

# The Windsock

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May 2, 2013

## Marines return from six-month deployment

**PFC. VICTOR ARRIAGA**  
MCAS CHERRY POINT

More than 60 Marines with the Marine Attack Squadron 231 and Marine Aviation Logistics Squadron 14 returned from Afghanistan late Monday night after a six-month deployment.

While deployed, the Marines provided close air support and reconnaissance for coalition forces in the Regional Command Southwest area of responsibility from their base of operations in Camp Bastion, Afghanistan.

"Every Marine was absolutely essential in everything that we did and they performed outstandingly," said Lt. Col. Michael Quinto, the executive officer for VMA-231.

Patiently waiting for the Marines' arrival were their loved ones, including Cori Ammon, wife of Gunnery Sgt. Eric Ammon, an AV-8 B Harrier powerline mechanic for VMA-23, and their two children.

"We've already been fighting over who is going to give him the first hug," said Cori. "I told them last week that he was coming home so they would be excited. It's all they have been talking about."

The couple have been married since 1999 and have lived here since, except for the three years her husband spent serving as a recruiter, she said.

Cori said that despite the miles between

See **RETURN** page A9



**Lance Cpl. Zachary C. Highsmith, an intelligence specialist with Marine Attack Squadron 231, greets his family Monday after returning from a six-month deployment to Afghanistan. While deployed, the Marines of VMA-231 provided close air support for coalition forces in the Regional Command Southwest area of responsibility.**

## Officials see through eyes of military children

**LANCE CPL. CAYCE NEVERS**  
MCAS CHERRY POINT

Nearly 25 representatives from seven school districts attended Operation Homecoming, a two-day seminar that provides educators the tools to work with military children and families and explains available resources, April 24-25.

Attendees represented a range of responsibilities within the education system and included Military Family Life Consultants and school administrators.

The educators spent the first day in classes learning about difficulties faced by military children and options for addressing them. Some topics included learning to deal with stress brought on by deployments, combat-related injuries and available resources for educators and parents.

The following day, the representatives toured Camp Lejeune and learned about the day-to-day life of military service members.

The representatives arrived aboard Camp Lejeune in time to watch Marines raise Old Glory. Following morning colors, they headed inside the headquarters building to receive a brief from Brig. Gen. Thomas A. Gorry, Marine Corps Installations East commanding general.

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## HMLA-467 bids farewell to Hueys, anticipates more Venoms

**LANCE CPL. ANDREA CLEOPATRA DICKERSON**  
MCAS CHERRY POINT

Just a week after receiving its first UH-1Y Venom, Marine Light Attack Helicopter Squadron 476 inducted three UH-1N Hueys into the 309th Aerospace Maintenance and Regeneration Group at Davis Monthan Air Force Base April 24.

Two of the Hueys were flown from Naval Air Facility El Centro, Calif., where the squadron was supporting the Weapons and Tactics Instructor Course. The third aircraft was transported from the squadron's hangar aboard Cherry Point.

As the Corps modernizes to support future missions, older aircraft like the Huey are being phased out.

The "Sabers" are the last squadron Corps-wide to up-

grade to the Venom from the UH-1N Huey.

Early-model UH-1s made their first appearance in the 1950s with upgrades continually integrated to help streamline the aircraft's abilities. The UH-1N entered service in the Corps in 1971.

It was used for battlefield reconnaissance, airborne command and control and close air support. It has participated in each armed conflict the Marine Corps has had a role in since its induction.

Since their addition to HMLA-467's aircraft inventory in 2009 when the squadron stood up, Hueys have been used to back Operation Unified Response in Haiti, Operation Martillo and Sandy Relief operations. The aircraft also bolstered support of operations with the 26th and 31st Marine Expeditionary Units.

The iconic aircraft has been a valuable asset due to its ability to be flexible while conducting a multitude of assault support roles, said Capt. Patrick C. De Graaf, a UH-1N pilot with the squadron.

"It has been a reliable and outstanding aircraft, loved and cherished by its crews," he said.

As the older models are phased out, the squadron will receive more Venoms and continue to ramp up their capabilities, thus allowing them to continue providing vital support to boots on the ground.

"As a UH-1N pilot I will never admit that it is time for the November to be phased out," said De Graaf. "However, we will be able to carry more personnel, more

See **VENOM** page A9

## Cherry Point to stage fair for disaster prep

**CPL. SCOTT L. TOMASZYCKI**  
MCAS CHERRY POINT

Cherry Point is scheduled to host an Emergency Preparedness Fair in the Commissary and Marine Exchange parking lots Friday from 1 to 6 p.m.

The fair offers information and tips for planning for a variety of emergencies, resources for news and information updates and steps to take prior to and during these events.

The fair originated as an annual town hall meeting required for the air station's Storm-Ready accreditation status. StormReady is a program that validates a community's ability to react to severe weather events. During the planning evolution of the town hall meetings, station organizers decided to take an all-hazards approach and teach people how to handle many different life-threatening situations in which they may find themselves.

"We looked at everything from destructive weather, to fire safety, explosive hazards, car seat checks; a number of different safety initiatives came together to create this event," said Grant Dehaven, the mission assurance program manager of Cherry Point. "It grew to a massive collection of all kinds of different preparedness you can have."

Grant said that as a military base, Cherry Point is home to people from all around the country who are acclimated to the weather patterns of their home regions, not necessarily to North Carolina's. Because of this, the fair seeks to inform people who otherwise may not know how to deal with hurricanes, storm surges or tornados.

"We're requesting that people have their own emergency preparedness plan and have a kit prepared so that if an event happens, they just grab that box and go," said Etta Lucas, the installation emergency manager for Cherry Point. "We want to tell them what resources are available on the air station as well as in the local community. It's a tool to help prepare for any type of emergency."

Emergency responders will be present with displays and demonstrations. Military working dogs, a Marine Transport Squadron 1 search and rescue helicopter, an explosive ordnance disposal team, fire department vehicles and a "smokehouse" where people learn how to escape a fire will be among the displays on site where experts will answer questions and offer tips.

Both the Marine Corps Exchange and commissary will provide lists of available items useful for emergency preparedness kits.

Fairgoers are encouraged to take brochures and information with them to learn how to best deal with potentially dangerous situations.

"The best way for us to mitigate any incident is to educate," said Lucas. "That's what we're doing, getting out and educating."

## Sgt. Maj. Prafke passes sword, reflects on three decades of service in the Corps

**LANCE CPL. ANDREA CLEOPATRA DICKERSON**  
MCAS CHERRY POINT

Ten thousand, eight hundred and seventy-four. That is the number of days Sgt. Maj. Holly C. Prafke served on active duty. When she enlisted in the Marine Corps nearly three decades ago "Star Wars: Return of the Jedi" was the highest grossing movie and "Dallas" was the number one television show.

On Friday with real Earth wars now behind her, Prafke completed her final duties during a Headquarters and Headquarters Squadron relief and appointment ceremony on the parade field here.

Sgt. Maj. David G. Eldridge accepted the sword of office as the new sergeant major.

Although times have changed since Prafke's beginnings as a young Marine, one thing remains the same, said Lt. Col. Charles J. Basham, the H&HS commanding officer. "Prafke is a trailblazer."

Her many notable accomplishments over the years included three meritorious promotions. She served with the Marine Corps Mounted Color Guard and was one of only five females at her first duty station in Iwakuni, Japan.

During his address to the Marines, Basham admitted that he will miss Prafke and her "gift for gab."

Prafke, who takes pride in having led one of the most unique and diverse squadrons on the air station, said she has enjoyed the time she spent with the Marines, but she is ready to transition into civilian life with her husband and fellow sergeant major, Sgt. Maj. Bradley A. Prafke, of Marine Aircraft Group 29.

See **PRAFKE** page A9



**Sgt. Maj. Holly C. Prafke cradles the coveted sword of office before passing it to Sgt. Maj. David G. Eldridge during a relief and appointment ceremony April 26.**

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## In This Edition:



Special Insert  
Destructive  
Weather Guide



With your smartphone  
download a QR code reader  
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# News Briefs

## HMX-1 receives MV-22 Osprey

Marine Helicopter Squadron 1, the helicopter unit responsible for transporting the president, received its first MV-22 Osprey.

The MV-22 Osprey will be used in a support role, transporting the president's staff and the media. The MV-22 has been gradually replacing the Corps' aging inventory of CH-46E Sea Knights.

## Embassy Security Augmentation

U.S. embassies will soon be able to call for immediate assistance from squad-level teams.

The Security Augmentation Unit, part of the Marine Corps Embassy Security Group, will be based out of Quantico, Va.

The unit will consist of squad-level teams authorized to will respond directly to calls from embassy officials such as the ambassador, chief of mission or regional security officer when a credible threat is present.

## Asian America Heritage Month

According to Marine Administrative Message 222/13, May is designated as Asian American Pacific Islander Heritage Month. This year's theme is "Building Leadership: Embracing Cultural Values and Inclusion."

Commanders are encouraged to take time to recognize and celebrate the dedicated service and contributions of Asian Americans both past and present to our Corps and are further encouraged to promote programs and participation in observance events

For more information, visit <http://bit.ly/maradmins2>.

## High-Tech Credentialing Program

First lady Michelle Obama will announce Monday the launch of a credentialing program that will help members of the armed forces who are leaving military service earn certifications needed for many high-tech jobs in the civilian work force.

The new program will assist veterans beginning careers in fields like computer programming and software development.

The credentialing program, organized by the White House and the Department of Defense, includes a partnership with several information technology companies.

## More Ospreys To Japan

Defense officials announced Monday the U.S. will deploy a second squadron of approximately 12 MV-22 Ospreys to Okinawa, Japan.

The officials said the aircraft is critical for regional security efforts.

## Chaplain's Corner :

# Make Prayer a Lifestyle

Lt. JOEL CRAWFORD

MARINE WING HEADQUARTERS SQUADRON 2

This is a good day to think about the significance of prayer. Today marks the 62nd National Day of Prayer. The National Day of Prayer website, <http://nationalday-of-prayer.org/>, delineates the "... theme for 2013 is Pray for America, emphasizing the need for individuals, corporately and individually, to place their faith in the unfailing character of their creator, who is sovereign over all governments, authorities, and men." The scripture reference used to highlight the theme is Matthew 12:21: "In his name, the nations will put their hope."

With natural disasters like tornados, earthquakes, cyclones and tsunamis; and other tragic events like aircraft crashes, homicides and suicides, the Sandy Hook Elementary School shooting, the Boston Marathon bombings and recently, the West Fertilizer Plant explosion, we need to put our hope in something. Why not put it in God? And if our hope is in God, then our faith is also in God, and we trust him because we believe in him. If we believe in him, then we communicate with him, meaning we pray.

A simple definition of prayer is communication with God. Martin Luther said "To be a Christian without prayer is no more possible than to be alive without breathing." Prayer is essential to develop and sustain a relationship with God. The more we pray, the closer he seems to be, not because prayer brings him closer to us, but prayer draws us closer to him.

President Abraham Lincoln once said, "I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom, and that of all about me, seemed insufficient for the day."

Prayer helps us recognize our own frailness and weaknesses which points to the need for a power greater than us. There are significant moments in life where we realize that God's intervention is pertinent to our survival so we turn to him with desperate cries to manifest himself, perform the miracle needed at the moment. Some pray in desperation, while others incorporate prayer as a lifestyle.

See LIFESTYLE page A9

## Base entry rules change for DOD civilian retirees

Department of Defense civilian retirees will no longer be issued base vehicle decals for access to Marine Corps Air Station Cherry Point due to changes in DOD regulations.

Marine Administrative Message 118/10, which outlines "Marine Corps Use of Department of Defense (DOD) Civilian Retiree Identification Cards," states:

"DOD civilian retiree ID cards do not convey any rights or privileges. DOD civilian retiree ID cards are not acceptable tokens for authenticating and authorizing personnel for network and installation access. Local physical security policy for visitors applies to civilian retirees accessing the installation."

To comply with that directive, in October, the station's Pass and ID office ceased the issuing or renewal of the decals (modified or full) to any DOD civilian retiree who is not a military retiree or Veteran's Administration beneficiary. Like other visitors, DOD civilian retirees may obtain a day pass in accordance with ASO 5560.3D (Motor Vehicle Traffic and Entry Regulations, paragraph 2203) and enter the air station if they are sponsored by an authorized patron or organization.

A sponsorship email from the sponsoring unit/office must be sent to the Pass and ID organizational mailbox prior to the visitor arriving at Pass and ID for access (OMB address: [chpt\\_pass-id\\_omb@usmc.mil](mailto:chpt_pass-id_omb@usmc.mil)). If a DOD civilian retiree has in their possession a letter or current membership card from the Sound of Freedom Golf Course, then Marine Corps Community Services is their sponsor. Additionally, they will need to present a current driver's license, proof of insurance and vehicle registration.

As an enforcer of these regulations, Maj. Jason Wintermute may know better than anyone here how seriously the Marine Corps takes the security of its installations. "The security of the installation's resources and the safety of the Marines, Sailors, families and workers aboard MCAS Cherry Point will always be our focus," said Wintermute, Cherry Point's provost marshal. "Through our policies, we are able to meet MCAS Cherry Point's security and safety requirements to meet the Marine Corps' operational needs."

All related changes to the air station order will be published in its next revision, ASO 5560.3E. To read the complete MarAdmin, visit: <http://bit.ly/baseentry>.

Those personnel affected by this change who have a legitimate purpose for routine access to the air station should contact the Station Inspector at (252) 466-3449. Questions concerning this article should be directed to the Provost Marshal's Office Services Officer at (252) 466-7223.

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**THE WINDSOCK**  
Weekly Photo Competition  
April 25-May 2, 2013

Marine Light Attack Helicopter Squadron 467's new UH-1Y Venom rests on the flight line beside an UH-1Y with HMLA-167 based out of New River shortly after landing April 17.



LANCE CPL. ANDREA CLEOPATRA DICKERSON

**The Windsock**  
**Weekly Photo Competition**  
April 25 - May 2, 2013  
Vote on Facebook - <http://bit.ly/mcascchptfb>  
Vote on Google+ - <http://bit.ly/CherryPointPlus>  
Vote on Flickr - <http://bit.ly/cpflickr>

## LANCE CPL. TYLER J. SMALL

**Job Title:** Aviation Ordnance Systems Technician

**Unit:** Headquarters and Headquarters Squadron

**Age:** 21

**Hometown:** Selinsgrove, Pa.

**Date Joined:** September 20, 2010

Lance Cpl. Tyler J. Small spends his days working with explosives.

Small, an aviation ordnance systems technician with Headquarters and Headquarters Squadron, supplies units aboard the station with the munitions necessary to provide effective close-air support to troops on the ground.

He accounts for, stows, tests, performs maintenance and assembly on, and transports ordnance on a day-to-day basis.

The Selinsgrove, Pa., native said learning the storage compatibility of ordnance was difficult for him, but he loves it anyway.

"I love that I am able to work with the explosive ordnance" he said.

Small said his work and the that of other ordnance Marines is an important component of the continued success of 2nd Marine Aircraft Wing.

"Ordnance plays a vital role in the mission," said Small.

## FLY HIGH Highlighting Cherry Point's Warriors



LANCE CPL. CAYCE NEVERS

## The Windsock

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REMEMBER TO RECYCLE



## USDA scientists track Cherry Point red-tailed hawks



CONTRIBUTED PHOTO

Brian E. Washburn, a research wildlife biologist with the United States Department of Agriculture Wildlife Services, tagged fledgling red-tailed hawks living on Cherry Point Tuesday. The purpose of tagging is to track the birds' flight patterns to deconflict airspace. The information helps USDA scientists determine whether some nesting sites may need to be relocated to ensure the animals' well-being and safety. Washburn works primarily with red-tailed hawks, eagles, geese and ospreys.

## HMH-366 supports Exercise Emerald Warrior

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

Marine Heavy Helicopter Squadron 366 continued supporting Exercise Emerald Warrior this week from Tyndall Air Force Base, Fla.

Emerald Warrior is a multinational exercise focusing on special operations. HMH-366 is providing support to special forces units from a variety of countries by flying different types of insertion missions over both land and water.

"We're providing them heavy lift aircraft so they can reaffirm their tactics, techniques and procedures like fast-roping and various ways they can insert into an objective area," said Maj. Wyland F. Leadbetter, the officer in charge of the HMH-366 detachment.

Leadbetter said the unit's Marines don't regularly train for special tactics like this, but they appreciate the opportunity to practice alongside international special forces troops.

"It's fairly rare that we are able to practice these tactics, so the training we do is validating," said Leadbetter. "When we get to do these fairly challenging tactics, we get to see our training works."

During the exercises, HMH-366 also practiced long-range raids, aerial refueling and night flying.

"I think the cool part is being involved in an exercise this big," Leadbetter said. "It's a great opportunity for the Marines to see a busy airspace, a challenging environment and validate that we are able to execute what we are trained to do."

## Operational Support Airlift carries high-priority assets



CPL. SCOTT L. TOMASZYCKI

A UC-35 sits in Marine Transport Squadron 1's hangar on Cherry Point April 17. The Marine Corps uses commercial aircraft to quickly move important gear and personnel where they are needed.

CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

Headquarters Marine Corps released Marine Corps Warfighting Publication 3-27 Operational Support Airlift earlier this year, outlining an unsung capability utilized by the Marine Corps to get personnel and gear to where they're needed. Operational support airlift uses commercial aircraft to carry out missions in low threat regions where tactical aircraft are inefficient and unnecessary.

Operational support airlift assets provide a lift capacity more efficient for small loads and few passengers that are absolutely crucial for operations.

"Sometimes people think of OSA aircraft as 'jets for generals' but that's not really the case," said Maj. Tim Wernimont, an operational support airlift pilot with Marine Transport Squadron 1. "Sometimes high-ranking officers and senior enlisted are the highest priority to get them from point A to B to see the Marines and what's going on, but there are a lot of cases where we're utilized for other things like moving high-priority parts to help get aircraft fixed or high-priority movement for getting somebody out of theater or home for emergency leave."

For example, immediately after the 9/11 terrorist attacks, all civilian aircraft were grounded to prevent further potential threats. Some fighter pilots, senior leaders and other key personnel found themselves stranded

away from their posts without civilian air transportation available. Marine transport aircraft were immediately dispatched to carry mission-critical personnel to their stations to take part in securing America's skies.

Within the continental United States, operational support airlift is coordinated for domestic training and operations by the Joint Operational Support Airlift Center under Air Force leadership. Marine operational airlift assets are part of headquarters squadrons at every Marine Corps air station and conduct missions both domestically and abroad.

"We try to focus our lift and our support toward the Marine Corps and we can do that when working with JOSAC," said Wernimont. "But sometimes JOSAC has the bigger picture of the United States and they realize our aircraft can support an Army or an Air Force unit with a specific lift and do it more efficiently."

The capability offers other advantages as well. Operational support airlift aircraft are usually commercial aircraft operated by the military. Commercial model aircraft maintain a lower profile at foreign airports, which is good for operational security. They are also cheaper to maintain than their tactical counterparts. By supporting aviation logistics missions in areas where there is minimal danger of enemy engagement, they also free up tactical aircraft for missions in direct support of combat operations.

While they don't directly engage the enemy, the Ma-

rine Corps has taken steps to bring the benefit of operational support airlift to the war zone. Some aircraft are specially outfitted with aircraft survivability equipment, including missile-detecting sensors and flares.

Historically, transport assets have made their presence felt in major operations. During Operations Desert Shield and Desert Storm, a detachment stationed at Bahrain International Airport flew more than 1,200 flight hours, carried more than 1,800 passengers and nearly 60,000 pounds of cargo. Marines continue to perform these tasks in Afghanistan. Wernimont and a detachment of Marine Transport Squadron 1 plan to deploy to Central Command.

"The UC-35 that I'm flying is going to deploy to Qatar for six months," said Wernimont. "It's an ongoing mission that we've been doing, swapping off with the reserves in Miramar. We'll be flying in support of U.S. Central Command's area of responsibility, moving Marines, personnel and gear between the Horn of Africa and Afghanistan and wherever else high-priority personnel and gear need to go within Central Command's area of responsibility."

Marines have carried out operational support airlift missions since 1927 and continue to provide quick transit for important personnel and gear during operations and crises the world over.

## EOD technicians demonstrate robotics to local media



Sgt. Travis Vuocolo, a Cherry Point Explosive Ordnance Disposal technician, controls the Packbot during a demonstration to local media April 26. The demonstration offered EOD technicians a chance to showcase three different robots the Marines use in potentially dangerous situations and allowed local news outlets to provide viewers with an insider's view of air station operations.

PFC. VICTOR A. ARRIAGA



LANCE CPL. IAN McMAHON

A 26th Marine Expeditionary Unit Maritime Raid Force Marine exits a CH-53E Super Stallion assigned to Marine Medium Tiltrotor Squadron 266 (Reinforced), while conducting a parachute operations over Qatar April 25. Eagle Resolve is an annual multilateral exercise designed to enhance regional cooperative defense efforts in the Gulf Cooperation Council nations and U.S. Central Command. The 26th MEU is deployed to the 5th Fleet area of operations aboard the Kearsarge Amphibious Ready Group. The 26th MEU operates continuously across the globe, providing the president and unified combatant commanders with a forward-deployed, sea-based quick reaction force. The MEU is a Marine Air-Ground Task Force capable of conducting amphibious operations, crisis response and limited contingency operations.



PHOTOS BY LANCE CPL. GLEN E. SANTY

Col. Philip J. Zimmerman, right, commanding officer of Cherry Point, stands with Center for Naval Aviation Technical Training volunteers and representatives who were recognized during the volunteer appreciation celebration at Miller's Landing April 24.

## Volunteers recognized for generous efforts

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

Cherry Point commander Col. Philip J. Zimmerman recognized more than 40 units and organizations who volunteered their time and talents in 2012 during an awards ceremony at Miller's Landing April 24.

Kim Johnston, Marine Corps Family Team Building director, said the awards validate efforts the volunteers put forth last year, and the ceremony was a way to let them know that from the top down their efforts were noticed and appreciated.

"It's important to highlight our volunteers to show them how much we appreciate what they have done," said Johnston. "I believe this helps them realize the difference they make."

Taisha Brunner was recognized for volunteering for Marine Aviation Logistics Squadron 14, MCFTB, Lifestyles, Insights, Networking, Knowledge and Skills, Marine Attack Squadron 223 and other local organizations.

"Myself and many of the volunteers here didn't do any of this to be recognized," she said "We just enjoy helping people."

Zimmerman said that kind of selflessness cannot be allowed to go unnoticed.

"Volunteers are normally unseen so it's important to recognize what they do," said Zimmerman. "Their indispensable contribution to someone else's life needs to be recognized regardless of whether they seek it or not."



Rows of certificates sit on a table in testament of the number of volunteers who were recognized for their 2012 efforts.

Standing onstage addressing the sea of awardees, Zimmerman said one unit in particular stood out – the Center for Naval Aviation Technical Training Marine Unit Cherry Point.

More than 600 CNATT Marines collectively volunteered more than 6,000 hours to projects on the air station and throughout the local area.

All Marine Message 009/13 designated April 21-27 as national volunteer week. Marine Corps volunteers embody the theme of national volunteer week "celebrating people in action."

The message thanks Marines, families and civilian volunteers for sharing their skills, time and commitment with their communities.

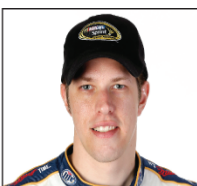


Maj. Gen. Glenn M. Walters, 2nd Marine Aircraft Wing commanding general, watches as 2nd MAW and Cherry Point units and local organizations receive awards during the volunteer appreciation ceremony at Miller's Landing April 24

**NEXT UP...**

**SPRINT CUP**

**Race:** Aaron's 499  
**Where:** Talladega Superspeedway  
**When:** Sunday, 1:00 p.m. (ET)  
**TV:** FOX Sports  
**2012 Winner:** Brad Keselowski (right)



**NATIONWIDE SERIES**

**Race:** Aaron's 312  
**Where:** Talladega Superspeedway  
**When:** Saturday, 3:00 p.m. (ET)  
**TV:** ESPN  
**2012 Winner:** Joey Logano

**CAMPING WORLD TRUCKS**

**Race:** NC Education Lottery 200  
**Where:** Charlotte Motor Speedway  
**When:** May 17, 8:00 p.m. (ET)  
**TV:** SPEED  
**2012 Winner:** Justin Lofton

# NASCAR INSIDER

by RICK MINTER / Universal Uclick

## Talladega Superspeedway, built for speed, leads to restrictor-plate 'tight, difficult' racing

Talladega Superspeedway, site of this weekend's Aaron's 499, was built with maximum speed in mind, but throughout its history, that speed also has been a problem. The speeds shown in practice for the first race in 1969, coupled with the tire failures brought about by those speeds, led to a major driver boycott.

Officials and race teams continued to search for ways to deal with speed before a major change came following the Winston 500 in 1987.

Bill Elliott set NASCAR's all-time qualifying mark of 212.809 miles per hour to win the pole for that race, with Bobby Allison on the outside pole with a speed of 211.797 mph. Allison's mark is the the third-fastest qualifying effort ever, behind Elliott's record speed and his speed of 212.229 mph the year before at Talladega.

But on the 21st lap, Allison's engine blew as he roared down the frontstretch. Parts flying from his engine punctured his right rear tire and launched his No. 22 Buick into the grandstand fence, ripping down a section and injuring several fans.

NASCAR responded by placing restrictor plates on the engines to slow speeds, but racing with the restrictor plates also has been controversial.

The plates lead to big packs of cars and often multi-car crashes. But fans seem to love those packs and the crashes, so the debate goes on.

ESPN TV commentator Dale Jarrett, a nominee for the NASCAR Hall of Fame for his driving exploits, has seen it all, literally, when it comes to restrictor-plate racing.

His first Sprint Cup start at Talladega came in the same race that Allison crashed, and the last of his 32 Cup wins came at Talladega in the fall of 2005.

He said little has changed at Talladega over the years. "It's the same as always to me," he said. "It's tight, difficult racing. You get so many people involved at the end of the race,



Bill Elliott's No. 9 Coors Ford

and it's going to be high-speed pushing and shoving. It's no different than when we started running the restrictor plates back after the 1987 accident with Bobby Allison."

Jarrett has vivid memories of that incident.

"I was 14 or 15 cars behind that, just close enough to see what happened," he said. "When Bobby's car went up in the air, my biggest thought was trying to keep my focus and not become part of the incident.

"It looked to me like the car was going straight to the flag stand. I was concerned that's where it was going, and then obviously into the stands.

"It was much relief when I knew that didn't happen."

Even though he was still running an estimated 215 miles an hour at that point, he recalls other details.

"I saw parts and pieces flying," he said. "I saw the car hit the fence out of the corner of my eye.

"I remember seeing the caution flag. I don't think the flagman ever flinched. I don't know how he didn't, because that's where it looked like the car was heading."

Jarrett said he doesn't believe there is a simple way to find a balance between what the fans and promoters want at Talladega and what the drivers will like.

Some have suggested lowering the banking in the turns at Talladega, which would slow speeds and break



Bill Elliott

up the packs. But track and series officials have been reluctant to consider that in the past.

"Fixing the race track is not going to happen," Jarrett said. "There's really not anything you can do unless you spend a ton of money and downsize the engines tremendously, which is probably not a bad thing for the entire series."

Jarrett said his longtime car owner Robert Yates made a push for that back in 1995, but it didn't gain any traction.

So, that means the plates are here to stay, he said.

"You can't have the cars running 200-something miles an hour," he said.

"Most racing that the fans enjoy is frustrating to the drivers. We're not going to get them both on the same page. As a driver and a competitor, you go in knowing that you've got a long day ahead of you."

### SPRINT CUP STANDINGS

1. Jimmie Johnson, 343
2. Carl Edwards, 300
3. Kasey Kahne, 297
4. Dale Earnhardt Jr., 297
5. Clint Bowyer, 290
6. Brad Keselowski, 284
7. Kyle Busch, 278
8. Greg Biffle, 272
9. Kevin Harvick, 271
10. Paul Menard, 271

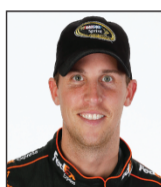
## Hamlin hopes to start at Talladega

Denny Hamlin, who injured his back in a last-lap crash at Auto Club Speedway on March 24, had hoped to return to the seat of his No. 11 Toyota at his home track, Richmond International Raceway, but his doctors determined that he hadn't healed sufficiently.

"My injury is very, very hard because there is no exact science to the risk," Hamlin said. "No one knows what the risk will be if I race this week or if I race two weeks from now."

Hamlin hopes to at least start the race at Talladega this week and turn the car over to a substitute, which would give Hamlin the points. Then he would like to run the whole race at Darlington Raceway the following week.

If that doesn't happen, he said he'd consider taking a longer break to allow his back to fully heal, because then there would be little chance of him making the Chase for the Sprint Cup.



Denny Hamlin

## Don't count Kevin Harvick out until the checkered flag falls

Kevin Harvick's recent records show that it's never a good idea to count him out until the checkered flag falls.

In Saturday night's Toyota Owners 400 at Richmond International Raceway, he looked to be just another also-ran until a late caution set up a sprint to the finish. Harvick stopped for four fresh tires and lined up seventh for the green-white-checkered-flag run to the finish. He sped into the lead on the start, bolting past drivers with just two or no fresh tires, and led the final two laps to get his first points-paying Sprint Cup victory of the 2013 season. All told, he led three laps all night.

But that's not uncommon for him.

Last year, he won in the fall at Phoenix, leading only 15 laps overall, but they were the final 15. In 2011, he won at Auto Club Speedway with just one lap led. He won at Martinsville Speedway leading six laps, including the final four. In the Coca-Cola 600 at Charlotte, he led two laps, including the one that counts the most. Only at Richmond that year did he lead a significant number of laps (202), including the final 16.

Harvick's crew chief, Gil Martin, also had a hand in the late-race surge to victory at Richmond. Besides making the call to pit for four tires with just two laps remaining, he had the chassis of the No. 29 Chevrolet dialed in for a dash to the front.

"We probably made more adjustments tonight on the car than we've made in any race in a couple years," Martin said. "But it was right when it needed to be. That restart was vintage Kevin Harvick. That was a really, really good restart right there. That was exciting to watch."

Martin admitted that if not for a late crash by Brian Vickers, substituting for the injured Denny Hamlin in the No. 11 Toyota, Juan Pablo Montoya and his crew would have been celebrating the victory. Montoya was leading comfortably with four of the scheduled 400 laps to go when Vickers spun, sending the race into overtime and allowing



Kevin Harvick wins the Toyota Owners 400 at Richmond International Raceway.



Harvick's smart final pit stop strategy at Richmond enabled him to overtake the competition and win the race.

drivers and crews one last chance to either pit for tires or stay on the track and try to hold on with worn, and therefore slower, tires.

"The laps were winding down so fast, Montoya was going to have to make a mistake for us to get by him at that point," Martin said.

As it was, Montoya, who led 67 laps, took two tires, restarted on the outside line that got bogged down by drivers ahead of him on old tires, and wound up fourth.

"When you restart on the outside and people got really bad tires, everything packs up," Montoya said. "When you are on the inside, you can just jump to the guys."

But he still saw positives in his team's performance. "Remember, before this we had six really bad weeks," he said. "I'm just really proud of the guys."

Jimmie Johnson finished 12th and heads to Talladega Superspeedway on top of the standings, 43 points ahead of second-place Carl Edwards, who finished sixth at Richmond.

Matt Kenseth, returning to the track for the first time since incurring a major penalty at Kansas Speedway, won the pole and led a race-high 140 laps before fading to seventh at the finish. His Joe Gibbs Racing teammate Kyle Busch, who had won four straight spring races at Richmond, led 40 laps but finished 24th.

**NOTEBOOK**

**Kenseth's Kansas penalties under appeal**

The unusually stiff penalties imposed on Matt Kenseth's team for having a light connecting rod in the engine he used to win at Kansas Speedway on April 21 dominated the garage conversations at Richmond International Raceway over the weekend.

The big debate centered around whether the penalties should have reflected the fact that the infraction probably didn't create any increase in performance and most likely was unintentional.

The penalties, which are under appeal, include a six-week suspension and \$200,000 fine for crew chief Jason Ratcliff, a 50-point reduction for Kenseth and car owner Joe Gibbs and a six-week suspension for Gibbs as a car owner, which means Kenseth's No. 20 Toyota won't earn owner points during that time, if the penalties are upheld.

NASCAR's vice president for competition, Robin Pemberton, explained NASCAR's position to reporters, saying parts either fit the rules or they don't.

"We are strictly here to regulate the rule book and keep a level playing field for the garage area in which to work and make sure everybody gets a fair chance at competing," Pemberton said. "As everyone knows, there are a few things that are understood in the garage area that are big. When you talk about engines, you talk about tires, and you talk about fuel.

"That's a common thread that's been understood, and it's stood the test of time for the last 65 years. Don't mess with those areas, and the penalties are severe."

He said having engine parts that don't meet specs is a big no-no, even when the infraction is small. Kenseth's connecting rod apparently was about six grams under the minimum of 525 grams. Several years ago, journeyman driver Carl Long was fined \$200,000 when his engine was found to be a few thousandths of an inch over size.

"Some of our most severe penalties over time have surrounded engine infractions," Pemberton said.

Still, Kenseth was upset over the penalties when he met with reporters at Richmond.

"I think the penalties are grossly unfair," he said. "I think it's borderline shameful. There's no argument the part was wrong. They weighed it and it was wrong.

"However, there is an argument that there certainly was no performance advantage. There was no intent. It was a mistake."

There also has been debate over whether the infractions are mistakes or cheating.

Defending Cup champion Brad Keselowski, who has a May 1 appeal hearing over penalties his team incurred at Texas Motor Speedway on April 13 when the rear-end assemblies of his No. 2 Ford as well as the No. 22 of his Penske Racing teammate Joey Logano were seized by inspectors before the race, said referring to NASCAR rule-breakers as cheaters is incorrect.

"I don't think that's fair, because you look at the best players in the NBA, Michael Jordan committed fouls and you don't see situations where the fans in the NBA look at him and call him a cheater," Keselowski said. "It's just kind of part of the game. When you're pushing to the limits, sometimes things just step over, whether it's intentional or not."

## NUMERICALLY SPEAKING

**6** Sprint Cup victories at Talladega Superspeedway by Jeff Gordon, tops among all active drivers

**20** Sprint Cup races won from the outside pole at Talladega Superspeedway, more than any other starting position

**2** Top-10 finishes this season by Kevin Harvick, the fewest of any driver in the top 10 in the Sprint Cup points standings

**16** Bonus points for leading laps earned by Matt Kenseth this year, tops among Sprint Cup drivers



## OFFICIALS from page A1

Gorry spoke about the challenges military children face, using himself and his family as an example.

Gorry explained that he had moved his family 17 times.

“Your kids follow you around the world. We have lived in Japan; we have lived in Germany,” said Gorry. “On one hand, they get a tremendous cultural experience by living in a lot of different countries. On the other hand, they get pulled out of environments back and forth.”

After meeting Gorry, the educators headed for the base’s Military Operation in Urban Terrain training facility, commonly referred to as MOUT town.

Following a brief on the purpose and scope of training conducted at the facility, the educators viewed a weapons display and got a chance to ask questions.

“For us, every month is the Month of the Military Child,” said Julie Fulton, Camp Lejeune school liaison officer. “It was a good way for us to get the educators to come to the conference.”

The event served another purpose as well, supporting North Carolina senate Bill 597 which requires educators to have training in working with military children to ensure they are using available resources helps students to succeed.

“We are supporting that legislation by offering this training and allowing districts to receive training for free,” said Fulton.



LANCE CPL. CAYCE NEVERS

Local school representatives receive a brief at Camp Lejeune’s Military Operation Urban Terrain facility April 25 during Operation Homecoming, a two-day class that allows educators the opportunity to learn more about working with military children, families and available resources.

## VENOM from page A1

ordnance and provide more time on station to those Marines on the ground, and that in itself is our overall purpose.”



LANCE CPL. ANDREA CLEOPATRA DICKERSON

A UH-1N Huey with Marine Light Attack Helicopter Squadron 467 sits in the squadron’s hangar Tuesday. As the Corps modernizes to support future missions, older aircraft like the Huey are being phased out. HMLA-467 inducted three of these Hueys into the 309th Aerospace Maintenance and Regeneration Group at Davis Monthan Air Force Base as the “Sabers” transition to UH-1Y Venoms. HMLA-476 is the last squadron in the Corps to make the transition to Venoms.

## PRAFKE from page A1

The Prafkes will retire simultaneously during a joint ceremony at New River at the end of July.

Eldridge, who came to the squadron after serving as Inspector & Instructor first sergeant of Company C, 4th Combat Engineer Battalion, said he looks forward to working with his new squadron.

“I hope to learn a lot from my Marines and do the best job I can do,” he said. “I look forward to working with everyone and building great relationships.”

## RETURN from page A1

them, she feels her husband was there with her throughout the deployment.

“Technology helps a lot. He got to see the kids’ birthdays through Facetime,” she said.

For other loved ones, the deployment was a new experience.

“It was his first deployment, and I still have butterflies,” said Ashlynn Highsmith, wife of Lance Cpl. Zachary C. Highsmith, an intelligence specialist with VMA-231.



PFC. VICTOR A. ARRIAGA

Ashlynn Highsmith and her son, wait patiently for Lance Cpl. Zachary Highsmith, an intelligence specialist with Marine Attack Squadron 231, in the squadron’s hangar Monday night.



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Sarah Hubbard, wife of Cpl. Austin T. Hubbard, an aviation ordnance technician with Marine Aviation Logistics Squadron 14, embraces her husband in Marine Attack Squadron 231’s hangar after Marines with both squadrons returned from a six month deployment Monday night.

## LIFESTYLE from page A2

My prayer for each of us is to follow the latter. I’m sure you have heard that “there are no atheists in foxholes.” Well let’s not wait until we are desperate for God to pray. Prayer is a free opportunity to draw closer to a merciful and loving God. The benefits far outweigh the invested time. Try it. Pray and you will find peace.

As a Christian, I turn to the Bible to assist with understanding life. Philippians 4:6-7 is a passage I have leaned on in understanding prayer:

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Prayer can help eliminate anxiety in our lives. Instead of worrying about situations, we can pray with expectancy, thanking God for his answer in advance and experience peace that is unexplainable. So I encourage you to pray not only today, but every day!

# VMGR-152 practices ground refueling skills

Marines lay out fuel hoses during an aviation-delivered ground refueling exercise on Ie Shima April 15. "From the moment we land, we have a ten-minute time frame to set up our refueling station," said Sgt. Daniel C. Tozer, the refueling supervisor for the exercise and crew chief with the squadron. "This training allows us to ensure we can complete our mission in the proper amount of time and increase proficiency in carrying out the task." Tozer is a crew chief with Marine Aerial Refueler Transport Squadron 152, Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force



LANCE CPL. IAN McMAHON

LANCE CPL. IAN McMAHON

III MARINE EXPEDITIONARY FORCE / MARINE CORPS INSTALLATIONS PACIFIC

**Ie Shima, Okinawa, Japan** – The smell of jet fuel and the sound of propellers spinning through the air accompanied Marines as they raced against the clock to establish a mobile forward refueling point on a tiny island nearly five miles off the west coast of Okinawa.

Marines with Marine Aerial Refueler Transport Squadron 152 refueled MV-22B Ospreys during an aviation-delivered ground refueling exercise on Ie Shima April 15.

The exercise allowed VMGR-152 to practice the task under time constraints in an austere environment.

"There are no gas stations on the front lines," said Capt. Kyle J. Service, a pilot with VMGR-152, Marine Aircraft Group 36, 1st Marine Aircraft Wing. "Our job is to provide fuel to the front-line units whenever they need it."

Marines with VMGR-152 used KC-130J Super Hercules as their transportation and mobile refueling source, and the landing zone consisted of a dirt and gravel road.

Finding and establishing a safe place to land is the most common obstacle to overcome, according to Service. Most fixed-wing aircraft are unable to land on such terrain. However, the KC-130J has the ability to land at austere airstrips. This ability makes it an excellent aircraft to perform aviation-delivered ground refueling missions.

Upon landing on the makeshift runway, Marines exited the aircraft and quickly established the refueling point.

"From the moment we land, we have a ten-minute time frame to set up our refueling station," said Sgt. Daniel C. Tozer, the refueling supervisor for the exercise and crew chief with the squadron. "This training allows us to ensure we can complete our mission in the proper amount of time and increase proficiency in carrying out the task."

Within seconds of establishing the refueling station, two MV-22B Ospreys with Marine Medium Tiltrotor Squadron 265, MAG-36, appeared over the horizon.

Once the Ospreys landed, Marines used radios and hand-and-arm signals to communicate with the pilots and guide them to the refueling stations.

"It is all about bringing the fuel to the fight and supporting the Marines on the ground," said Service. "In a live scenario, it is not just Ospreys we are refueling; it is all Marine Corps equipment in the area of operation."

As the sun set, Marines switched to their night-vision goggles and continued training.

"It doesn't matter if it is night or day," said Lance Cpl. Joseph J. Kemp, a crew chief with the squadron. "We fly into an area and set up operations within minutes. Doing this training gives us chance to master it before we do the real thing."

With the Ospreys fully refueled, the Marines directed them to a safe takeoff location and after they departed, packed up the refueling station. Just as quickly as they arrived, the Marines boarded the KC-130J and flew back to Marine Corps Air Station Futenma.

"Training like this is important to the squadron," said Service. "It helps us maintain 100-percent readiness in mission capability for today's and tomorrow's battles."

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# Life & Times

Facebook.com/MCASCherryPoint

May 2, 2013

## Devil Dog Open drives Marines to the links

LANCE CPL. GLEN E. SANTY  
MCAS CHERRY POINT

Kneeling behind the golf ball, Kevin Lagrutta plans his next putt. His friends comedically commentate as if he were making the putt of his career. Lagrutta stands and addresses the ball. A light tap sends it rolling slowly toward the hole. Time nearly stops as it slows to a snail's pace before dropping into the hole. "It's hard being this awesome," said Lagrutta, dropping his club and slowly turning and walking away.

Lagrutta and his team were four of nearly 100 contestants who competed in the Devil Dog Open golf tournament at the Sound of Freedom golf course here April 27.

The tournament started with a golf clinic taught by Lance Strickland, a PGA golfer.

"I've noticed when teaching Marines they're typically better listeners," said Strickland. "Like all Marines, they typically have a more aggressive swing, but they are willing to learn and embrace the game."

Under the tourney's best-ball format rules, all players on each team tee off; subsequent swings were taken from the most advantageous lie among them.

"Playing like this gives everyone a chance and it keeps the game moving," said Kyle Schmidt, one of the Lagrutta's teammates. "We didn't come out here thinking we'd take first place. We came out to have fun and play golf."

Jen Krivohlavy, a Single Marine Program coordinator, said the event was designed to build camaraderie and offer Marines, Sailors and other contestants a chance to relax.

"The best part about this event is watching everyone have a great time," said Krivohlavy. "For many of the Marines, and myself, this was their first time picking up a golf club."

Alberto Martinez, also of Lagrutta's team, was one of those first-timers.

"I found out that golf is a lot harder than it looks," said Martinez. "This was still a ton of fun, and I'll definitely come out for the next one."

The first place team, dubbed "the old guys" by fellow contestants and themselves, were Buzz Hayes, Ed Slachta, Joe Arnoult and Leon Clay with a score of 63. The victory earned them gift cards for the Cherry Point golf course pro shop, T-shirts and hats.



Kevin Lagrutta swings from the fairway during the Devil Dog Open at the Sound of Freedom golf course April 27.

PHOTOS BY LANCE CPL. GLEN E. SANTY



Kyle Schmidt chips toward the green during the Devil Dog Open. Nearly 100 contestants participated in the local golf tournament.



(Above) PGA member Lance Strickland teaches attendees of the Devil Dog Open about golf tools and their uses before handing them out.



(Right) First place winners, dubbed "the old guys" by fellow contestants and themselves, were Buzz Hayes, Ed Slachta, Joe Arnoult and Leon Clay with a score of 63. Their victory earned them gift cards for the Cherry Point golf course pro shop, T-shirts and hats.



# 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 & Blendz

**Tuesday and Thursday Lunch (Blendz)** - Banana-strawberry yogurt, banana-blackberry yogurt, banana-peach yogurt, banana-pineapple yogurt, banana-mango yogurt, banana-blueberry yogurt, Asian chicken chopped salad, Asian beef chopped salad, Savannah fried chicken salad, Southwest chicken strip salad, chef salad bowl, buffalo chicken salad, turkey club salad, beef fajita salad, BLT club salad, Southwest flank steak salad, chicken caesar salad, Chinese chicken salad, antipasto salad.

**Monday** - Pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, meatballs, baked Italian sausage, boiled rigatoni, boiled spaghetti, simmered ziti, simmered linguine, simmered fettucini, simmered penne rigate, simmered rotini, Italian meat sauce, alfredo sauce, caesar salad, toasted garlic bread and breadsticks

**Wednesday** - Chicken enchiladas, taco beef filling, burritos, Mexican rice, refried beans with cheese, Mexican corn, shredded lettuce, diced tomatoes, chopped onions, sliced jalapeno peppers, taco shells, flour tortillas, taco sauce, salsa, sour cream

**Friday** - Wings of fire, honey-barbecue wings, teriyaki wings, French fried chicken wings, French fried garlic fries, corn on the cob, baked beans, carrot sticks, celery sticks, blue cheese dressing, ranch dressing

### Weekly Menu

#### Thursday May 2

**Lunch** - Cream of broccoli soup, Jamaican jerked chicken, Creole macaroni, cilantro rice, succotash, balsamic roasted potatoes **Dinner**

- Chicken and orzo soup, pork scaloppini with herbed tomato sauce, baked stuffed shells, rice pilaf, marinara sauce, stewed chick peas with zucchini, mixed vegetables

#### Friday May 3

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

#### Saturday May 4

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

#### Sunday May 5

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

#### Monday May 6

**Lunch** - Minestrone soup, beef short ribs, chicken and Italian vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots **Dinner** - Bayou jerk pork loin, turkey meatloaf, buttered egg noodle, islander's rice, lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

#### Tuesday May 7

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

#### Wednesday May 8

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



Staff Sgt. Isaiah D. Ybarra conducts an over-head squat with his wife, Noelle, during a family workout at the Cherry Point Crossfit Center April 27. Ybarra and his wife are both coaches of Crossfit. He is the general manager of the facility when he isn't conducting flights as a Marine Transport Squadron 1 C-9 crew chief.

## Havelock MAC honors VMR-1 family

### LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

The Havelock Military Affairs Committee recognized Staff Sgt. Isaiah D. Ybarra, his wife, Noelle, and their daughter as the Havelock MAC Military Family of the Quarter at a dinner in Havelock April 23.

The Ybarra family was recognized for their many contributions to the air station and the local community.

Ybarra, a C-9 crew chief with Marine Transport Squadron 1, spends his time both on and off duty pushing for excellence from those around him.

"Staff Sgt. Ybarra is a great man who takes care of those around him," said Lt. Col. Brian D. Bernth, the commanding officer of VMR-1. "I have had the honor of flying in combat with him on many occasions and there is not a more knowledgeable crew chief to be flying through hostile skies with. He and his family are all great assets to VMR-1 and the community."

Ybarra spends his off time with his family or working with Marines at the Cherry Point Crossfit center and is the general manager of the facility.

"Everyone should strive, if for nothing else, to be just a bit better than before," said Ybarra. "That is why I volunteer my time to this Crossfit program aboard the air station, to help that Marine get those few extra pull-ups to perfect his (physical fitness test), to help another Marines lose some weight to make standards and just maintain the healthy standards of the Marine Corps."

Noelle is also helping Marines stay fit in addition to being a full time student at Eastern Carolina University. She is a personal trainer with Semper Fit here and helps run the Crossfit center when Ybarra is flying or not able to be there.

Their daughter served as the Havelock High School freshman class secretary for the student council and will serve as the sophomore class vice-president next year. She was recently nominated as one of only two freshmen from her school to attend a leadership seminar in Asheville, N.C.

"My family and I are truly humbled by this," said Ybarra. "It's one thing to be told 'thank you' for the work we do, but to be recognized as the Military Family of the Quarter, that is a great feeling, and we really feel extremely honored to receive this award."



Staff Sgt. Isaiah D. Ybarra, right, his wife, Noelle, center, and their daughter listen as members of the Havelock Military Affairs Committee speak about the reasons they were named the Havelock MAC Military Family of the Quarter in Havelock April 23.

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6:00pm - The Host PG13  
**Friday, May 3**  
5:00pm - Jurassic Park PG13  
7:45pm - GI Joe: Retaliation PG13  
**Saturday, May 4**  
2:00pm - The Croods PG  
4:30pm - Jurassic Park PG13  
7:00pm - GI Joe: Retaliation PG13  
9:30pm - GI Joe: Retaliation PG13  
**Sunday, May 5**  
2:00pm - The Croods PG  
4:15pm - GI Joe: Retaliation PG13

**movie synopsis**

**The Host** - When an unseen enemy threatens mankind by taking over their bodies and erasing their memories, Melanie will risk everything to protect the people she cares most about, proving that love can conquer all in a dangerous new world.

**Jurassic Park** - During a preview tour, a theme park suffers a major power breakdown that allows its cloned dinosaur exhibits to run amok.

**GI Joe: Retaliation** - The G.I. Joes are not only fighting their mortal enemy Cobra; they are forced to contend with threats from within the government that jeopardize their very existence.

**The Croods** - After their cave is destroyed, a caveman family travels across a spectacular landscape and discover an incredible new world filled with fantastic creatures -- and their outlook is changed forever.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.



A member of the Havelock Military Affairs Committee reads the inscription on a plaque honoring the Ybarra family as the Havelock MAC Military Family of the Quarter.

GREATER HAVELOGK  
MILITARY AFFAIRS COMMITTEE  
MILITARY FAMILY OF THE QUARTER  
◆  
STAFF SERGEANT  
ISAIAH D. YBARRA  
WIFE NOELLE AND THEIR DAUGHTER  
GABRIELLE  
◆  
CONGRATULATIONS  
YOUR INVOLVEMENT IN THE HAVELOGK  
COMMUNITY IS GREATLY APPRECIATED  
April 2013  
HAVELOGK MAC

# Announcements

► Indicates new announcement

## Pirate Fest

Onslow County Parks and Recreation will host Pirate Fest at Hammocks Beach State Park in Swansboro, N.C. Saturday from 10 a.m.–5 p.m.

There will be a full day of pirate events, including a pirate costume contest, a treasure hunt and pirate story telling. The event is free, open to everyone and suitable for all ages.

For more information, call 910-347-5332.

## ► Cyclists Goin' Coastal Ride

The North Carolina Land Trust will host the second annual Cyclists Goin' Coastal ride at 8 a.m. Saturday at River Dunes in Oriental, N.C.

The event will feature a 5-mile family fun ride along with 30-mile, 50-mile, 75-mile and 100-mile routes that include fully-stocked rest stops and rider support.

Registration is \$65 and includes a t-shirt and lunch.

Visit <http://www.coastallandtrust.org/goincoastal> to register or volunteer.

## ► 2013 Intramural Softball League

Registration for the 2013 Intramural Softball League is open for all authorized patrons.

Registration is due by Tuesday.

Season begins May 14.

The price for active duty personnel is free, civilians \$35.

Visit <http://www.mccscherrypoint.com/athletics.asp> or call 466-2390 to register.

## ► Mother's Day Buffet

Marine Corps Community Services will host a Mother's Day Buffet at Miller's Landing May 12 from 11 a.m.–2 p.m.

Reservations are required by Wednesday.

The price for adults is \$19.95, children ages 6–12 is \$9.95 and children 5 and under is \$2.95.

For reservations call, 466-9067

## Havelock Pop Warner Football and Cheer

The Havelock Pop Warner Football and Cheer 2013/2014 season will have an Extended Discount Registration May 11 from 10 a.m.–2 p.m. at the Havelock Recreation Center.

For more information, visit <http://bit.ly/2013popfb> or call 447-4446.

## Cherry Point Junior Golf Team

Cherry Point Junior Golf Team registration is open

through May 13.

Participants must be between the ages of 10–18. 18-year-olds must still be in high school.

Registration is \$50 per person and covers all green fees, matches and a team golf shirt.

There will be a parent meeting at the Sound of Freedom Golf Course May 13 at 5:30 p.m.

Go to the Cherry Tree House to register or call 466-5493.

## Mammogram Screening Event

The Naval Hospital Camp Lejeune Radiology Department will host a mammogram screening event May 13–16 from 8–11:30 a.m. and 1–5:30 p.m.

Patients may walk in or schedule an appointment.

To schedule an appointment, call 910-450-3470.

## Barracks Cooking Class

Marine Corps Community Services Semper Fit program will host a barracks cooking class from 10:30–11:30 a.m. May 14 at the Semper Fit Center.

Food and microwave recipes will be provided.

For more information or to sign up for this free class, call 466-6474.

## ► MCCS Military Appreciation Concert

Free tickets are available at Crystal Coast Travel and Leisure aboard Cherry Point for the Military Appreciation Country Music Concert hosted by WRNS May 15 at the Two Rivers Theater and Event Center.

David Kroll and Maggie Rose will perform.

Doors open at 6:30 p.m.

Visit <http://www.mccscherrypoint.com> or call 466-3027 or 466-2171 for more information.

## School Physical Rodeos

Naval Health Clinic Cherry Point will host two school physical rodeos May 17 and June 13. Physicals will be offered from 12:30–2:30 p.m.

Patients will be seen on a first-come, first-served basis. No appointments needed.

Stop by the immunizations office to get a copy of your child's immunization records before the day of the rodeo.

For more information, call 466-0230.

## Cannon Firing at Fort Macon

Fort Macon State Park will host a free cannon firing demonstration May 25.

Demonstrations will take place hourly from 10:30 a.m.–3:30 p.m.

For more information, call 726-3775.

## Monthly and Weekly Events

### Disabled Veterans

Chapter 26 of the Disabled American Veterans meets the third Wednesday of the month at the Senior Center in Havelock at 7 p.m. For information, call Ancil Jones at 622-5245.

### Al-Anon Family Group Meeting

Al-Anon family group meetings are held Mondays 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.

### Stress Management for Spouses

Marine Corps Family Team Building hosts a Stress Management for Spouses workshop at Building 87 every month.

The next workshop is May 15 from 5:30–9 p.m.

The workshop is geared specifically toward spouses of deployed

service members and covers stressors faced during deployments, typical stress reactions of spouses and mechanisms for coping effectively.

Childcare is reimbursable.

For more information, call 466-4637.

### Domestic Violence Support

Support groups for victims of domestic violence are provided by the Carteret County Domestic Violence Program.

The group meetings are held Wednesdays at 6 p.m. For more information, call 728-3788.

### Education Fairs

The Cherry Point education office is currently hosting monthly career and education fairs, at the Jerry Marvel Training and Education building, room 171b.

The next fair May 10.

For more information, call Dana Bayliss, at 466-2046.

### Welcome Aboard Expo

Cherry Point hosts a Welcome Aboard Expo every month at Miller's Landing. The expo is open to all new Marines, Sailors, civilian employees and spouses.

The next expo is May 15 at 9 a.m.

For questions or to register, contact Sandy Langlois at 466-5743.

### L.I.N.K.S. for Marines

Marine Corps Family Team Building hosts a L.I.N.K.S. for Marines class at the Center for Naval Aviation Technical Training every month.

The next class is May 15 from 7 a.m.–12 p.m.

Marines will be given the chance to test their knowledge of Marine Corps history, culture, and traditions while discovering the resources, services, and benefits available on base. They will also gain insight on separation and deployments.

For more information, call 466-4637.

### Military Appreciation Day

Morehead City will host a Military Appreciation Day June 1.

Military Appreciation Day offers active duty, guard and reservists a free day of fishing, food and other activities.

Fishing is for service members only and spots are limited. There will be activities ashore for families of service members.

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

To register, visit <http://bit.ly/MADenroll> or go to the Single Marine Program to sign up. All active duty service members can sign up at the Single Marine Program.

If bringing your family to the event, registration must be submitted online.

## Marine and Family Programs

### Marine, Family Programs Office Numbers

#### Building 298

- Library – 466-3552.
- Retired Activities – 466-5548.

#### Building 286

- Exceptional Family Member Program – 466-3305.
- Child Development Resource and Referral – 466-3595.

#### Building 87

- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.
- Military Family Life Consultant – 339-6084.
- Families Overcoming Under Stress Representative – 466-7137.

#### Building 4335

- Education – 466-3500.
- The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

### 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.

### Marine Corps Family Team Building

Educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. Marine Corps Family Team Building is located in Building 87. For more information, email [family.readiness@usmc.mil](mailto:family.readiness@usmc.mil).

# Off Limits

## MCAS CHERRY POINT AREA

98 CENT ONLY STORE  
(BIG DADDY) WESLEY'S GROCERY  
COASTAL SMOKE SHOP  
EXPRESSIONS  
FLYERS (AKA FLYERS 101, BIKERS, BEERS AND BABES)  
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  
TOBACCO SHOP & GIFTS (BEAUFORT AND NEW BERN)  
TOBACCO TOWN  
TWIN RIVERS (NOT THE MALL)  
WHITE SANDS CONVENIENCE STORE

## MCB CAMP LEJEUNE AREA

ATHEAS ATTIC  
BELL AUTO SALVAGE II  
DASH-IN  
DISCOUNT TOBACCO  
D'S DRIVE THRU  
D'S QUICK MART  
EXPRESSIONS  
EXPRESS WAY  
KING'S DRIVE THRU  
LAIRD'S AUTO & TRUCK REPAIR  
MOE'S MART  
MP SUPER DISCOUNT  
NEW YORK TOBACCO CENTER (AKA TOBACCO FOR LESS)  
NORTHERN LIGHTS SMOKE SHOP  
ONE STOP SHOP  
PRICE IS RIGHT LAWN DESIGN  
SMART BUY  
SMITTY'S R&R  
TOBACCO  
TOBACCO CLUB  
TOBACCO HOUSE CIGARETTE CENTER  
TOBACCO LEAF  
VETERANS AFFAIRS SERVICE

## Religious Services

### Sundays

9 a.m. – Liturgical Protestant Service, Fellowship Chapel

9 a.m. – Roman Catholic Mass, Memorial Chapel

11 a.m. – Contemporary Worship Service, Memorial Chapel

### Tuesdays

11:30 a.m. – Women's Bible Study, Memorial Chapel

### Thursdays

6 p.m. – Table Talk, Wings Restaurant at Miller's Landing

### Tuesdays – Thursdays

11:45 a.m. – Roman Catholic Mass, St. Michael's Chapel

## Signs of Terrorist Activity: Tests of Security



*Tests of security are conducted by driving by the target, moving into sensitive areas and observing security or law enforcement response. Terrorists are interested in the time in which it takes to respond to an incident and the routes taken to specific locations.*

*If you observe suspicious activities, call Cherry Point Emergency Dispatch immediately at 466-3616 or report it online at [USMCEagleEyes.org](http://USMCEagleEyes.org).*

# OPERATION EAGLE EYES

## 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.

### Suicide/Stress

To talk to someone at the National Suicide

Hotline, call 1-800-273-8255.

To seek confidential counseling with personal battles call the DSTRESS line at 1-877-476-7734.

### Sexual Assault

This procedure is not meant to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7.

### Severe Weather and Force Protection

Cherry Point personnel call 466-3093.

FRC East personnel call 464-8333.

DLA personnel call 466-4083.