

Harvest Hawk team returns from Afghanistan



LANCE CPL. STEPHEN T. STEWART

Staff Sgt. Paul N. Folk, a crewmaster with Marine Aerial Refueler Transport Squadron 252, reunites with his children at the squadron hangar aboard Cherry Point, after returning from a 9-month deployment to Afghanistan, June 7. While deployed, Folk, a Rochester, N.Y., native, and 12 fellow Marines provided close-air support with the squadron's Harvest Hawk equipped KC-130J. The Harvest Hawk weapons system adds another element of support to an aircraft that already provides cargo and troop transport and aerial refueling.

Weapons upgrade gives Hercules new punch

CPL. BRIAN ADAM JONES

MCAS CHERRY POINT

FOLLOW @BRIANADAMJONES

After a nine-month deployment where they employed a revolutionary weapons upgrade on one of the Marine Corps' most storied aviation platforms, 13 Marines with Marine Aerial Refueler Transport Squadron 252 returned home to Marine Corps Air Station Cherry Point, June 7.

From September 2011 until June 2012, the Marines wielded a KC-130J Hercules equipped with a weapons system called the Harvest Hawk.

A Harvest Hawk-equipped KC-130J Hercules carries four Hellfire and 10 Griffin missiles to support Marines and their Afghan and coalition partners conducting counterinsurgency operations in southwestern Afghanistan.

The KC-130J Hercules has supported the fight with transport and aerial refueling capability for decades. Now, however, the Marine Corps has given the aircraft a deadly punch.

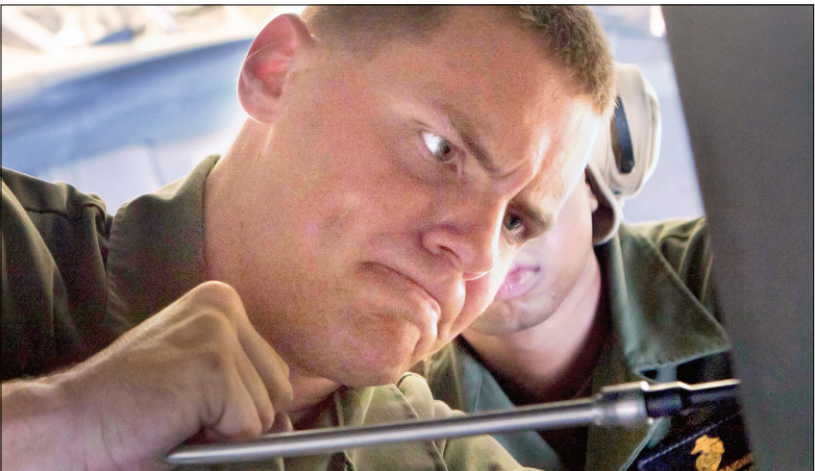
"It's a different role for us, but we did it well," said Staff Sgt. Paul N. Folk, a crewmaster whose tour with the Harvest Hawk marked his fifth deployment.

Leaders in the C-130 community said the benefits of the Harvest Hawk system are overwhelming.

"With the new weapons kit we were able to operate without collateral damage," said Lt. Col. Charles J. Moses, VMGR-252's commanding officer.

Moses said the weapon is effective and efficient.

See **KC-130J** page A11



CPL. TYLER J. BOLKEN

Lance Cpl. Matthew T. Floyd, an ordnance technician with Marine Attack Squadron 231, mounts a gun and ammunition pack to the bottom of an AV-8B Harrier inside the squadron's hangar at Cherry Point, June 8. The VMA-231 Marines are preparing all of the squadron's Harriers for an upcoming deployment to Afghanistan.

'The first and finest' Harrier squadron ramps up for Afghanistan

CPL. TYLER J. BOLKEN

MCAS CHERRY POINT

FOLLOW @BOLKSBL0TT0RUSMC

Urgency is settling in as the Corps' oldest aviation squadron, "the first and finest since 1919," prepares its Marines and AV-8B Harriers for an upcoming deployment to Afghanistan.

It will be Marine Attack Squadron 231's second trip to combat in Afghanistan and pending the 2014 withdrawal plan, the squadron could be the final Harrier assets in the war.

Their close-air support mission provides overhead firepower for troops on the ground, a role only possible with the squadron's Harriers humming smoothly. This is a maintenance feat for the more than 30-year-old, multimillion dollar aircraft.

"Ultimately, we're trying to get airplanes in the sky so pilots can go to combat," said Master Sgt. William O. Fishback, maintenance chief for the squadron. "These guys trust us with their lives."

The magnitude of the efforts hidden in the Harrier's shadow is what Sgt. Maj. Dennis M. Bradley, the attack squadron's senior enlisted leader and infantryman by trade, said he didn't fully see. Before coming to the squadron, he'd only been on the receiving end of close-air support.

"I always knew what their role was as they were overhead supporting my Marines and me in places like Iraq, Afghanistan and Kosovo," said

Bradley. "But it's not just the pilot up there flying the jet, it's all these enlisted Marine maintainers making sure these jets can get airborne when they're needed most."

"On time, on target," Bradley said, quoting one of the squadron's mottos.

In the Marine Corps, you're either infantry or you're supporting the infantry, and Bradley, an Oscoda, Mich., native, said his Marines know their role as a Marine attack squadron is to attack the enemy the infantry is fighting.

Most of the Marines in the squadron are in five-year enlistments, because of the amount of schooling, usually a year, the technical intricacies of their job requires. During this time they're entrenched in research and reading maintenance manuals to learn everything going on with the aircraft when it's flying.

On average, one hour of flight time requires 15 hours of maintenance time. This maintenance includes scheduled and repair of unplanned discrepancies, otherwise referred to as "gripes" by maintenance Marines, said Fishback.

At the mercy of a daily flight schedule, maintenance never really stops, which requires the Marines to work on aircraft around the clock, said Bradley.

The Marines are split into day and

See **FINEST** page A11

Basham assumes command of station headquarters squadron

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

FOLLOW @ACLEOPATRAUSMC

Lt. Col. Charles J. Basham assumed command of Headquarters and Headquarters Squadron from Lt. Col. Samuel P. Mowery during a ceremony on the parade field at Marine Corps Air Station Cherry Point, June 8.

Mowery will next attend the U.S. Army War College in Carlisle, Penn.

In his final address to his Marines, Mowery praised their efforts on the air station by using analogies demonstrating that nothing on the air station would get accomplished without H&HS Marines manning their posts.

"No matter what you do on this base, you're going to run into us," he said. "We are the first people you see at the gate when you enter the base. If you happen to land your plane here, know that our air traffic controllers control the air space."

Mowery said he has enjoyed the time he has spent commanding the squadron, and he wants them to remember his motto. "We are in the Marine business of providing support."

"We support, serve and fight as a single impenetrable unit," he said. "That is the source of our strength."

Basham comes to the squadron from the Aviation Manpower Support Branch, Department of Aviation, Headquarters Marine Corps. He said he looks forward to commanding the "Rams."

"I am truly honored and equally as humbled to be the one chosen to take command of this squadron," said Basham.

His career highlights include accumulating over 1,300 flight hours in the AV-8B Harrier. He also studied at The Expeditionary Warfare School and graduated from the Marine Corps Command and Staff College with distinction. His personal decorations include the Meritorious Service Medal, the Marine Corps Commendation Medal and two Navy and Marine Corps Achievement Medals.



Lt. Col. Charles Basham, commanding officer, H&HS.

Harrier pilot recalls attack in Afghanistan

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

FOLLOW @STSTEWARDUSMC

In the middle of the night, flying higher than 10,000 feet above the ground, Capt. Eric D. Albright, an AV-8B Harrier pilot, engaged enemy targets in the Helmand River valley in Helmand province, Afghanistan, Feb. 5.

Looking back on that moment, he described that night as pitch black and moonless, he was only able to see outside the cockpit through night vision goggles.

"It was low light, and by low light I mean no light," said Albright, who flies with Marine Attack Squadron 223. "If I looked out of my aircraft through the canopy, all I could see was black."

Albright was providing routine overwatch,

scanning routes for insurgents placing improvised explosive devices.

Running low on fuel, he received a call over the radio.



CPL. GRAHAM J. BENSON

An AV-8B Harrier from Marine Attack Training Squadron 203 fires flares during a training flight July 27, 2010.

A Marine on the ground with 2nd Marine Battalion, 4th Marine Regiment, called for Albright to fly to the target area and provide close air support. "They had found IED emplacements and we had to coordinate a plan of action," said Albright, a 29-year-old, Ash-ville, Pa., native.

After the call came in, he began to ask the questions that every pi-

lot asks himself – Where was the enemy located? How close to friendly troops are they? Have they

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In This Edition:



**MARINE
LIVES UP
TO HIS BIG
NAME**

See A7 for photos
and story



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



Cpl. Shamay E. Soto tries some of Drew Willis’ award-winning chicken.

PHOTOS BY LANCE CPL. SCOTT L. TOMASZYCKI

New Bern Military Alliance hosts cookout

THE NEW BERN MILITARY ALLIANCE HOSTED A CHICKEN PICK’N ABOARD CHERRY POINT, JUNE 7. THE ALLIANCE HOSTS THE EVENT BIANNUALLY TO SHOW APPRECIATION TO LOCAL SERVICE MEMBERS. THE PARTY FED THE MARINES AND SAILORS WITH FREE PORK, CHICKEN, HUSHPUPPIES AND OTHER TREATS.



A cook team “paint” their chicken with spices.



Marines play corn toss at a party hosted by the New Bern Military Alliance aboard Cherry Point, June 7.

The Windsock

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REMEMBER TO RECYCLE



Highlighting Cherry Point’s Warriors



CPL. MICHAEL J. PURDY

Job Title: Airframes collateral duty inspector
Unit: Marine Light Attack Helicopter Squadron 467
Hometown: Mineola, N.Y.
Age: 25
Date Joined: May 28, 2008

Marine maintenance keeps the helicopters flying and as an airframes collateral duty inspector, Cpl. Michael J. Purdy makes sure his Marines get the job done right. He inspects the hydraulic systems on the UH-1N Huey and AH-1W Cobra as well as the airframe structure of the aircraft and decides when they’re ready for flight. “The job itself is fun,” said Purdy. “Sometimes there’ll be some stuff wrong with the aircraft that takes a while to figure out, but once you do, you feel good about it. We make sure we have helicopters that are fully mission capable and ready to go to the fight wherever they need to go.” Purdy said he also enjoys the challenge of leading junior Marines in their mission. He gives technical classes to his Marines weekly. “My favorite part is teaching the junior Marines,” he said. “Certain leadership styles don’t work with everybody, so you have to be adaptive and be sure you can inspire each Marine a little bit.”

Highlight Your Marine or Sailor Superstar

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LANCE CPL. SCOTT L. TOMASZYCKI



LANCE CPL. MICHELLE PIEHL

Lance Cpl. Edward Martinez, a motor transportation mechanic with Motor Transport Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, from Marine Corps Base Camp Pendleton, Calif., looks out the back of an MV-22B Osprey during a warrior flight with Marine Medium Tiltrotor Squadron 161, May 31. For the motor transportation mechanics, this flight served to show appreciation for their dedication to their work.

Motivational flight brings out warrior spirit

LANCE CPL. MICHELLE PIEHL

MARINE CORPS AIR STATION MIRAMAR

MARINE CORPS AIR STATION MIRAMAR, Calif.

— Leaning forward in their seats, their eyes open wide with excitement. A Marine speaks an inaudible “wow” as a picturesque view of San Diego’s mountainous landscape comes into view. For some typically land-based Marines, the chance to fly in an MV-22B Osprey became a chance to experience something very different from the norm.

Members of the Motor Transport Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15 from Marine Corps Base Camp Pendleton, Calif., joined with Marine Medium Tiltrotor Squadron 161 for a warrior flight over Marine Corps Air Station Miramar, Calif., May 31.

“It shows the capability of the Marine Corps as a whole,” said Capt. David P. Verhine, an MV-22B Pilot and ground safety officer with VMM-161. “They can be proud and understand that what they do helps out what we do.”

The warrior flight was scheduled as an incentive flight for units that have previously worked with the squadron on past missions. It served as a way to give back to the Marines on the ground working with the Marines in the air.

“It all basically comes down to morale,” said Verhine. “I can’t do my job, ultimately, without the myriad other people doing their job. The maintainers can do their job without me; I can’t do my job without them.”

The flight around southern California was designed to show the Maintenance Battalion Marines the capabilities of the Osprey, as well as give them an unforgettable experience.

During a mid-flight conversion from vertical to horizontal propelling, Marines aboard the Osprey experienced a shift similar to the sensation of riding a roller coaster.

“To feel the accelerations and capabilities of the Osprey was very unique,” said Verhine. “I’ll never forget [my first flight] and I’m sure these Marines will probably never forget it either.”



LANCE CPL. MICHELLE PIEHL

Cpl. Keith D. Lujan, a crew chief with Medium Tiltrotor Squadron 161, observes the mountainous landscape aboard an MV-22B Osprey with a motor transportation mechanic with Marine Motor Transport Maintenance Company, 1st Maintenance Battalion, Combat Logistics Regiment 15, from Marine Corps Base Camp Pendleton, Calif., May 31. Safely attached to gunner’s belts, the Marines were able to get a closer look of the scenery during the motivational warrior flight.

Cpl. Ian P. Shankland, a motor transportation mechanic with 1st Maintenance Bn, aboard Marine Corps Base Camp Pendleton, Calif., was excited to be a part of the warrior flight.

“I’ve never flown on a helicopter before, so I thought it would be a good experience,” said Shankland. “It’s giving motor transportation Marines like us a chance to get up in the air and get off the ground for a change.”

Shankland explained that events like this help Marines get out of their shop and to understand the full capabilities of the Marine Corps. The event also served to give

the Marines a chance to prepare for possible deployment opportunities.

“I have been at my shop since I joined the [fleet],” said Shankland. “It gives me a chance to explore a little more of what the Marine Corps has to offer.”

With a great smile, Shankland boasts his memorable experience on an Osprey.

“It put a smile on my face today,” he said. “I get to fly around in an Osprey today. It gives me a little more experience, something I can say I’ve done. It ties into the ideals of a well-rounded Marine.”

Marines, Jordanians strike back during Exercise Eager Lion 12



STAFF SGT. ROBERT FISHER

Two Marine AH-1W Cobras, left, from Marine Light Attack Helicopter Squadron 269 attached to Marine Medium Tiltrotor Squadron VMM-261 (reinforced), 24th Marine Expeditionary Unit, fly a live-fire, bilateral counterattack drill with two Jordanian AH-1F Cobras in Jabal Petra, Jordan, May 24, during Exercise Eager Lion. Eager Lion 12 took place throughout the month of May and was designed to strengthen military-to-military relationships of over 19 participating partner nations. This is the second major exercise for the 24th MEU who, along with the Iwo Jima Amphibious Ready Group, is currently deployed to the U.S. Central Command area of operations as a theater reserve and crisis response force.

STAFF SGT. ROBERT FISHER

24TH MARINE EXPEDITIONARY UNIT

JABAL PETRA, Jordan – Marine pilots with Marine Light Attack Helicopter Squadron 269 attached to Marine Medium Tiltrotor Squadron 261 (Reinforced), 24th Marine Expeditionary Unit, flew a simulated live-fire counterattack with the Jordanian Air Force, May 24, during Exercise Eager Lion 12.

The counterattack was one of the final events in this year's Eager Lion in a joint effort between Marines and Jordanians combining air and ground forces.

"Jordanian Air Force and Marines have been practicing together ever since we arrived in the country by sharing and dis-

cussing tactical maneuvering and how to integrate aerial fires with ground fires," said Capt. Ethan Krumnow, 30, Cobra pilot.

The joint training began with briefs and discussions on flight formations and maneuvering. It then progressed to mixed section then mixed division flights before concluding with a live-fire joint flight.

"This was the culminating event," said Maj. Dale Behm, HMLA-269 detachment officer in charge.

The pinnacle of this exercise for the Cobra pilots was being able to fly seven total aircraft with live rounds and successfully strike a target together, according to Behm.

"It's a bilateral flight with three different aircraft in support of a ground scheme maneuver and friendly indirect fire," said Krumnow, who led the joint flight.

The flight included the Marine AH-1W Cobra and UH-1N Huey along with the Jordanian AH-1F Cobra.

The counterattack exercise consisted of Marine Harriers kicking off the drill with a bang before the Cobras moved in to strike their target box. Then the Marines and Jordanian soldiers on the ground made the final push to complete the drill.

With their final bilateral flight behind them, the Marines gained experience and built new bonds with their fellow pilots from the Jordanian Air Force.

"It has been an exceptional growth opportunity for both nations and we look forward to continuing and fostering our relationship," said Krumnow. "It's rare we get everybody together with a mission like this one and then throw in the Jordanian Cobras and it's pretty cool."

Eager Lion 12 is an international training exercise with more than 19 countries and approximately 11,000 participants designed to promote cooperation and military-to-military relationships among participating forces. The exercise scenario is intended to portray realistic, modern-day security challenges.

Army, Marine partnership keeps military dogs fighting fit



SGT. SAMUEL A. NASSO

Kim R. Henderson, left, and Army Capt. Danielle M. Diamond, veterinarians at the Army veterinary clinic aboard Cherry Point, administer anesthesia and oxygen to a military working dog before performing spay surgery on it, Oct. 25, 2010. The veterinary clinic's primary mission is to provide health care for military working dogs, but also give care to private pets.

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

FOLLOW @ZYCKIUSMC

Since the days of cavalry, the Army employed specialists to take care of animals in the military. Horses gave way to the tank, but veterinarians still play an important role by keeping military working dogs healthy.

Military dogs today save lives by sniffing out bombs and subduing potentially dangerous suspects. Overseas, the dogs face the same dangers of roadside bombs and gunfire as troops. On the battlefield and the home front, military dogs and their handlers are always taking care of each other.

"It's very important making sure these dogs are safe, healthy and ready to go," said Army Sgt. Heather M. Aguas, an animal care noncommissioned officer at Cherry Point's Army veterinary clinic. "These dogs save lives downrange, whether it's Marines, Army, Navy or Air Force, they find caches of explosives which save their squads."

The Cherry Point clinic takes care of military working dogs of the Provost Marshal Office and provides pet care services for Marines and retirees living in the area. Two soldiers and two civilians staff the clinic.

Before arriving at Cherry Point, Aguas worked at Dog Center Europe in Kaiserslautern, Germany. Dog

Center Europe is the main veterinary hospital for any working dogs that get sick or injured in Afghanistan. Aguas regularly took care of dogs suffering from gunshot and shrapnel wounds sustained in combat operations.

Medical care for the dogs is the same any human would expect, said Lance Cpl. Michael D. Quinn, a dog handler with Cherry Point's Provost Marshal Office. They have their own service record books, medical and dental records and receive annual checkups.

Last year, a snake bit a Cherry Point military working dog during a routine training mission. Marine Transport Squadron 1 airlifted the dog to Norfolk, Va., for life-saving measures. The dog still works at the PMO kennel today.

Locally, dog handlers and veterinarians stand by the same tenants of saving lives and good care for the dogs. Quinn said it is important to keep Cherry Point's military working dogs in good shape because if there is a bomb threat and there are no dogs to support it, that is one less asset available to remedy the situation.

Dog's serving with the Provost Marshal Office can also search for missing persons, fugitive criminals, drugs, apprehend dangerous suspects and serve as attack dogs.



CPL. REECE LODDER

Cpl. Kyle Click, a dog handler with Kilo Company, 3rd Battalion, 3rd Marine Regiment, and Windy, an improvised explosive device detection dog, search the perimeter of the Safar School compound in Garmsir district, Afghanistan, March 18. Veterinarians do pre-deployment checkups on all military working dogs to make sure they're healthy enough to accomplish their mission.



SGT. SAMUEL A. NASSO

Army Capt. Danielle M. Diamond, left, and Kim R. Henderson, veterinarians at the Army veterinary clinic aboard Cherry Point, prepare a military working dog for spay surgery Oct. 25, 2010. Dog handlers say their dogs receive the same level of care as human beings.



LANCE CPL. SCOTT L. TOMASZYCKI

Army Sgt. Heather M. Aguas, an animal care noncommissioned officer at the Army veterinary clinic aboard Cherry Point, see to Coco's medical needs during a checkup aboard Cherry Point, June 7. The veterinary clinic's primary mission is to provide health care for military working dogs, but also gives care to private pets like Coco.



LANCE CPL. SCOTT L. TOMASZYCKI

Army Spc. Patricia McCurdy, a veterinarian, draws blood from Ajax as part of his routine semi-annual physical exam in the Army veterinary clinic aboard Cherry Point, Oct. 25, 2010. The veterinary clinic's primary job is to take care of military working dogs like Ajax, who is certified for patrolling and sniffing out explosives.

Stefensonwestergard: More than just a big name

JOINT PUBLIC AFFAIRS OFFICE

MCAS CHERRY POINT

FOLLOW @MCASCPPA

He looks at a helicopter and sees math, science and art.

Known simply as “West” or “Cpl. West” among his fellow Marines, Cpl. Christopher Stefensonwestergard lives up to his literal big name with a quiet but determined confidence that sets him apart within a squadron of over 250 Marines and Sailors.

West is a science and math whiz kid, turned artist, turned Marine helicopter airframe mechanic with Marine Heavy Helicopter Squadron 366. Standing approximately five-feet seven inches with dirty blond hair, nothing about West stands out initially. Yet a closer look reveals a chiseled physique indicative of a Marine constantly pursuing perfection.

If anyone knows West, it’s his boss, Gunnery Sgt. Derrikk Bussell, the airframes division chief with HMH-366. From the day the Mantua, N.J., kid walked into his shop, Bussell knew Stefensonwestergard was different. Bussell said aviation airframe mechanics is a highly technical job field that Marines often take years to master. But that was not the case for West.

“He can look at stuff and just know it off the top of his head how to get them fixed,” Bussell said. He went on to say West has an outstanding memory and takes advantage of it, and that he is a go-to-guy in the shop – a Marine he can assign a job with a “fire-and-forget” approach.

Bussell got to know West in-depth during a recent seven-month deployment to the Horn of Africa where the squadron supported missions combating piracy and organized terrorist activity.

“It took months for him to start to break out of his shell,” said Bussell. “Trust me I put him on night crew with me and that was obviously a lot of time spent together, and it took him a while to just tell me what he did outside of work.”

Bussell said then and now, what stands out about West is how he takes pride in his job and his responsibilities as a corporal of Marines. He spends extra hours outside of work studying his job and bettering himself as a leader. Yet the young corpo-

“If you sign your name on something, then your name should mean something.”

— Cpl. Christopher Stefensonwestergard,
helicopter airframes mechanic with HMH-366.

ral somehow makes the whole thing look effortless.

“I’ve been committed to anything I’ve ever decided to go out and do, that doesn’t change for anything,” said West. “If you sign your name on something, then your name should mean something. So my name said ‘I’m going to do this job – I’m going to do it as good as I possibly can.’”

Looking back, Stefensonwestergard said his focus did wane a few times over the years. He explained that growing up he didn’t always know he would be a Marine, and the military never had much of an influence where he lived. He did discover his passion for art when, as West tells it, he was tricked into a class by a teacher at Clearview Regional High School.

“I took art as a scam class,” he said. “The first day my art teacher, Mr. Weaver, said that everything was just lines. After that I was sold.”

After high school, Stefensonwestergard “winged it” for a while and let life take him wherever the road led.

He always did well in school so he did take one predictable step by enrolling at Gloucester Community College where he pursued his interests in art. But it was not long before West was bored and needing a challenge, so his college days were few.

With a troubled economy, West figured the wages of an artist wouldn’t foot the bill for what he had planned in life – not the least of which was getting married to his fiancé, Laura Snyder. In a 180-degree turn from delicate strokes of the paint brush, West decided to pursue the title Marine and become a mechanic in the process.

But to reach his goal, the Jersey kid

would have to get past the drill instructors at Paris Island. And with the name Stefensonwestergard, that would be no easy task.

He left for recruit training in March 2009. He fondly recalls the many times he had to scream out each letter of his last name in one breath to his drill instructor’s amusement. But West never wavered in his commitment to claim the title “Marine.”

West graduated Paris Island and went on to school in Pensacola, Fla., to be an airframes Marine. He said mechanics in general made sense to him and he could relate his work to mathematics and science; what he describes as the rules to finding out how anything works.

Airframe mechanics, in general, inspect, maintain, and repair helicopter airframe systems. The helicopter West works on daily is the CH-53E Super Stallion. West is a safety inspector and signs his long name to verify maintenance actions completed by other Marines are done correctly. Bussell said it is rare for a Marine of West’s age and experience to be an inspector and that his focus on doing maintenance correctly is a big part of the success of the “Hammerhead” airframes shop.

“When I joined, mechanics was something I had no clue about whatsoever,” West said. “If you work at everything, then nothing is really a challenge, as long as you’re trying the best you can, it stops becoming a challenge.”

West’s influence on the squadron spans to the physical fitness of the Marines, and he truly cares about the Marines he leads. West feels his role as a noncommissioned officer is to help those under him grow and



CPL. GLEN E. SANTY

Known simply as West, 22-year-old Cpl. Christopher Stefensonwestergard, a helicopter airframes mechanic from New Jersey, stands out among his peers at Marine Heavy Helicopter Squadron 366.

understand what it means to be a part of the “Hammerhead” squadron.

“I mean that’s what your job is as an (non-commissioned officer), to get them to have a logic process and not need anybody else to take care of them,” he said.

West will compete in the squadron’s next meritorious promotion board in the hopes of pinning on sergeant chevrons. But to advance in rank, he will have to win the squadron-level board and follow that with winning the Marine Aircraft Group 14 and 2nd Marine Aircraft Wing boards.

Win or lose, promoted or not, West is happy where he is and where he is going. He describes his time in the Marine Corps as a time to grow and he feels that he’s matured since he joined. A recent trip home cemented that ideal in his mind.

“Everyone’s in the same spot as they were when I left, and nothing has really changed,” said West. “If anything I feel a sense of pride that I’m out doing something and they’re still sitting there, essentially still in high school, just with jobs.”

West’s plans for the future are still unclear, but whatever he chooses he’ll have his long name and title of Marine to back him up.

USS Pearl Harbor commemorates Battle of Midway



CPL. TOMMY HUYNH

Sailors serving aboard USS Pearl Harbor, joined by embarked Marines and Sailors of the 11th Marine Expeditionary Unit, attend a ceremony on the ship at sea, June 4, commemorating the Battle of Midway. The unit embarked the ship, as well as USS Makin Island and USS New Orleans in San Diego, Nov. 14, beginning a seven-month deployment to the Western Pacific, Horn of Africa and Middle East regions.

NEXT
UP...

SPRINT CUP
Race: Quicken Loans 400
Where: Michigan International Speedway
When: Sunday, 12:00 p.m. (ET)
TV: TNT
2011 Winner: Denny Hamlin (right)



NATIONWIDE SERIES
Race: Alliance Truck Parts 250
Where: Michigan International Speedway
When: Saturday, 3:30 p.m. (ET)
TV: ABC
2011 Winner: Carl Edwards

CAMPING WORLD TRUCKS
Race: UNOH 225
Where: Kentucky Speedway
When: June 28, 7:30 p.m. (ET)
TV: SPEED
2011 Winner: Kyle Busch

NASCAR INSIDER

By RICK MINTER / Universal Uclick



Kurt Busch, driver of the No. 51 Phoenix Construction Services Chevrolet, stands on the grid during qualifying for the Sprint Cup Series Aaron's 499 at Talladega Superspeedway on May 5, running the "ME" paint scheme from the film "Talladega Nights" film. (NASCAR photo)

Many hope suspension will be lesson learned for Busch

The big question surrounding Kurt Busch – on NASCAR probation until the end of the year, and just coming off a one-week suspension for cursing a reporter – is whether the suspension got his attention.

In the past, suspensions have proven to be an effective way of letting a driver know that NASCAR officials are in charge of the sport and expect their standards for behavior on and off the track to be followed.

It worked for Kevin Harvick, Jimmy Spencer and even Kyle Busch in the fairly recent past, and according to some, it could work again in Kurt Busch's case.

"Kurt Busch's suspension is long overdue, and that is coming from someone who learned his lesson after sitting out a race for punching him a few years ago," Spencer said. "Kurt has been given plenty of chances to right his wrongs and put himself back on the right path, but he has failed to take advantage of any of those opportunities."

"NASCAR had to do something to restore a sense of respect toward the sport on Kurt's behalf, because he seems to consistently flaunt his disrespect for everything and everyone in this sport. Maybe sitting out and watching the race from the pit box or his couch will wake him up to how great he really has it."

Spencer said his own suspension back

in 2003 for slapping Busch in the garage at Michigan had a positive effect on him.

"I can say that my suspension was extremely upsetting to me, but it made me a better person off the track," he said. "That's what Kurt needs now, and I hope this helps him. It seems to have straightened his little brother, Kyle, out, and I hope the same is true for Kurt."

Jeff Gordon told reporters at Pocono that he hopes Busch can bounce back.

"I think he could have such a bright future in this sport," Gordon said. "I think that you continue to hope that a guy learns his lesson, and a guy can pull it together. I'm sure in his mind this is a minor incident and didn't justify what happened, but eventually you have to start straightening up your act, and utilizing your talent on the race track to earn the respect."

"This, unfortunately, is a step backwards for him."

Tony Stewart, who is both a car owner and driver, said how sponsors react will play a major role in determining Busch's future.

"Half of the battle is getting a good partner and sponsor, and if the sponsors are leery, then it puts you in a bad spot as an owner, unless you have unlimited funding and can just put in there whoever you want," he said. "It's definitely a huge concern."

Hall of Famer Owens dies

Less than a month after being elected to the NASCAR Hall of Fame, former driver and car owner Everett "Cotton" Owens died after a lengthy battle with cancer. Owens, 88, won nine times as a driver in the series now known as Sprint Cup and finished second to Lee Petty in the 1959 title run. He also won NASCAR's Modified championship in 1953 and 1954.



Everett "Cotton" Owens
(NASCAR photo)

He ended his driving days while still in his prime. He won his next-to-last race, at Richmond in 1964, and finished second to Ned Jarrett in his final run, at Orange Speedway in Hillsboro, N.C., on Sept. 20, 1964.

But his biggest successes came as a car owner. He won 38 times, 27 of them with fellow Spartanburg, S.C., resident David Pearson doing the driving. Owens' final win came in the 1970 Southern 500 with Buddy Baker driving his No. 6 Dodge.

NASCAR chairman Brian France issued the following statement: "NASCAR has lost one of its true pioneers, with the passing of Cotton Owens... This is a sad day for the NASCAR industry, but we are all consoled by the fact that Cotton was voted into the NASCAR Hall of Fame before his death. Today we have lost a portion of our past. But people like Cotton Owens are the reason our sport thrives today – and can look forward to a promising future."

NOTEBOOK

'Sweet vindication' for Sauter

Between his grandmother's cooking and a change of luck, Johnny Sauter had a weekend to remember at Texas Motor Speedway. And he got to put behind him a bitter disappointment from a year ago.

In last June's Camping World Truck Series race at Texas, he was black-flagged on a restart with two laps to go, and went from a likely win to a 22nd-place finish.

This time around, Sauter, now a five-time winner in the Truck Series and the seventh winner in seven races this year, had a fast truck from the start of practice and closed the deal after two challengers, Ty Dillon and James Buescher, crashed late in the race.

"There's no sweeter vindication," Sauter said in his post-race interview. "Last year was really tough to swallow. Had the dominant truck, and to come down to a late-race restart like that ... Rules are rules, and I broke a rule. That was tough to swallow."

The only hitch in Sauter's recent weekend was the rain that washed out qualifying and took away a chance for him to earn a top starting spot. Instead, the lineup was based on points.

"To start the race in 20th, and to ultimately be able to drive to the lead and overcome some obstacles tonight, I couldn't be prouder of [crew chief Joe Shear] and all the guys at ThorSport," Sauter said. "The driver is only a small part of the equation, and that truck could pretty much drive itself."

Sauter's typically been fast at Texas, which is sort of like a home track for the Wisconsin native.

"My grandma lives 20 miles down the road in Dallas, and I get an opportunity to go there and have chicken and dumplings every year, homemade nonetheless," he said. "It's cool. It's like a relaxing feeling to be able to hang out and do those things."



Johnny Sauter
(NASCAR photo)

Busch wins Prelude at Eldora

Kyle Busch won the eighth annual Prelude to the Dream all-star race at Tony Stewart's Eldora Speedway in Rossburg, Ohio, last Wednesday night, but Stewart, who finished second, seemed just as happy afterward.

He had praise for his fellow Sprint Cup drivers, who had to work in the charity event between test sessions at Pocono Raceway, where they're preparing for Sunday's 400-miler on a newly repaved track.

"I think that speaks volumes to what this event is all about, and what it means for these guys to be here," Stewart said.

Austin Dillon finished third, ahead of sprint car racer Donny Schatz and Ryan Newman.

Danica Patrick finished 15th in her first try in a dirt Late Model.

"I realized early that I wasn't really in the mix, so I figured I would take the chance to get comfortable driving sideways a little bit more, as I've found that that helps in driving a stock car," she told reporters afterward. "I was just feeling it out, and I really wanted to bring the car home without balling it up."

"I sort of did that."

When the Cup drivers left Eldora, the regular Late Model drivers moved in for the Dream, a \$100,000-to-win race. It was won by Shane Clanton, the younger brother of one-time NASCAR truck and Nationwide Series driver Joey Clanton.

Pocono win catapults Logano out of Cup doldrums

With his career chips down, and his Sprint Cup future uncertain, 22-year-old Joey Logano turned in the kind of performance at Pocono Raceway that should go a long way toward assuring him of a long future in NASCAR's elite division.

Logano, touted as "Sliced Bread" (as in "best thing since") when he joined the Cup circuit in 2009 at age 19, won a rain-shortened race at New Hampshire on a fuel gamble his rookie year. But more recently he's been lackluster at best despite driving for Joe Gibbs Racing, one of the sport's powerhouse teams. He finished 24th in points last year.

But at Pocono, he was fast in practice, won the pole, led 49 laps and overcame a late-race challenge from veteran Mark Martin to get the victory, which puts him right in the thick of the battle for a berth in the Chase for the Sprint Cup.

He said in his winner's interview that his turn around actually started in the Nationwide Series, where he has four wins in 10 starts this season.

"Last year was obviously a tough year for us, not many Nationwide wins, been winless over here [in Cup]," he said. "It was a very hard year, and this year getting those four Nationwide wins under our belts



Joey Logano celebrates in Victory Lane Sunday after winning the Sprint Cup Series Pocono 400. (NASCAR photo)

jerk about it, you can still be a nice guy and smile every once in a while, but at the same time you have to believe in yourself a lot and know that you're the best race car driver out there.

"As long as you believe in yourself and know that, but at the same time be humble enough to learn things from other drivers, and learn things from other people out there, I think that's what makes a special athlete."

He said he's not been informed about his contract status for next year, but he's much more encouraged after his win.

"It's all up in the air," he said. "Obviously, winning a race means a lot and it helps that out a ton. For sure right now my future is not set with anybody."

Martin said he hopes Logano, whom he first saw race in kids' events in the Southeast, is again on the right track, career-wise.

"Maybe things will start to turn," Martin said. "He's been kind of in a stall in his career, or in his progression with the Cup Series. But it looks like, the last couple of weeks, that maybe that's starting to turn."

"I've always known since I saw him drive at 11 years old that he could be a Cup champion."

"I knew it then."

SPRINT CUP POINTS

- | |
|---|
| 1. Matt Kenseth
523; Leader |
| 2. Dale Earnhardt Jr.
513; behind -10 |
| 3. Greg Biffle
507; behind -16 |
| 4. Denny Hamlin
504; behind -19 |
| 5. Jimmie Johnson
493; behind -30 |
| 6. Kevin Harvick
470; behind -53 |
| 7. Martin Truex Jr.
465; behind -58 |
| 8. Tony Stewart
448; behind -75 |
| 9. Clint Bowyer
443; behind -80 |
| 10. Brad Keselowski
426; behind -97 |

NUMERICALLY SPEAKING

- | | |
|-----------|--|
| 31 | Top-10 finishes in Cup races at Michigan Int'l Speedway by Mark Martin, tops among drivers |
| 1 | Laps led by Mark Martin in winning the 2009 LifeLock 400 at Michigan, the fewest led by any race winner at Michigan |
| 0 | Laps led by Pocono winner Joey Logano in six career Cup starts at Michigan |
| 5 | Drivers within 30 points of a spot in the top 10 in the Cup standings (Carl Edwards: 3, Kyle Busch: 6, Paul Menard: 27, Ryan Newman: 28 and Joey Logano: 28) |

KC-130J from page A1

By using a KC-130J Hercules to provide close-air support, Marine infantrymen on the ground have a friend overhead for more than 10 hours at a time.

Operating out of Camp Dwyer and Kandahar Airfield in southern Afghanistan, the Harvest Hawk team served as part of the aviation combat element for the historically volatile

Helmand province of Afghanistan.

Over the nine-month deployment, the Harvest Hawk team stayed overhead in Helmand province for nearly 5,000 hours.

They were in place to provide ground fires in support of coalition forces if needed, but also conducted aerial reconnaissance and surveillance.

Moses said their contributions greatly added to the coalition efforts in Afghanistan.

“We are proud of what they achieved, never failing a mission,” Moses said.

ATTACK from page A1

been properly identified as an enemy force? Do we need to engage? Which weapon do we use?

“We have to ask ourselves all these questions because we can’t afford to make mistakes,” Albright said. “A lot goes into planning an attack and we have to think quickly.”

The initial plan, as described to him by the ground unit, was for the Marines to use artillery fire to hit the insurgents. This did not go as planned. The enemy ran from the target area to a nearby compound.

Due to the chance of causing unnecessary damage to the surrounding area, the ground troops called off the assault.

Albright left the area to get refueled and then returned to the target area, circled overhead, and waited for his chance to strike. Finally, as he refueled for the second time, he got the call he was waiting for.

“I was about 20 miles away when another call came in,” said Albright. The voice on the radio said the insurgents had returned to the IED site. “I flew with my wingman toward them, setting up my targeting pod.”

As Albright arrived on scene, he saw two artillery impacts on the ground, the assault underway. The Marines on the ground fired two shots, eliminating one of the targets, leaving the other four fleeing the area.

Albright located the targets hiding next to a shed.

“The plan was to have my wingman mark the targets with his targeting pod while he stayed in the overhead,” explained Albright. “I was going to then descend and engage the enemy, shooting my wingman’s mark.”

Albright realized that he couldn’t see the target and decided to go for the attack by himself.

“I set my targeting pod up and had to keep moving it as the targets ran away,” said Albright. “I had to use only my NVGs to see because it was pitch-black outside.”

Albright began his dive and reached a speed of about 550 nautical miles per hour, the ideal speed for a gun attack.

He put his targeting pod where he thought the enemy was going to be when he fired.

“I squeezed the trigger and pulled out of the dive,” said

Albright. “All I could think about was ‘shoot and get out of there,’ because at that speed and only 1,000 feet above the ground when I pulled up, I was cutting it close, only a couple more seconds and I would have hit the deck.”

His estimation was dead on. The insurgents were hit by the 25mm rounds from Albright’s GAU-12/U Equalizer, a five-barrel rotating machine gun attached to the belly of the Harrier.

Albright killed one of the insurgents and the ground troops captured the remaining three.

This was Albright’s first deployment, a six-month tour in Afghanistan where he completed 159 combat missions. Marines and their Afghan and coalition partners relied on him to provide support and on many occasions engage enemies.

“If I take our enemy off the battlefield, then they can’t take our Marines off the battlefield,” said Albright. “The way I see it is it’s them or us that have to go, and I would rather it be them.”

FINEST from page A1

night shifts, spread throughout several sections specializing in different aspects of the Harrier – the U.S. military’s only actively employed hover-capable jet.

“The unique thing about it is, it only has one engine,” said Fishback. “But the hovering aspect adds a lot of extra mechanics, like nozzle work, rigging and chains and the different flight controls that go into it.”

Bradley said it boils down to five teams divvied throughout the squadron; ordnance, avionics, powerline, airframes and aviation life support. Each has a personality embodied by the nature of their job.

First – Ordnance Marines are responsible for anything on the aircraft that has

to do with weapons, from the guns, to the bombs and the racks the bombs are mounted on.

Second – Avionics are responsible for the Harrier’s complicated electronic systems network, including communications and navigation.

Third – Powerline, which handles the launching and recovery of aircraft, as well as the engine maintenance and fueling.

Fourth – Airframes Marines maintain the “skin” of the aircraft and corrosion. The effects that sand and moisture from the elements have on the aircraft make this a full-time job.

Fifth – Aviation life support systems, Marines maintain the aircraft ejection seat,

parachute harness, oxygen and other emergency survival gear.

Though all of these Marines are split into their specific sections, Bradley said they don’t hesitate to lend each other a helping hand to accomplish the mission, which will be all-important while they are in Afghanistan.

“We have a lot of young Marines in this squadron who have never deployed, but we have plenty in the squadron who have,” Bradley explained. “The experienced guys are passing on to the younger ones, ‘Hey, when you go down range and the pilots have the aircraft in the fight supporting that Marine on the ground in Helmand province, it’s our responsibility

to have that aircraft ready.’

“That’s why we say ‘on time, on target.’”

This is the first installment in a 4-part series on the Marines of the Corps’ oldest squadron, Marine Attack Squadron 231, ‘the first and the finest,’ preparing to deploy with its AV-8B Harriers to Afghanistan. In preparation they will head to California for Enhanced Mojave Viper next month, and the Marines know their role as a Marine attack squadron is to attack the enemy the infantry is fighting. Maintenance Marines ensure aircraft are ready to fight 24/7. That’s why they say, ‘on time, on target.’

Summer fun: Pools open



PHOTOS BY CPL. GLEN E. SANTY

Pvt. Nick Hayes, an airframes mechanic with Marine Attack Squadron 231, executes his award winning flop during the June “Feats of Strength” competition at the Hancock Pool at Cherry Point, June 11. Cherry Point pools are open through Labor Day.

HARRIER SQUADRON DIVES IN

CPL. GLEN E. SANTY

MCAS CHERRY POINT

FOLLOW @GESantyUSMC

The Hancock and Cedar Creek swimming pools aboard Cherry Point are open for the season through Labor Day.

One squadron took advantage of the warm weather and hosted a family fun day at the Hancock pool, June 11.

Marine Attack Squadron 231 Marines held diving board competitions during their monthly “Feats of Strength” competition that included family’s for the first time.

Maj. Ryan Houh, the squadron’s maintenance officer said the unit tries to make each competition seasonal which is why they incorporated pool activities in this month’s contest.

Pool hours, swim lessons and prices

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.



Cpl. Jorge Flores (right), a Harrier mechanic with Marine Attack Squadron 231, holds his son, and Cpl. Chadwick McCrary holds his daughter during the VMA-231 June “Feats of Strength” competition at the Hancock Pool, June 11. The June competition had a summer theme with 100 meter swim relay races, belly flop contests and for the first time included the spouses to watch and participate in judging.



Sgt. Paul Scott, a power line mechanic with Marine Attack Squadron 231, competes in the June “Feats of Strength” competition at the Hancock Pool, June 11. The June challenge was a combination of family day and squadron competition.

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/ 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 June 14

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 June 15

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 June 16

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, Mulligatawny soup

Sunday June 17

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

Monday June 18

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

Tuesday June 19

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 June 20

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

SLEEP LIKE A BABY

MARK UNDERWOOD

QUINCY BIOSCIENCE

If your sleep patterns are changing as you grow older, you're not alone. As we age, we experience many age-related differences like difficulty sleeping through the night without constantly waking up. For others, they may sleep for a few hours, but it is always hard to get back to sleep. It's one thing to know that sleep is essential to our mental and physical health at any age, but achieving quality sleep, on a regular basis, is a challenge for many older adults.

Quality sleep has numerous benefits.

During sleep the body produces important proteins called cytokines, which are essential to the effectiveness of the immune system in fighting off infections and illnesses. If you have chronic sleep problems you may have a weaker defense system against pathogens that cause a variety of health problems—even the common cold.

Sleep and memory

As we age, the body produces less growth hormone that regulates deep sleep. Growing older also means we produce less melatonin, the chemical that helps with circadian rhythm—that's the wiring in the brain that adjusts from night to day. Less melatonin, means sleep cycles with increased interruptions.

New research from the National Institutes of Health (NIH) highlights how quality sleep, which can include an afternoon nap, helps cognition such as memory. Remember the last time you stayed up all night or hardly slept at all? You probably felt severely sleep deprived the next day and your memory wasn't as sharp as it usually is when you are more rested.

Scientists believe that quality sleep in older adults may help repair some of the damage from aging brain cells. This damage may contribute to memory problems, concentration and other important mental tasks. Lack of sleep affects cognition, decision-making, and our ability to focus. Fatigue from poor sleeping habits is often an important factor in accidents and workplace injuries.

Quality sleep is a basic maintenance measure. Sleep keeps things humming, similar to routine oil changes that keep your car's engine running well. Sleep is not only necessary to recharge the body—it is now considered crucial to good brain health.

Investigate your sleeplessness for clues

Many variables contribute to poor sleep, ranging from diet to daily exercise. You can improve the quality of sleep and overall well being but first you have to understand what's contributing to poor sleep. As millions of people grow older, many experience age-related sleeping patterns because their days (and minds) are crowded with anxiety and stress.

There are several common factors that contribute to poor sleep. Insomnia in older adults can be caused by many chronic conditions such as arthritis when pain and discomfort may prevent the body from getting needed rest. Sleep apnea is another health problem not uncommon in older adults. This is a serious health concern that disrupts sleep repeatedly throughout the night. Another common concern is Restless Leg Syndrome (RLS) where a person's legs and arms feel agitated and make it difficult to fall asleep.

People who suffer from these or other underlying conditions are often getting a poor night's sleep. This is obviously an uncomfortable sleep-and-wake cycle for anyone of any age, but it is especially difficult for older adults. Fortunately, many of the common factors that contribute to poor sleep can be addressed and treated.

Take these steps to reduce fatigue and a lack of sleep that takes its toll on your body:

- Go to bed and wake up at the same time each day
- Eat a healthy, well-balanced diet and drink plenty of water
- Exercise regularly
- Find structured ways to relax. Yoga is a good example
- Maintain a balanced schedule at work and home
- Resolve stressful circumstances
- Discuss with your doctor what is best for you

From the clinic: School physicals-no appointment

Laurie A. Varner

MCAS Cherry Point Naval Health Clinic

The Cherry Point Naval Health Clinic will open its doors to school aged children requiring physicals, including mandatory kindergarden and sports physicals.

Who is eligible? Any school-aged child enrolled to Naval Health Clinic Cherry Point (your child's Primary Care Manager must be at the Naval Health Clinic)

When: June 27 - 29

Where: First floor, Naval Health Clinic Cherry Point. Use Family Medicine entrance and turn left, the clinic is on the right past Military Medicine/Optomtery at the far end of the hallway.

Time: 8 a.m. - 3 p.m. - Report to the immunizations clinic first.

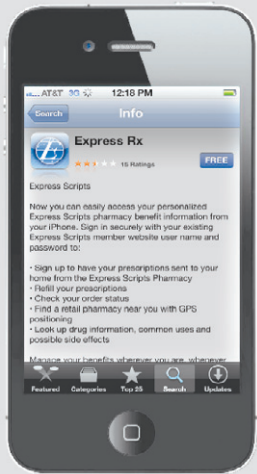
To participate, parents will be required to perform the following:

- Obtain the school physical form from the school your child attends or will attend and fill it out completely prior to the day you are bringing your child in for the physical.
- Take your child to the immunizations clinic and have immunizations updated. You will be given a print out from the immunization department, bring this form with you.

Both forms listed above will be required for the physical to be completed. Because the provider will have limited access to your child's medical record, no additional services will be performed that day.

There will only be one provider so your patience will be appreciated.

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NOW SHOWING

Thursday, June 14

6:00pm - Three Stooges PG

Friday, June 15

5:00pm - Dark Shadows PG 13

8:00pm - Marvel's The Avengers PG 13

Saturday, June 16

2:00pm - Marvel's The Avengers PG 13

5:30pm - Dark Shadows PG 13

8:30pm - Marvel's The Avengers PG 13

Sunday, June 17

2:00pm - Marvel's The Avengers PG 13



MOVIE SYNOPSIS



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-wooing 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.

Dark Shadows - *Starring: Johnny Depp, Helena Bonham Carter, Eva Green.* In the year 1752, Joshua and Naomi Collins, with young son Barnabas, set sail from Liverpool, England to start a new life in America. But even an ocean was not enough to escape the mysterious curse that has plagued their family. Two decades pass and Barnabas has the world at his feet or at least the town of Collinsport, Maine. The master of Collinwood Manor, Barnabas is rich, powerful and an inveterate playboy...until he makes the grave mistake of breaking the heart of Angelique Bouchard. A witch, in every sense of the word, Angelique dooms him to a fate worse than death: turning him into a vampire, and then burying him alive.

Marvel's The Avengers - *Starring: Robert Downey Jr., Chris Evans, Mark Ruffalo.* Iron Man, The Incredible Hulk, Thor, Captain America, Hawkeye and Black Widow answer the call to action when Nick Fury, director of the international peacekeeping agency known as S.H.I.E.L.D., initiates a daring, globe-spanning recruitment effort to assemble The Avengers team to defeat an unexpected enemy threatening global safety and security.

Movies are subject to change without notice

Station gym hours

Devil Dog Gym: 466-2713/4420/4192

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

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

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

Marine Dome: 466-2566

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

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

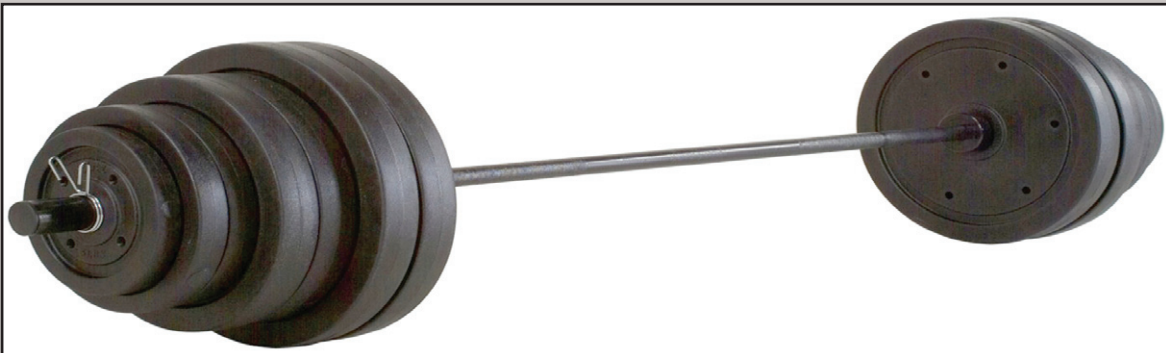
Weekends and holidays: 1 - 5 p.m.

Hancock Fitness Center: 466-4018

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

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

Closed weekends and holidays



The Local Buzz

Announcements

► Indicates new announcement

New Bern Youth Basketball

New Bern Parks and Recreation is accepting applications for youth summer basketball registration at the Stanley White Recreation Center for ages 11 – 16.

Practice will begin Monday. The cost is \$20 per child. Parents need to stop by to complete the registration form and pay the registration fee.

For any adults interested in coaching a team or for more information, contact Gus Hill at 639-2908.

A Look Into the Past at Tryon Palace

The North Carolina History Center will host a history summer camp on the colonial era Monday through June 22, taking attendees into the past, to experience life before iPods and the Internet.

Advance registration is required, to register visit <https://tryonpalace.org> or call 639-3524.

Ghosts of New Bern

Walking tours of downtown New Bern’s historic district have begun and will continue through Sept. 2.

The tour’s theme is “Ghosts of New Bern.” Walk times are 7:30 and 8:30 p.m., Wednesday – Thursday.

Tours are \$12 for adults and \$6 for children under 12.

For tickets and information, call 571-4766, or visit <http://www.ghostsofnewvbern.com>.

Annual Antique Show and Sale

The Crystal Coast Civic Center located in Morehead City will host the 52nd annual antique show and sale, June 22-24.

The event features more than 40 booths of antiques and collectibles.

Tickets are \$5 in advance and \$7 the days of the show. For more information, call 728-5225 or visit <https://www.beauforthistoricsite.org>.

► Party Like a Pirate

The North Carolina Southport Maritime Museum will host a four-day event on everything pirate, Tuesday to June 22.

Participants will make hardtack and create their

own flags and costumes. The last day of the event will conclude with a pirate party. Admission will be \$45 for ages 6-12. Space is limited and pre-registration is required.

For more information, call 910-457-0003 or visit <http://ncmaritimemuseums.com>.

► Jacksonville Outdoor Festival

Jacksonville, N.C., will host a celebration of outdoor recreation, June 23.

This event is free and will feature live music, recreation booths, food and a bicycle rodeo at 10 a.m. You must bring your own bicycle. A triathlon will be held at 8 a.m. Admission for the triathlon will be \$10.

For more information, call 910-347-5332.

Hope for the Warriors Walk and Run

New Bern Parks and Recreation and Hope for the Warriors will host a 5K race and 1-mile walk, July 4.

Early registration price is \$20 and \$25 the day of the race. The start and finish of the race will be at Union Point Park.

Registration forms can be picked up at the Stanley White Recreation Center and West New Bern Recreation Center.

For more information, call 639-2907.

► Pamlico County Croaker Festival

Pamlico County will host its annual Croaker Festival, July 6-7.

An old fashioned family Independence Day celebration takes place in the village of Oriental on the banks of the Neuse River. The festival will feature more than 100 arts and crafts vendors, a children’s park, music, food, Friday night street dancing and a parade Saturday morning, topped off with fireworks over the harbor Saturday evening.

For more information, visit <http://bit.ly/pamfestival>.

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, and educational opportunities.

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

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

Dart Tournament

Weekly dart tournaments at the Roadhouse restaurant and recreation facility are held Thursdays at 8 p.m.

For more information, call 241-6155 or 466-3044.

Zumba

Zumba exercise classes held every Monday, Wednesday and Thursday at the Marine Dome aboard the air station at 5 p.m.

For more information, call 466-1147.

Couple’s Communication Class

An interactive and engaging four-part workshop Tuesdays at 1 p.m. Classes focus on improving marriages. Topics include improving basic communication skills and managing marital expectations.

For more information, call 466-4401.

Mommy and Me

For mothers and children newborn-

6 year’s old to spend time together the first and third Wednesdays of the month at 10 a.m.

For more information call 466-4831.

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.

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.

Cycle Classes

Cycle classes held every Tuesday and Thursday at the Semper Fit Center aboard the air station at 11 a.m. and 11:50 a.m.

For more information, call 466-1147.

Basic Budgeting

Learn basic financial management skills and how to maximize your spending ability the second and last Thursday of the month at 8:30 a.m.

For more information, call 466-4201.

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.

Practice runs

Be observant of behavior that appears to be preparation for terrorist activity, such as mapping out routes, playing out scenarios with other people, monitoring military facilities, timing traffic lights or traffic flow, or any other suspicious activities.

If you notice anyone involved in above described activities, contact the Provost Marshal’s Office at 466-4366.

OPERATION EAGLE EYES

Off Limits MCAS CHERRY POINT AREA

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

MCB CAMP LEJEUNE AREA

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

OUTSIDE AREAS

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