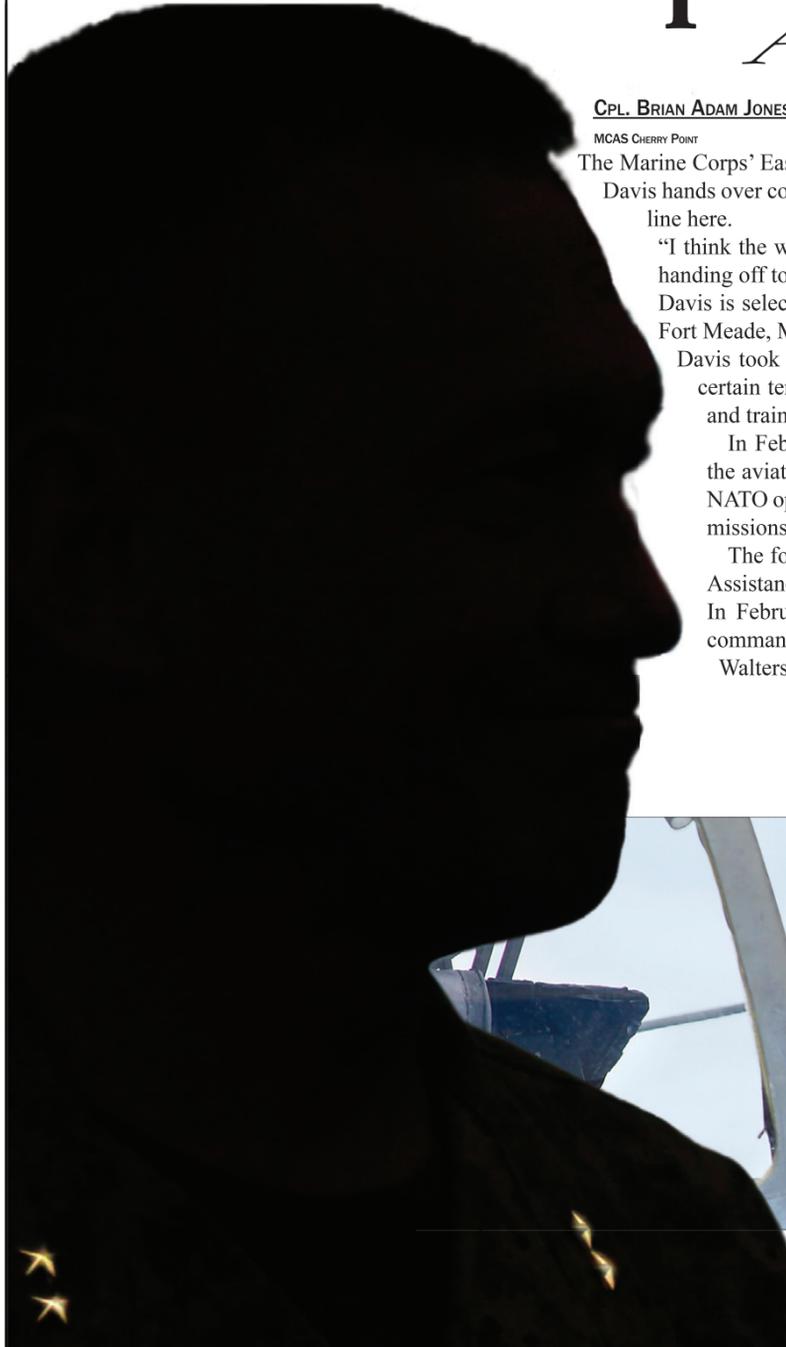
In February 2011, components from 2nd MAW deployed forward to serve a year-long tour as the aviation combat element in southwestern Afghanistan. Wing Marines played a defining role in NATO operations in Libya through the spring and summer of 2011, and participated in humanitarian missions around the world, including providing flood relief in Pakistan in September 2011.

The forward command served as an aviation combat element for NATO's International Security Assistance Force from March 2011 through March 2012, operating in southwestern Afghanistan. In February 2011, Walters, the man who will take Davis' place today, left for Afghanistan in command of that forward component.

Walters led the ACE as it delivered precise close-air support to bolster coalition and Afghan forces conducting counterinsurgency operations in Helmand province.

Near the end of his tour there, Walters said that there was tremendous progress in

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LANCE CPL. SCOTT L. TOMASZYCKI

Maj. Gen. Jon M. Davis prepares for his final flight in a TAV-8B Harrier here, May 22. Davis commanded the 2nd Marine Aircraft Wing for nearly two years between June 2010 and May 2012. He earned his wings in 1980 as an AV-8A Harrier pilot.



CPL. TYLER J. BOLKEN

Capt. Matthew J. Castagna, a pilot with Marine Light Attack Helicopter Squadron 467, shows off an AH-1W Super Cobra on the Cherry Point flight line, May 18. Castagna and 27 other HMLA-467 Marines are displaying their aircraft aboard the USS Wasp amphibious assault ship during Fleet Week New York, through May 30.

Marine gunships assemble to awe fleet week attendees

CPLS. GLEN E. SANTY AND TYLER J. BOLKEN

MCAS CHERRY POINT

FOLLOW @MCASCPPA

Like a flying Ferrari bolstered with three-barrelled Gatling guns and rocket launchers, the Super Cobra gunship and its tandem partner Huey demand respect and attention on the battlefield and are poised aboard USS Wasp to do the same during Fleet Week New York, through May 30.

Marines with Marine Light Attack Squadron 467 departed here, May 21, on their way to Fleet Week New York to demonstrate and display their unit's capabilities.

The squadron sent one UH-1N Huey and one AH-1W Super Cobra to New York before their departure. The Marines will be representatives for their unit, their aircraft and the 2nd Marine Aircraft Wing as a whole.

Typically hosted by the United States Navy, Marine Corps and Coast Guard, fleet week is traditionally set when military ships return from deployments and dock in a major city for one week. The crews get to visit the city's tourist attractions and give the public guided tours of their ships and equipment.

The city of New York started Fleet Week in 1984 showcasing to the public the combined power and capability of the Navy and Marine Corps team. The annual event draws hundreds of thousands spectators.

Along with the Cobra and Huey, 28 Marines from Cherry Point-based Marine Light Attack Helicopter Squadron 467 are in place on the Wasp providing maintenance

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Sacrifice recognized by law enforcement

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

FOLLOW @ZvcaUSMC

MOREHEAD CITY, N.C. – The local law enforcement community honored the sacrifice of seven North Carolina law enforcement officers who died in the line of duty in 2011 with a ceremony at the Officer Down Memorial in Morehead City, N.C., May 15.

A formation of military and civilian law enforcement officers read the names of the seven dead, an officer played taps on a saxophone as they lowered the flag, and all present in uniform saluted. Marine Corps Air Station Cherry Point and Marine Corps Base Camp Lejeune each showed support for the local law enforcement community with two representatives each from their respective Provost Marshal's Offices.

President John F. Kennedy established Peace Officers Memorial Day in 1962 to pay tribute to the sacrifices made by local, state and federal law enforcement officials.

Maj. Terrence E. Fox, Cherry Point

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LANCE CPL. SCOTT L. TOMASZYCKI

The Officer Down Memorial in Morehead City, stands as a reminder of local law enforcement officers who made the ultimate sacrifice. In 2011, seven North Carolina law enforcement officers died in the line of duty.



LANCE CPL. SCOTT L. TOMASZYCKI

Cherry Point Police Officers Joe Maxfield, left, and Staff Sgt. Steven Matulevich, center, and Marine Corps Base Camp Lejeune Police Officer Richard L. Guy Jr., right, salute as taps is played in memory of fallen police officers at a ceremony in Morehead City, May 15.

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

Carrying the torch



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Cpl. Lucas L. Spann, right, represented Cherry Point's Provost Marshal's Office while receiving the torch from an officer with the Havelock Police Department Thursday during the 2012 Law Enforcement Torch Run in Havelock. The event allowed local law enforcement agencies to foster awareness and raise money for the North Carolina Special Olympics.

Cherry Point Marines, local law enforcement agencies run for good cause

“My unit has supported this event every year since 1987. It feels good to carry on this tradition and support a worthwhile cause.”

— Cpl. Lucas L. Spann, a military policeman with Cherry Point's Provost Marshal's Office



Cherry Point Provost Marshal's Office Marines stretch out before participating in the 2012 Law Enforcement Torch Run in Havelock Thursday. “My unit has supported this event every year since 1987,” said Cpl. Lucas L. Spann. “It feels good to carry on the tradition and support a worthwhile cause.”



The Windsock

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REMEMBER TO RECYCLE



Fly by

Highlighting Cherry Point's Warriors



CPL. CORDERO R. HINDS

Job Title: Administration specialist
Unit: Headquarters and Headquarters Squadron
Hometown: Atlantic Beach, Fla.
Age: 24
Date Joined: Jan. 8, 2008

Cherry Point's Cpl. Cordero R. Hinds recently served as an administration specialist with Marine Wing Headquarters Squadron 2 in Afghanistan.

While in country, Hinds was in charge of compiling and tracking administrative paperwork packages to include awards and personnel casualty reports.

Here in the states Hinds takes on a different but equally important role for the administrative community. He works and deals with all problems involving dependents of all military members aboard the air station.

Hinds said he loves to help Marines new to Cherry Point because he knows the unsettling feeling of checking in for the first time.

“So I have made it my personal goal to help all Marines, no matter what rank, to the best of my abilities.”

Some of his daily duties include posting changes in pay to service members' computing systems, and issuing and maintaining meal cards to Marines in the barracks.

**Highlight Your Marine
or Sailor Superstar**

Call or email The Windsock
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466-3542



- Closer to shore -

Navy Boat Dock team plays integral part in combat training

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT FOLLOW @CORYPOLOM

Tucked away in the back of Cherry Point is a vital group of Sailors with the Naval Boat Docks that few air station residents know.

Despite the anonymity, the Sailors serve a critical logistical support role in providing access to local bombing ranges used by Cherry Point pilots.

In 2011, boat dock personnel provided the air station with more than 1,500 trips to Bombing Target 11 carrying more than 6,000 passengers and countless pounds of gear vital to the operations aboard the range.

The transportation these Sailors provide on a daily basis is a small demonstration of the partnership the Marine Corps and Navy has around the world. Sailors use their vessels to help Marines get to a destination in a safe and secure manner to complete the war-fighting mission.

"The Marine Corps wouldn't be as diverse if it wasn't for the abilities of the Sailors," said Sgt. James W. Gower, a noncommissioned officer in charge with BT-11.

"Sailors have the ability to get us closer to shore to allow us to accomplish our amphibious mission."

Anything and everything that needs to get to the ranges has to be taken



Petty Officer 2nd Class Albert C. Atkins, a boat operator with Cherry Point Naval Boat Docks, winds up a rope after docking at Bombing Target 11, Wednesday.

there by water, and it is the job of these sailors to get it there, said Mike Bosse, range project officer with the Cherry Point Naval Boat Docks.



PHOTOS BY LANCE CPL. CORY D. POLOM

Petty Officer 2nd Class Michael G. Bowden, a boat operator with Cherry Point Naval Boat Docks, radios to the port advisor aboard Bombing Target 11, Wednesday. It is the Sailors' job to get Marines to the range on time at any time of the day.



Petty Officer 2nd Class Albert C. Atkins, a boat operator with Cherry Point Naval Boat Docks, trains with a rescue ring as they leave Bombing Target 11, Wednesday.



Petty Officer 2nd Class Michael G. Bowden, a boat operator with Cherry Point Naval Boat Docks, drives a 32-foot passenger vessel through a channel en route to bombing target 11, Wednesday.

“Sailors have the ability to get us closer to shore to allow us to accomplish our amphibious mission.”

— Sgt. James W. Gower, a noncommissioned officer in charge with Bombing Target 11.



Petty Officer 1st Class Jason W. Cardwell, a boat operator with Cherry Point Naval Boat Docks, maneuvers the vessel out of the Bombing Target 11 docks toward Cherry Point Naval Boat Docks, Wednesday.

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Helmand province. He said he expected to see a shift from counterinsurgency operations to security force assistance as Afghan forces grew more capable of managing their own security.

He said as he looks to his newest challenge – commanding general of 2nd Marine Aircraft Wing – he has a lot of back up.

“What I have to back me is the mentorship and leadership that I’ve experienced throughout my years, some of whom will be in attendance at the change of command, that’s what I have to back me up – that and a great wife,” Walters said. “But what backs me up every

day is great Marines working in the wing. With that, it’ll be a great tour.”

While Walters led wing Marines in Afghanistan, elements from 2nd MAW demonstrated the full capabilities of Marine aviation in Libya.

2nd MAW aircraft conducted attack operations, employed electronic warfare, and demonstrated the expeditionary capabilities of the MV-22B Osprey, as the first NATO forces on scene enforcing U.N. Security Council Resolution 1973, preventing the killing of innocent civilians by Col. Moammar Gadhafi’s regime.

“I think the history books will tell how we really did,”

said Davis. “All the things I’ve asked the wing to do they’ve done and done exceptionally well.”

Davis said he will feel a sense of immense pride when he passes the wing to Walters at today’s ceremony.

“I’ll be thinking about the history that 2nd Marine Aircraft Wing has written in the last 22 months,” Davis said, “that I was lucky enough to be a part of this organization for a short amount of time, be a steward, and hand it off to another great commander.”

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provost marshal, said the sacrifice of police officers is just as great as those of Marines. Both put their lives on the line for the good of society.

Marine and civilian police officers work together to ensure the safety of both communities, Fox said. Cherry Point PMO works closely with many Eastern North Carolina police agencies, especially the Havelock Police Department which shares a strong and mutually beneficial relationship that enhances the security of both communities.

Staff Sgt. Steven J. Matulevich, a Provost Marshal’s Office platoon sergeant, said many Havelock citizens work aboard Cherry Point and are directly affected by the hand-in-hand relationship between the two agencies.

Fox, a former state trooper, said service in civilian law enforcement is similar to military service. It is not a forced commitment, which is what makes the sacrifice important to remember.

“It’s very rewarding,” said Fox. “It’s service to mankind.”

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support to the aircraft and serving to inform the public during Fleet Week.

It is the first trip to the Big Apple for many of the Marines. But for pilot Capt. Matthew J. Castagna, native of the nearby Deer Park suburb of Long Island, it’s a opportunity to show what he does to some important people in his life.

“It’s a chance to show them a part of what we do,” Castagna said of family and friends. “We can talk on the phone, be around them – they get it – but they don’t really get it.”

Castagna had several influences that pointed him toward military service growing up, but none as strong as the September 11 attacks that struck so close to home in 2001. He was commissioned in 2008.

Knowing he wanted to be a pilot, Castagna set his eyes on Cobras, conscious of the nature of Marine close-air support. “It brings you into the fight,” he said of an aircraft capable of flying nearly 200 mph and dispensing suppressive fire at nearly 650 rounds per minute. “The first time I saw one, it gave me a tingle. Just the aircraft alone is an impressive sight.”

Castagna said he hopes his fellow Marines get a true sense of the people of New York City, and how much they appreciate what it is the Marines do and their sacrifices.

Fleet Week New York will host a multitude of units from the Navy and Marine Corps until its conclusion May 30. For a full itinerary of events, visit <http://www.fleetweeknewyork.com/events>.

Chaplain's Corner : Memorial Day

CMDR. PHIL KING

MARINE AIRCRAFT GROUP 14

Todd Heisler, of the “The Rocky Mountain News,” wrote about the transferring of the remains of a fallen Marine with the following words:

“When 2nd Lt. James Cathey’s body arrived at the Reno Airport, Marines climbed into the cargo hold of the plane and draped the flag over his casket as passengers watched the family gather on the tarmac. During the arrival of another Marine’s casket last year at Denver International Airport, Maj. Steve Beck described the scene as powerful, “See the people in the windows? They sat right there in the plane, watching those Marines. You gotta wonder what’s going through their minds, knowing

that they’re on the plane that brought him home,” he said. “They will remember being on that plane for the rest of their lives. They’re going to remember bringing that Marine home. And they should.”

For seven months in Kuwait and Iraq from 2003-2004, I served as the chaplain liaison for a 3rd Marine Expeditionary Force team that worked with the hospital and Theater Mortuary Evacuation Point during Operation Iraqi Freedom. Attached to Army quartermasters who do mortuary work, we processed over 500 sets of remains that came through our facility between the battlefield and Dover from September in 2003 through March 2004.

For those who have participated in the dignified transfer of remains, it is a pow-

erful experience. Our fallen are hallowed, their sacrifices honored even in the harshest field environment. More compelling are the ways observers find to reach out in care and support to the families and loved ones who are left bereaved; if in no other way, than by the silent prayers spoken into the darkness. Many duties are difficult in the military.

Perhaps none quite so hard as delivering the worst news a loved one can ever hear. And yet we do it with respect and compassion, the same way we return the bodies of the dead to the homes they left, with honor and reverence. It is distressing to witness the deep divisions in our country during these troubled times. Political and religious differences seem poised to undo our unity as never before. More haunting is the lack

of words that could speak to our adversity. Sometimes, it seems there is no hope. And then ironically, Memorial Day comes. The worst day in any loved one’s life reminds me of what is best in all of us. That a citizen, a young man or woman, would lay down their life for the nation, for our beliefs, for the loved ones that they hoped to return to inspires and humbles me beyond words. Because what unites us is beyond words. A common thread of humanity whose origin in the work of God defines our best selves. This weekend, take a moment between cold beers and lively conversation to recall the ones standing their posts in harm’s way at this very moment, and the ones who gave all that we might be free.

God bless everyone this Memorial Day.



CPL. LISA TOURTELOT

Lance Cpl. Jordan Deraitus, a technical engineer specialist with Marine Wing Support Squadron 273, 3rd Marine Aircraft Wing (Forward), and another Marine measure the new helicopter landing zone site near Combat Outpost Paserlay, Afghanistan, May 4. The landing zone will make delivering supplies and moving personnel in and out of the desolate outpost safer and more efficient.

‘Sweathogs’ construct new landing zone for isolated outpost

CPL. LISA TOURTELOT

3RD MARINE AIRCRAFT WING (FORWARD)

SOUTHERN HELMAND PROVINCE, Afghanistan – Marines and Sailors of Company E, 2nd Battalion, 6th Marine Regiment, live minimally - to say the least - at their tiny outpost in Southwestern Afghanistan.

With only a dirt square outside their compound for a helicopter pad, swirling dust clouds made by helicopters landing and taking off, known as “brownouts,” make the delivery of necessary supplies, as well as troop movements in and out of the compound, dangerous for both the aircrews and ground personnel.

That is where the Marines and Sailors of Marine Wing Support Squadron 273, 3rd Marine Aircraft Wing (Forward), come in. The MWSS-273 “Sweathogs” traveled to the desolate post on May 4, to construct a safer helicopter landing zone with approximately 15,000 cubic meters of gravel and rock, a handful of combat engineers and only about twelve hours to complete the project.

“By having a constructed landing zone, the gravel will mitigate a lot of the dust problems and will enable us to get into and out of the landing zone quicker and safer,” said Capt. Steven Kosnik, the Company E commander.

Kosnik explained that the company

relies heavily on close-air-support, troop insertions and extractions, and supply deliveries.

“It’s a lot easier to get out here by helicopter than by convoy,” said Sgt. Joshua Wentzel, a heavy equipment operator with MWSS-273. Wentzel spent the day directing the drivers of two Tractor, Rubber-tired, Articulated Steering, Multipurpose vehicles as they laid out thousands of pounds of rock needed to form the new landing zone.

In soaring temperatures, the engineers worked diligently and efficiently to lay out the rock, while ensuring the landing pad remained level and sloped appropriately, explained Lance Cpl. Jordan Deraitus, a technical engineer specialist with MWSS-273.

The brownouts that make helicopter landings and takeoffs dangerous also plagued the tractor drivers, added Wentzel, making the work ever more difficult.

In approximately six hours - half the original time estimate - the Sweathogs finished their work and prepared to return to Camp Leatherneck. They transformed a patch of dirt into a neat square of gravel ready to safely receive and launch helicopters.

“From an aviation perspective, what you do on the landing zones is a big deal,” said Brig. Gen. Gregg A. Sturdevant, the



CPL. LISA TOURTELOT

A combat engineer with Marine Wing Support Squadron 273, 3rd Marine Aircraft Wing (Forward), uses a Tractor, Rubber-tired, Articulated Steering, Multipurpose vehicle (TRAM) to lay rock that will make up a new helicopter landing zone in Southwestern Afghanistan, May 4. The heavy gravel helps prevent dangerous “brownouts,” the clouds of blinding dust generated when helicopters land and take off.

Commanding General of 3rd Marine Aircraft Wing (Forward), in an address to the convoy members. “It allows us to get the Marines, Sailors, Soldiers, Airmen, the Afghans and the special operations personnel in and out safely.”

After the mission was complete, the Sweathogs returned to Camp Leatherneck and left the outpost personnel with a new tool to increase their combat effectiveness.

Reunion 40 years later



CPL. GLEN E. SANTY

A group of eight retired dentists and their spouses share a moment together at the Naval Health Clinic Cherry Point before departing Cherry Point, Thursday. The group visited the air station and witnessed how the air station had changed in the 40 years since they lived and served here. "Back when I was here, all the facilities were old and didn't have air conditioning," said David Cloyd, a retired Navy lieutenant, who was stationed here from 1975-1977.

Dentists visit old stomping grounds, see advancements in Navy dentistry

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

Almost 40 years after first stepping aboard Marine Corps Air Station Cherry Point, eight former Navy dentists stationed here during the 1970s returned May 17 for a first-hand look at developments in Navy dentistry.

Navy Cmdr. Thomas Jordan, clinic director with the health clinic's 12th Dental Company, briefed the group members by highlighting major advances in Navy dentistry likely unimaginable in their days on active duty.

Many of the guests maintain private practices and work regularly with up-and-coming dentists. Jordan said he hopes information garnered by the former Sailors will compel them to influence more dentists toward Naval Service.

Despite the fresh perspective on modern equipment and techniques, many of the

guests could not help but remember the way things were. As the group made its way around a Station wrought with construction and modern facilities, one member stated only the flight line was recognizable.

"Back when I was here all the facilities were old and didn't have air conditioning," said David Cloyd, a retired Navy lieutenant, who was stationed here from 1975-1977. "Our patients would actually pass-out because of the heat, especially in the summer months like July and August.

Former Naval Hospital volunteer nurse Connie Robinson said she enjoyed the visit and remembers a time when supplies were not available as they are today. "Back when I was here, a lot of the dentist had to provide their own supplies. There was a lot of money spent out of pocket," she said.



CPL. PAUL ZELLNER

Lance Cpl. Matthew E. Robertson, a powerline technician with the aviation combat element of Black Sea Rotational Force 12, inspects the engine of a KC-130J Hercules aircraft after a flight at Mihail Kogalniceanu, Romania, May 3. Approximately 50 Marines and two KC-130 Hercules aircraft make up the ACE which is tasked with getting the Marines of Black Sea Rotational Force and their training partners to their designated training locations.

Aviation Combat Element Keeps Black Sea Rotational Force Mission Aloft

CPL. PAUL ZELLNER

BLACK SEA ROTATIONAL FORCE

MIHAIL KOGALNICEANU, Romania – Approximately 350 Marines and sailors with Black Sea Rotational Force 12 are well into their six-month deployment which includes training exercises with 19 nations planned throughout the Black Sea, Balkan and Caucasus regions. Getting to and from these locations could be a tricky situation if it were not for the nearly 50 Marines and two KC-130J Hercules aircraft that make up the Aviation Combat Element. The element is tasked with getting the Marines of Black Sea Rotational Force 12 and their training partners to their designated location.

“The aviation combat element is critical to the Black Sea Rotational Force 12 mission because of the transportation aspect,” said Master Gunnery Sgt. Pearse G. Kearns, a maintenance chief with the ACE of Black Sea Rotational Force 12. “We supply the airlift to move personnel and equipment at a much faster pace with nearly limitless capabilities.”

The Black Sea Rotational Force 12 is a Special-Purpose Marine Air-Ground Task Force with crisis response capabilities deployed to the region to enhance interoperability, and promote regional stability.

“This gives us the unique opportunity to insert an evacuation control center in a safe and quick manner,” said 1st Lt. Greg G. Kilcheski, assistant maintenance officer with the aviation combat element of Black Sea Rotational Force 12. “We can then make several runs evacuating hundreds of people within a 24 hour period if necessary.”

The aviation element also has a maintenance section



CPL. PAUL ZELLNER

A KC-130 Hercules aircraft taxis down the runway after a flight at Mihail Kogalniceanu, Romania, May 3.

responsible for the upkeep of the airplanes. The Marines of the maintenance section check the aircraft before and after every mission is flown. They are capable of performing any and all mechanical work needed onsite.

“We make sure the aircraft is well-maintained, checked and safe to fly,” said Lance Cpl. Christopher S. Poplaski, airframe mechanic with the aviation combat element of Black Sea Rotational Force 12. “We’re here to support, so we have to do our job as thoroughly and efficiently

as possible in order to keep the birds in the air and assist others in accomplishing their mission.”

Their work does not go unnoticed as they sometimes work long and irregular hours to keep the BSRF 12 mission aloft.

“These men and women are doing a phenomenal job,” said Kearns. “The long days are appreciated because they are what keep us ready to go at a moment’s notice.”

Fighting fire from above



Pfc. MICHELLE PIEHL

A CH-53E Super Stallion with Marine Heavy Helicopter Squadron 462 stationed aboard Marine Corps Air Station Miramar, Calif., lowers a Bambi Bucket into Pulgas Lake at Marine Corps Base Camp Pendleton, Calif., May 3. Water from the 900-gallon bucket is transported to a simulated fire drop zone and used to create a fire line, preventing a fire's advancement.

HMH-462 conducts fire bucket training

Pfc. MICHELLE PIEHL

MCAS MIRAMAR

MARINE CORPS AIR STATION MIRAMAR, Calif. – A giant orange bucket dangles beneath a CH-53E Super Stallion as pilots direct the aircraft into position hovering over water during training aboard Marine Corps Base Camp Pendleton, Calif., May 3.

Pilots and crew with Marine Heavy Helicopter Squadron 462, “Heavy Haulers,” work together to maintain balance between the CH-53E and a Bambi Bucket. Coming in at only 250 pounds, the Bambi Bucket is a lightweight, collapsible water-carrying device used primarily in fire-fighting missions.

Four pilots participated in the training to ensure the squadron is ready for the up-

coming wildfire season.

Crew chiefs direct the pilots to maneuver the aircraft and lower the bucket to fill it with water, explained Capt. Joshua Gates, a pilot and safety officer with HMH-462. Crew chiefs must guide the pilots because the pilots cannot see the bucket. Several factors, such as wind speed, altitude and weight of the bucket all affect how the pilots must fly the aircraft.

“The mission is to fill the bucket up, clear the terrain and try to pinpoint where we drop the water,” said Cpl. Justin M. Wood, a crew chief with HMH-462.

Aircraft drop water in front of a fire to prevent it from moving forward, Wood explained. This line allows wildlife fire-fighters on the ground to gain control and extinguish the fire. To get the water on line

with the fire, the Bambi Bucket operator will signal to release the water, explained Wood.

This type of training is more difficult than the “Heavy Haulers” usual external carries.

“The fire bucket remains attached the entire time,” said Wood. “There is no dropping the bucket or releasing it, because it’s attached through the [aircraft] cabin for its power.

The whole time the pilots are fighting with it, because when they pick up the water, it simulates the feel of an external load, added Wood. Then they drop the water, but they still have an external load, it is just really light.

Since the bucket hangs 50 feet below the aircraft, pilots and crew need to ma-

neuver as if the aircraft is flying at an altitude 50 feet lower. This allows them to compensate for the Bambi Bucket and fly safely over any terrain.

Ensuring safety at all times is paramount for the Super Stallion crews, including the safety of people and wildlife affected by fires.

The CH-53E squadron remains on standby during dry summer months, typically spanning from June to November.

These training missions with the fire bucket provide an extra level of defense from California wildfires. Completing annual training with the fire bucket ensures the Marines of HMH-462 remain steadfast in readiness to fight fire, wherever and whenever they are called.

Support Team conducts night operations

SGT. MICHELE WATSON

1ST MARINE LOGISTICS GROUP (FORWARD)

PATROL BASE SHEHEBAN, Afghanistan – The calming shade of blue makes the water enticing under the intense Afghan sun, but the currents are relentless. When the Helmand River is too deep to ford while delivering supplies, the helicopter support team is called in.

As part of the helicopter support team at Forward Operating Base Whitehouse, Lance Cpls. Thomas Beranek and Jacob Walter, landing support specialists with Combat Logistics Battalion 4, 1st Marine Logistics Group (Forward), had a mission to accomplish.

With Walter remaining at the forward operating base to receive the backload, Beranek set out to Patrol Base Sheheban in support of Weapons Company, 1st Battalion, 8th Marines, Regimental Combat Team 6. Because of the river, combat logistics patrols are sometimes an ineffective means of transportation.

“The motor transport section can’t cross the Helmand River,” said Beranek. “1/8 has a lot of little patrol bases throughout the area but the trucks can’t travel across the river.”

Upon arriving at the river bank, Beranek heaved his 200-pound pack full of the equipment needed for the support team onto his back and boarded a ferry with the rest of the Marines due to cross the river. Once across, the group patrolled on foot up a hill to PB Sheheban.

The purpose of the HST is to deliver gear and equipment to locations that combat logistics patrols cannot get to or to transport gear more expediently throughout the battle space.

“My mission is to support forward deployed units with ‘beans, bullets and bandages,’” said Walter.

Many of the operations support Marines conduct are resupply efforts that send items like gear, food and mail to units at isolated locations. Occasionally, a patrol base will have trucks or equipment that must be returned to the forward operating base.

“Our job is important because we are getting [ground units] the supplies they need to continue the fight,” said Beranek. “We also support some of their retrograde missions.”

At PB Sheheban, a 1,300 pound generator needed to be returned to forward operating base Whitehouse. As the drawdown of American troops continues throughout Afghanistan, forces are shifting throughout Helmand Province. This requires the return of the equipment that is no longer in use.

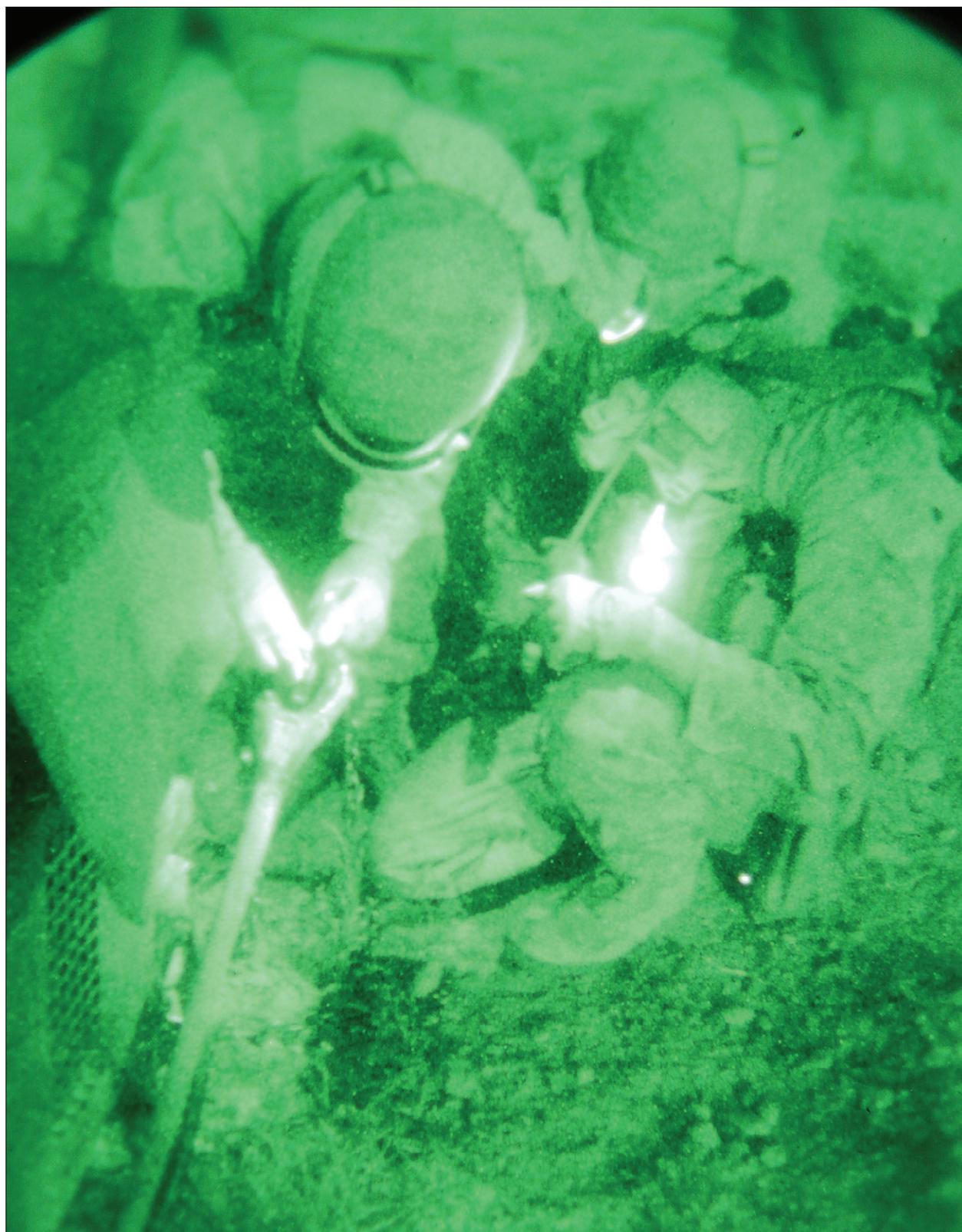
As dusk settled in, Beranek prepared a sling load for the generator and set up a tactical landing zone using chemical lights in a nearby field. After dropping off two loads for the Marines and sailors at PB Sheheban, CH-53E helicopters hovered over the load and Beranek hooked up the generator for takeoff.

During the foot patrol, Beranek said he was able to see how much his resupply efforts affected the Marines and sailors at the forward edge of the battlespace.

“It made me feel a lot better about my job to see how much it impacted the guys out there,” said Beranek.

Whichever unit sends gear from forward operating base Whitehouse, whether it’s an infantry unit, the chow hall or a combat logistics battalion, we will palletize the items to send and the support team takes over for aerial transportation.

“I use a [Millennia Military Vehicle] to pick up the loads and stage them at the landing zone,” said Cpl. Chris-



SGT. MICHELE WATSON

Lance Cpl. Thomas Beranek, landing support specialist, Combat Logistics Battalion 4, 1st Marine Logistics Group (Forward) and Sgt. John Strickland, embarkation chief, 1st Battalion, 8th Marines, Regimental Combat Team 6, set up a generator for aerial transportation during a night operation at Patrol Base Sheheban, Afghanistan, May 5.

topher Gregory, heavy equipment operator, Company B, Combat Logistics Battalion 4, 1st MLG (Fwd.) “On the build day, I get the nets and place them on the helo pad, and using the MMV I grab the different loads and put them on top of the nets so the landing support Marines can build the net load.”

The net has a cable attached to each corner and after the load is placed on it, the landing support Marines weave the cables through the net and secure them to a D-ring on top of the load.

“When the helicopter lifts the load, the cables cinch down and the load tightens up,” said Walter.

Not all items can be transported with the net load however, and for those special cases, a sling load is used to move larger items.

“We use the sling load to lift vehicles and any equipment that can’t fit into the net,” said Walter. “The loads can weigh 2,500 pounds all the way to 12,000.”

In a nearby field at Patrol Base Sheheban, the receiving loads were dropped and the generator was air lifted away. The Marines loaded up a truck with the food and water that was dropped and returned to the safety of the patrol base.

NEXT UP...

SPRINT CUP

Race: Coca-Cola 600
Where: Charlotte Motor Speedway
When: Sunday, 5:30 p.m. (ET)
TV: FOX
2011 Winner: Kevin Harvick (right)



NATIONWIDE SERIES

Race: History 300
Where: Charlotte Motor Speedway
When: Saturday, 2:30 p.m. (ET)
TV: ABC
2011 Winner: Matt Kenseth

CAMPING WORLD TRUCKS

Race: Lucas Oil 200
Where: Dover International Speedway
When: June 1, 4:30 p.m. (ET)
TV: SPEED
2011 Winner: Kyle Busch

NASCAR INSIDER

By RICK MINTER / Universal Uclick

Big guns

Earnhardt goes on offensive to defend military sponsorship of NASCAR teams

Dale Earnhardt Jr. won the Sprint Showdown at Charlotte Motor Speedway last weekend, and he scored some points on the sponsorship front. Earnhardt, who won the Showdown to advance to the Sprint All-Star race where he finished fifth, was asked the day before to respond to a move in Congress that would ban sponsorships of race teams by branches of the military. He showed some political savvy, or perhaps evidence of some coaching by his team's public relations staff, by throwing the ball, so to speak, back into the court of Rep. Jack Kingston (R-Ga.), who sponsored the legislation before the House Appropriations Committee, which approved the measure, which still must pass several more steps before becoming final.

"I think the Republican from Georgia that is heading the bill hasn't even been to a NASCAR race," said Earnhardt, whose No. 88 Chevrolet is backed by the National Guard. "At least it states that in the article [that appeared in newspapers on Friday]."

"I would encourage them to do more homework, get more facts, understand the situation a little more. I know just talking to the [National] Guard, and we went through this before, and talking to them, they can't express to me enough how much this program helps their recruiting. They are committed to the belief it has a profound effect on their recruiting and their ability to recruit. It's important for them to be visible and to push their



Rick Hendrick celebrates with Dale Earnhardt Jr., after winning the Sprint Showdown. (NASCAR photo)



Dale Earnhardt Jr., driver of the No. 88 Chevrolet, crosses the finish line to win Saturday's Sprint Showdown at Charlotte Motor Speedway. The U.S. National Guard is one of the name sponsors of the No. 88. (NASCAR photo)

brand, and work on their brand, giving people an opportunity to learn more about how to get involved in the military."

Earnhardt pointed out that NASCAR has proven to be a great vehicle for any entity to use to get their message to the masses.

"We are one of the biggest sports," he said. "We've got more people attending races and attending our sport than a lot of other avenues they could be going. I think it's good and healthy for them to be here. I think it works for them or they wouldn't be a part of it."

He also joked that he was surprised that a conservative politician from deep in traditional NASCAR country hasn't been to a race, since many people running for office in the past have made appearances at races, which tend to attract audiences that share their political beliefs.

"Just because he's a Republican from Georgia, he should have seen a NASCAR race by now," Earnhardt said, adding that a trip to a race would be educational as well. "[Kingston] could come along and visit with the Guard and talk with the Guard - talk to the people that are at the particular races, and see what the experience is like for them. See how the guard utilizes their program and their marketing within the sport."

"If he hasn't been to a race, he's not seen it firsthand. Then he can make his decision."

Others that could be affected by a cut in military sponsorships are Ryan Newman, whose No. 39 Chevrolet is sponsored by the U.S. Army, Aric Almirola, whose No. 43 Ford is backed by the Air Force and Don Schumacher's teams in the NHRA.

Smith again passed over

The voting panel for the NASCAR Hall of Fame in Charlotte, N.C., will pick five people this week for the Hall's fourth class of inductees, but one longtime player in the sport won't be one of their choices.

Bruton Smith, who heads Speedway Motorsports and led the way in transforming race venues into the showplaces they are today, has never been on the list of nominees. Sprint Cup points leader Greg Biffle is among those who say Smith, a longtime promoter whose company owns several tracks, should be among the nominees.



Bruton Smith (NASCAR photo)

"He's done a tremendous amount for our sport," Biffle said. "He's done a tremendous amount with this [Charlotte] race track and other race tracks like Las Vegas and other places. He's been a huge contributor to our sport and definitely deserves an opportunity at some point, or at least gets my vote to be counted."

Possibly hurting Smith's chances is the fact that he's always been considered a competitor to the France family, which controls NASCAR and in large part the Hall of Fame.

NOTEBOOK

Remembering 'best 600 ever'

Many in and around NASCAR this season have pointed to a lack of crashes and caution flags as contributing factors to less than spectacular racing. But in a race that is considered one of the best Coca-Cola 600s ever, a long stretch of green-flag racing at the end added to the drama.

In the 1980 running of NASCAR's longest race, Benny Parsons, driving M.C. Anderson's No. 27 Chevrolet, battled Darrell Waltrip, in DiGard's No. 88, in what many have called the best 600 ever.

The three best cars that day belonged to Parsons, Waltrip and Dale Earnhardt. When Earnhardt blew a tire and crashed on Lap 276, it left Waltrip and Parsons as the top two drivers.

Over the final 26 laps, the two swapped the lead eight times. Parsons took the lead with two laps to go, then held off a last-lap charge from Waltrip to get the victory.

In an interview several years back, former Charlotte promoter H.A. "Humpy" Wheeler called the 1980 600 the best ever.

"We had two big showers run through here that day, and I wasn't sure we were going to finish that race by dark," Wheeler said. "But what the rain did was tighten the track up and make the racing better ..."

"You could see the hunger in Benny Parsons, knowing he could win the 600. You could just feel it. Darrell could make his car awful wide, and for Benny to do it in the last couple of laps was really astonishing."

Charity race aims to raise \$1M

The Prelude to the Dream charity race that Tony Stewart hosts each year at his Rossville, Ohio, dirt track, Eldora Speedway, has become such a big event that NASCAR changed the schedule of a tire test at Pocono Raceway to accommodate drivers participating in the Prelude. The tire test on June 6, the same day as the Prelude, will be moved up an hour, from 1 p.m. until noon, and end at 4 p.m. instead of 5, so drivers can make the 480-mile flight to Eldora.

The eighth-annual race will be shown on HBO Pay-Per-View with net proceeds from the telecast going to Feed the Children.

Among the competitors are IndyCar racer Tony Kanaan, drag racers Ron Capps and Cruz Pedregon, sprint car racers Steve Kinsler and Donny Schatz as well as NASCAR regulars Tony Stewart, Jimmie Johnson, Clint Bowyer, Ryan Newman, Kasey Kahne, Bobby Labonte, Kurt Busch, Kyle Busch, Austin Dillon, Ty Dillon and Danica Patrick, who will be making her first start in a dirt Late Model car.

The seven previous Preludes have raised a total of more than \$3.5 million, but Stewart is hoping this year's event will raise \$1 million by itself.

"It's an ambitious goal," Stewart said. "But if we don't set the bar high, we're not pushing ourselves the way we should."

Chevrolet SS to be Cup race car

Officials from Chevrolet announced last week that their new Sprint Cup race car will be the Chevrolet SS.

The manufacturer will offer the car, a V-8 powered, rear-wheel-drive performance sedan, to the American public beginning late next year. It is Chevy's first rear-wheel-drive sedan offered for sale in the U.S. in 17 years.

All participating manufacturers in NASCAR will be running new model cars in 2013, and the emphasis is on having the cars more closely resemble those for sale to the public.

All-Star Race: Stunning win followed by winning stunt



Jimmie Johnson, driver of the No. 48 Chevrolet, makes a victory lap with team owner Rick Hendrick sitting on the door after winning the Sprint All-Star Race at Charlotte Motor Speedway on Saturday. (NASCAR photo)

Some of the most exciting moments in Saturday's Sprint All-Star Race at Charlotte Motor Speedway came after the checkered flag fell. Car owner Rick Hendrick took a ride down the frontstretch hanging onto the winning car driven by Jimmie Johnson. With one leg hanging down almost to the track and the other wedged inside the car, many wondered if the veteran owner could hang on until the car came to a stop.

"That was the dumbest thing I've done ever in racing," Hendrick said afterward. "That was it. I may have

done some smart things, but that was the dumbest one."

Hendrick said that complicating matters was the fact that his leg blocked Johnson from properly working the clutch pedal, which could have led to a very jerky stop.

"I thought, I'm going to be like a busted watermelon out here," Hendrick said.

Overall, the ones that looked like busted watermelons were Johnson's competitors. He had the best pit stall after his crew won Thursday's pit crew competition. Then he won the

first of four 20-lap segments, which put him in front for the final 10-lap run, in which he drove away from the field for his third All-Star win.

As Johnson's team and others had figured out before the race, whoever won the first segment was the likely All-Star winner, so Johnson rode in the back for the next three segments, tuning his car for the finish.

"Everybody knew if you could win that first segment, you could control the night," Johnson said. "We were able to do that starting sixth, so it was pretty awesome."

SPRINT CUP POINTS

- 1. Greg Biffle**
411; Leader
- 2. Matt Kenseth**
409; behind -2
- 3. Dale Earnhardt Jr.**
397; behind -14
- 4. Denny Hamlin**
394; behind -17
- 5. Jimmie Johnson**
372; behind -39
- 6. Martin Truex Jr.**
372; behind -39
- 7. Tony Stewart**
369; behind -42
- 8. Kevin Harvick**
361; behind -50
- 9. Kyle Busch**
349; behind -62
- 10. Carl Edwards**
337; behind -74

NUMERICALLY SPEAKING

6 Points-paying Cup wins by Jimmie Johnson at Charlotte, the most of any active driver and ties Bobby Allison and Darrell Waltrip atop the all-time list

16 Points-paying Cup victories at Charlotte by Rick Hendrick, tops among all car owners

738 Laps led in the past 14 Cup races at Charlotte by Kyle Busch, most among all drivers

5 Laps led by Kevin Harvick in his Cup career at Charlotte Motor Speedway, even though he's the defending Coca-Cola 600 winner

MEU Marines maintain aircraft



LANCE CPL. CLAUDIA PALACIOS

Marines tie down a CH-53E Super Stallion aboard USS Makin Island, May 3. The Marines serve 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, currently 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.

Marines transported to Jordan for Exercise Eager Lion



STAFF SGT. JULIUS CLAYTON

A CV-22 Osprey lands at an airfield near King Abdullah II Special Operations Training Center in Aman, Jordan. The aircraft transported U.S. Marines to KASOTC in preparation for their participation in Exercise Eager Lion 2012, an irregular warfare and special operations themed exercise with 19 participating nations and over 11,000 participants intent on maintaining regional stability and strengthening military-to-military relationships.

Keys to Crossfit



PHOTOS BY LANCE CPL. STEPHEN T. STEWART

Marines and civilians participate in a Crossfit exercise Thursday, aboard Marine Corps Air Station Cherry Point, N.C. The Crossfit program at Cherry Point is coordinated by seven coaches who volunteer their time teaching others about Crossfit.

LANCE CPL. STEPHEN T. STEWART
MCAS CHERRY POINT

FOLLOW @STSTEWARTUSMC

Over the last 12 years a new physical fitness program, Crossfit, has grabbed the attention of athletes and military members across the world and Marine Corps Air Station Cherry Point is no exception.

Marines and civilians aboard the air station participate in a local Crossfit program coordinated by seven coaches. The volunteers dedicate their time teaching a fitness regime base on the concepts of functional fitness and a broad range of exercises to build muscle and endurance, said Christi L. King, one of the coaches for Cherry Point Crossfit.

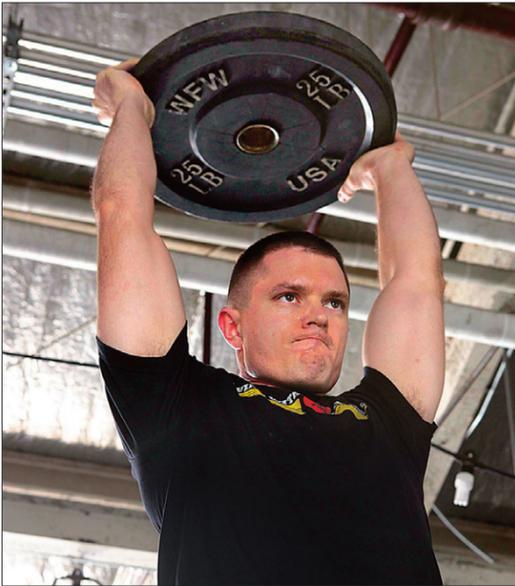
King said the program can be competitive and rewarding for all levels of health enthusiasts and she hopes to increase the participants in the program. She joined other coaches in highlighting key factors for an individual to consider before starting the program.

Form

"Form comes first," said King. "If you compromise your form then you are more likely to get injured and not be able to come back." Using squats as an example, King said exercise will often cause more harm than good if not done correctly.

King said that before trying to get a max weight, start by using just the bar. Make sure to squat all the way down, don't arch your back, and keep your feet about shoulder width apart.

Performing exercises correctly is a lot more effective and safer.



Diet and nutrition



For Kyle J. Moschetto, who has been doing Crossfit for about five years, personal diet is the most important part.

"It plays a big part, if you clean your diet up, you will perform better," said Moschetto. "Your performance will improve."

He suggested cutting out all the unnecessary foods and drinks like candy and soda. Vegetables, fruits and meats are highly encouraged in Crossfit, said King.

Hydration

The human body needs water to live and heat cramps, heat strokes and heat exstuation are some effects of poor hydration. The coaches will not let anyone participate without water.

"When doing Crossfit you should always have water with you especially now that it's warming up outside," said King. "We have a rule; No water, No Crossfit, No exception."



Limitations



No smoking: King said that smoking and exercising do not mix. The practice makes it hard to move oxygen throughout the body resulting in decreased performance and a person losing their breath easily, she said.

Alcohol: "Heavy drinking will affect your performance," said King. "You can drink, but don't drink all the time, control yourself and don't overdo it."

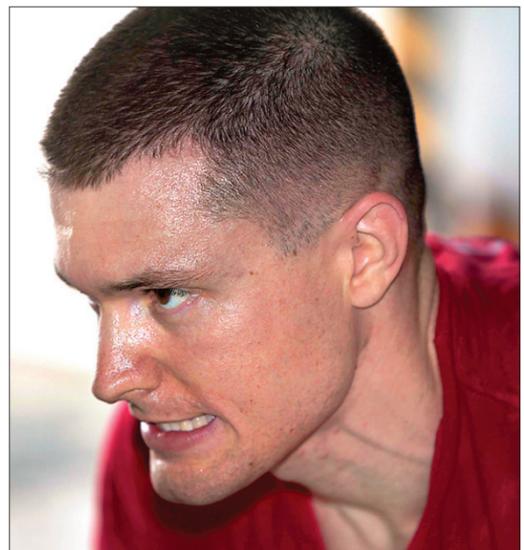
King said that if you drink the night before, and then try to exercise, you are going to feel horrible during the work out.

Commitment

"To participate in Crossfit, you have to commit yourself to the schedule," said coach Isaiah Ybarra. "Crossfit is not a one-time deal; you have to be willing to do the workouts and to keep a healthy lifestyle."

The coaches and participants help motivate each other to stay committed which helps the program work.

"Here we don't really care what your ability is as long as you are trying to improve and doing it the right way," said King. "We all have the same goal here and that's to better ourselves."



Interested in Crossfit?

To see a full workout schedule or for more information about Cherry Point Crossfit visit:

<http://www.crossfitcherrypoint.com>

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/ May 26-May 28 Holiday Hours

Breakfast/Lunch 8:30-11 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 May 24

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 May 25

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 May 26

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

Sunday May 27

Lunch - Honey barbecue 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

Monday May 28

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, barbecue spareribs, scalloped potatoes, steamed broccoli

Tuesday May 29

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 May 30

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

MEMORIAL DAY: PAUSE AND REFLECT MAY 28

GARY L. FRY

NATIONAL COMMANDER AMERICAN VETERANS

On Memorial Day – one of our nation’s most solemn and revered holidays – we all pause to reflect upon the principles that have made our nation great. We pause to remember the true cost of freedom and honor those who made the ultimate sacrifice to protect it. The brave men and women we honor selflessly gave themselves to defend a way of life that we all cherish: The rights of all people to determine their own futures, free of oppression and fear.

For the last decade, Americans have lived in an atmosphere of war as our brothers, sisters, sons, daughters, and friends voluntarily sacrificed the comforts of America to fight for our values and ideals in the Middle East. Last year, Osama Bin Laden was found and killed by a group of U.S. Navy SEALs, a major achievement in the Global War on Terror. Continuing to make progress daily, the men and women of the U.S. military endure the dangers of battle to preserve our way of life.

This is why I ask that we all pay our respects to the more than 6,000 brave American military men and women who have made the ultimate sacrifice in the ongoing Global War on Terror.

By laying down their lives in defense of liberty, the world is a safer place. We must remain vigilant against those who wish us harm and join together, as we have done so many times before, to truly build a better future for our posterity.

Memorial Day is one of our nation’s oldest and most significant holidays, born solely of our shared American heritage. Together, we recall the glory and sacrifice of all who have set their personal aspirations aside for the preservation of our society. Whether it is the doughboys of World War I, our Greatest Generation in World War II, our Cold Warriors who served in Korea and Vietnam, the liberators of Kuwait, Iraq and Afghanistan, or countless others who served and sacrificed in smaller American actions around the world, we owe a tremendous debt of gratitude to the men and women who took up arms

against the enemies of the United States, laying down their lives to ensure a brighter future for the loved ones they left behind.

Borne out of the Civil War and celebrated, the third Monday in May, Memorial Day came about as townspeople across the nation decorated gravesites of the fallen with the American flag.

Today, many of us may gather with family and friends to usher in the Summer season, but it is important that we never forget why we gather

and remember the brave men and women who gave so much, and the families and loved ones left behind.

Around the country, memorials bear the names of those who have paid the ultimate sacrifice to secure our freedom. We must remember, especially today, that behind each of these names is an American hero who gave his or her life so that we may live in peace; a mother or father who mourned the loss of their child; a spouse; a child, left behind to carry on without them.

As Americans, may we never forget those who fought for our freedom, and may we celebrate the lives of those who have truly made America the land of the free and the home of the brave.

While major milestones, including the demise of Osama Bin Laden, have brought us closer to the end of this war, our country still faces a difficult road ahead. But only we, as Americans, can ensure that we live up to the sacrifices our fallen heroes have made for the ideals we so cherish.

Today, of all days, we must reflect on what it truly means to live free. We must solidify and reaffirm our commitment to our service members and their mission. We owe all of our veterans, past and present, a debt of gratitude for their sacrifices in the defense of liberty and it is our solemn duty to keep the memory alive of those who made the ultimate sacrifice.

May God bless our veterans and may God bless America.



From the clinic: Minimalist shoes, new thoughts on injury prevention during running

Laurie A. VARNER

MCAS CHERRY POINT NAVAL HEALTH CLINIC

With May being Physical Fitness and Injury Prevention month, it’s a great time to look at injury prevention during running, a very popular form of physical fitness. This also leads to another hot topic in running: minimalist, 5 finger or barefoot, shoes. The main idea behind a minimalist shoe is that it promotes forefoot or mid-foot striking. However, this aspect of running can be done in any shoe; it’s just easier to do in a minimalist shoe. But how does this relate to injury prevention? When one is running and lands on their heel, called heel strike, there is an instant peak in forces up through the leg. Heel striking also usually occurs further in front of the body, causing the leg to pull the body forward a longer distance using a longer lever arm. When one strikes on the middle or front of the foot the forces gradually load on the leg and there is no sharp impact peak. This type of strike pattern also leads to landing a short distance in front of the body, thus decreasing the lever arm distance and putting less strain on the legs. These factors lead to less stress on the leg joints, especially the knee, and thus eliminating



factors that could lead to injury. So it would seem that a more natural approach to running could lead to less injury down the road. Just changing your running pattern, however, is not the cure strengthening and appropriate muscle recruitment is also important for injury prevention. For further information on this area contact your doctor or talk to a physical therapist or exercise specialist.

TRICARE ONLINE

THERE’S AN APP FOR THAT

TriCare offers a free phone application. Download Express Rx on your smartphone to instantaneously access your medical information.

For more information visit:

- www.tricare.mil/pharmacy
- www.tricare.mil/homedelivery
- www.tricare.mil/subscription
- www.facebook.com/tricare
- www.twitter.com/tricare
- <https://m.esrx.com>
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Adults only \$4 • Kids (4-12) only \$3
NOW SHOWING

Thursday, May 24

6:00pm - Lockout PG 13

Friday, May 25

5:00pm - Three Stooges PG

7:00pm - Lockout PG 13

9:00pm - Cabin in the Woods R

Saturday, May 26

2:00pm - Three Stooges PG

4:00pm - Lockout PG 13

6:00pm - Cabin in the Woods R

Sunday, May 27

2:00pm - Three Stooges PG

MOVIE SYNOPSIS

Lockout - Starring: Guy Pearce, Maggie Grace, Vincent Regan. On an orbiting prison 50 miles above the earth where the world’s most dangerous criminals are kept asleep, the prisoners are suddenly awakened, causing a panic. Only a wrongly-convicted government agent can rescue the President’s daughter from the deep space prison riot.

Three Stooges - Starring: Sean Hayes, Will Sasso, Chris Diamantopoulos. Left on a nun’s doorstep, Larry, Curly and Moe grow up finger-poking, nyuk-nyuking and woo-woo-ing their way to uncharted levels of knuckleheaded misadventure. Out to save their childhood home, only The Three Stooges could become embroiled in an oddball murder plot... while also stumbling into starring in a phenomenally successful TV reality show.

Cabin in the Woods - Starring: Kristen Connolly, Chris Hemsworth, Anna Hutchison. Five friends go to a remote cabin in the woods. Bad things happen. If you think you know this story, think again.

THE LOCAL BUZZ

Announcements

► *Indicates new announcement*

► Hancock and Cedar Creek Pools Opening

Beginning Saturday, the Hancock and Cedar Creek Swimming Pools will open through Labor Day.

Hancock pool hours:

Monday-Friday: 5-7 a.m. (lap swim only)

Monday-Friday: 11 a.m.-1 p.m. (lap swim only)

Monday-Friday: 1-7 p.m. (recreational use)

Cedar Creek pool hours:

Monday-Friday: 12-5 p.m. (recreational use)

Swim lessons will be available at Cedar Creek Pool,

Tuesday-Friday from 11-11:45 a.m. and 5-8 p.m.

To register for swim lessons, visit the Aquatics Office from 9 a.m.-2 p.m. on the following dates: June 2, June 30, July 28 and Aug 18.

Both pools are also available for rental Friday-Sunday from 7:30-9:30 p.m.

Swim Fees:

Active duty, retired, and their dependents - no charge.

Daily guest fees - \$4 for ages 12+, \$2 for ages 3-11, no charge for age 2 and under.

DoD family fees - \$3 for ages 12+, \$1.50 for ages 3-11, no charge for age 2 and under.

DoD monthly passes - individual \$20, family \$30. Passes for the entire three months of summer are available for individual \$50 and family \$70.

For additional information regarding swim lesson fees and pool rental fees, call the Aquatics Office at 466-2510.

► Run Around The Block Safe Boating 5K

The Coast Guard presents its "Run Around The Block Safe Boating 5K Race" at Fort Macon State Park Saturday.

Check-in begins at 8 a.m. at the visitors center. The race starts at 9 a.m.

The entry fee is \$10. For more information and to register online, visit <http://bit.ly/runtheblock>.

► Atlantic Beach Family Summer Movies

Atlantic Beach will host free family movie nights every Wednesday, June 6 - Aug. 22, just after sunset.

Attendees should bring their own blankets and chairs. In case of rain, the movies will be Thursday nights.

Movies shown will include:

June 6 - The Zookeeper

June 20 - Willie Wonka and the Chocolate Factory

For more movie dates, visit <http://bit.ly/ccncmovie> or call the town of Atlantic Beach at 726-2121.

► The Penguins Are Here

African Penguins have come to the Pine Knoll Shores Aquarium for the summer.

The exhibit is free with aquarium admission or membership and will run through Sept. 30.

Admission is free for ages 2 and under, \$6 for ages 3-12 and \$8 for ages 13-61.

For more information, call 247-4003 or visit their website <http://bit.ly/ncaquarium>.

► Sounds of Summer Show

The Morehead Center for Performing Arts and Events will host a variety show full of music, dance and comedy, June 2.

Admission is \$15 for adults and \$10 for children. For more information, visit <http://bit.ly/soundsummer> or call 726-1501.

► Beach Magic

Be amazed and thrilled as Bryan Sanders and Terry Morris fill the stage with tricks, stunts and audience participation at the Morehead City Center Beach Magic Show, June 14.

Admission is \$10. For more information call 726-1501.

► Morehead City Saturday Market

Morehead City will host a market on the second Saturday of every month now through December.

You may find quality, local, handmade or homegrown farm products, arts, crafts, food, fun, educational opportunities and entertainment rain or shine.

For more information or to become a vendor, go to <http://MHCSaturdayMarket.com> or call 723-0311.

► In Honor and Remembrance

The Tryon Palace and North Carolina History Center will host a gathering in honor of those who have served the United States over the years and those who still do May 28.

Doors open at 9 a.m. Admission is free to active duty military and veterans. Discounted admission will be given to accompanying family members.

For more information, call 639-3511.

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 year's old 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.

Suspicious photography activity

Look for the "4-SAMES": Same kind of people, in the same place, at the same time-of-day, doing the same activity.

They are identifiable by behavior. People using still or video cameras - overtly or discreetly.

Suspects film "subjects" not typically photographed by tourists such as embassies, building entrances and exits, security personnel, critical infrastructure, school grounds.

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