

# The Windsock

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May 9, 2013

## Otis trains, evaluates for mission to Afghanistan



A KC-130J Hercules with Marine Aerial Refueler Transport Squadron 252 is parked on the Cherry Point flight line May 7. CPL. S. T. STEWART

CPL. SCOTT L. TOMASZYCKI  
MCAS NEW RIVER

Marine Aerial Refueler Transport Squadron 252 sent a detachment to Fort Campbell, Ky., for a two-week alternate mission rehearsal exercise Monday.

The VMGR-252 detachment will practice assault support, logistical support, air-to-air refueling, close-air support and multi-sensor imagery reconnaissance for units on the ground.

The training will be conducted jointly with the Army's 160th Special Operations Airborne Regiment and the 5th Special Forces Group, as well as other 2nd Marine Air-

craft Wing assets for aerial refueling missions.

"We're going to be executing our directed mission sets for Afghanistan and are being evaluated during those," said Capt. Andrew B. Myers, the operations officer for the detachment. "We have an evaluator from our aircrew training unit out of Cherry Point, and as the crews are conducting their missions, he'll be evaluating whether it was successful or unsuccessful and ultimately doing a wrap-up at the end to determine whether or not the unit is ready to deploy."

See VMGR-252 page A3

## Cherry Point readies for severe weather season

CPL. SCOTT L. TOMASZYCKI  
MCAS CHERRY POINT

Emergency responders, safety experts and weather forecasters educated air station patrons on how to prepare for severe weather and other life-threatening events at Cherry Point's annual Emergency Preparedness Fair Friday.

The main focus of the fair was on weather preparedness. Local experts went over what to pack for an emergency kit and how to design family plans in case disaster strikes.

"We saw quite a few people and they ranged in all ages," said Lara Pagano, a meteorologist with the National Weather Service of Newport and Morehead City. "It was a really good way to reach out to make people aware of all the hazards that come with weather."

North Carolina was barraged with a variety of storms throughout 2011. On April 16, Eastern North Carolina saw its largest recorded tornado. Later that year, Hurricane Irene made landfall on the Outer Banks and dumped massive amounts of rain and damaging winds.

The weather usually cycles with the seasons. Pagano said severe storm activity usually peaks in April and then again in autumn. Hurricane season lasts from June 1 to Nov. 30, meaning the local area is most at risk of experiencing the storms during the summer and fall months. The StormReady program is designed to help communities, especially their emergency management personnel, plan for and mitigate threats posed by severe weather.

Cherry Point recently received accreditation from the National Weather Service's StormReady program, which prompted air station leadership to host a fair to educate patrons on how to survive disasters like hurricanes, tornados and house fires.

See DISASTER page A3

## Pangborn takes up station sword of office

CPL. SCOTT L. TOMASZYCKI  
MCAS CHERRY POINT

Sgt. Maj. Angela M. Maness, will pass the sword of office and responsibilities as the air station sergeant major to Sgt. Maj. Benjamin L. Pangborn during a ceremony here today.

Pangborn last served as the sergeant major of Wounded Warrior Battalion East. Five years ago he was the first sergeant of Marine Wing Communications Squadron 28 here.

"I look forward to seeing and working with the Marines on a daily basis," said Pangborn.

"It is an honor and a privilege to be here as the station sergeant major and be working for them. That's what it's all about. It's about the Marines, it's about their families, and it's about continuing the incredible work that is going on here at Cherry Point."

Pangborn has an infantry background and served a tour as a Marine Security Guard. He deployed as part of Operations Desert Shield and Desert Storm early in his career and deployed to Iraq three times as the MWCS-28 first sergeant.

Maness, who was the first female sergeant major of Cherry Point, will also become the first female to hold the title at Marine Barracks Washington at 8th & I. She will be the senior enlisted advisor for 1,500 Marines working at the Pentagon, Marine Corps Institute, the White House and the barracks itself.

While she appreciates history for what it is, she said the post has nothing to do with gender and everything to do with performance.

"I'm just a sergeant major who happens to be female," said Maness. "I didn't get selected on the merit that I'm a female, I was selected because of credentials. If you ask me, 'how is it that you're the first female here,' it's not about that, it's about taking care of Marines."

Her parting orders reflect that philosophy.

"There is one thing I'd like to say to the Marines before I leave, and that's to give the incoming sergeant major motivation, stay on track with exactly what they're doing right now, and make it better," said Maness. "I was very proud to come here. I would have liked to stay the entire 18 months to three years, but it is on honor to be selected to be the 8th and I sergeant major."



Sgt. Maj. Pangborn

## MAG-29 welcomes new leadership

CPL. JOHN SULESKI  
MCAS NEW RIVER

**MARINE CORPS AIR STATION NEW RIVER, N.C.**— Col. Scott S. Jensen relinquished command of Marine Aircraft Group 29 to Col. James T. Jenkins during a ceremony at the Marine Aviation Logistics Squadron 29 hangar at New River Friday.

Jensen had served as the commanding officer of MAG-29 since August 2011.

"Commanding MAG-29 has been a true pleasure," said Jensen. "I am constantly amazed at all this MAG does and has achieved and am humbled that I am allowed to have my name associated with such a fine organization."

Under Jensen's leadership, the squadrons of MAG-29 performed 14 deployments to Afghanistan, the Horn of Africa and other places around the world including New York and New Jersey in the wake of Hurricane Sandy.

The pilots and enlisted aircrew performed more than 35,000 flight hours, including 267 assault support requests and 637 joint tactical air requests that ensured air support to Marines on the ground.

During the ceremony, Jensen received the Legion of Merit for exceptionally meritorious conduct as the commanding officer of MAG-29.

Jensen's prior leadership experience includes a deployment with Marine Light Attack Helicopter Squadron 369 as part of Joint Task Force Somalia. He also participated in non-combatant evacuation operations in Rwanda and Operation Southern Watch in Kuwait.

The former commanding officer of MAG-29 said the job requires many people to be successful, and he wished he could personally thank every person responsible for his success.

"This MAG is made up of the most professionally-oriented, motivated and proficient group of Marines and Sailors with whom I have ever been associated," said Jensen. "I will miss them deeply as I move on to other things."

In his first speech as the MAG-29 commanding officer, Jenkins thanked Jensen for his successful leadership with the MAG and said he is looking forward to working with the Marines.

"It is truly my honor to take the command from you," he said.

Jenkins' prior leadership experience includes deployments to Somalia, the Former Republic of Yugoslavia, Iraq and Afghanistan.

His most recent assignment prior to taking command of MAG-29 was at Training and Education Command. "Col. Jensen left the MAG in top shape, and I am looking forward to trying to fill his shoes," said Jenkins.



CPL. JOHN SULESKI

Sgt. Maj. Bradley A. Prafke, Marine Aircraft Group 29 sergeant major, hands the MAG colors to Col. Scott S. Jensen as Jensen relinquishes command of Marine Aircraft Group 29 to Col. James T. Jenkins Friday. The change of command took place outside the Marine Aviation Logistics Squadron 29 hangar aboard Marine Corps Air Station New River.

### What's Inside

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### In This Edition: Military Appreciation Country Music Concert



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

# News Briefs

## FRC East preps for F-35B

Fleet Readiness Center East is currently working on modifications to current facilities to support the first F-35B Lightning II slated to arrive at Cherry Point in July for repairs and maintenance.

FRC East is expecting to have two stalls to work on the aircraft by the end of this year and approximately five stalls by the end of 2014.

## Aviator of the Year recognized

Maj. Robert Weingart, a pilot with Marine Light Attack Helicopter Squadron 469, received the Alfred A. Cunningham Marine Aviator of the Year award April 18 for actions in Afghanistan.

Weingart received his award at the Marine Corps Aviation Association dinner aboard Marine Corps Air Station Miramar, Calif.

## 2013 Warrior Games

The 2013 Warrior Games start Saturday in Colorado Springs, Colo., and will continue through May 16.

The games showcase the resilient spirit of today's wounded service members from all branches of the military.

Warrior Games allows warriors to see past their circumstances, get involved and become active with like-minded competitors. It also allows them to draw on their similarities and establish support networks.

Since 2010, approximately 260 service members and veterans have competed annually at the Warrior Games, a unique partnership between the Department of Defense and U.S. Olympic Committee Paralympics Military Program.

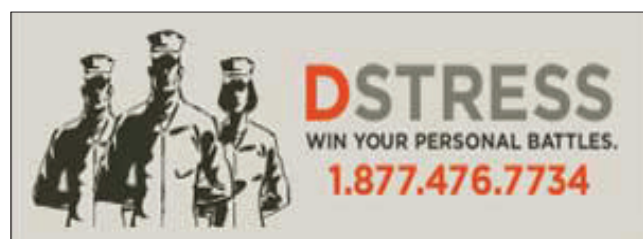
Athletes compete in sitting volleyball, wheelchair basketball, swimming, cycling, track and field, archery and competitive shooting.

Visit <http://bit.ly/wwgames> or <http://bit.ly/woundedwarriorgames> for schedules and information.

## Running Trail Closures

The running trail between Roosevelt Blvd. and Slocum Bridge is closed until Friday due to construction.

The main running trail that runs alongside Roosevelt Blvd. will be closed between Sunset Park Rd. and Access Rd. from Monday-Wednesday due to collection of soil samples for future repairs. For more information, call 466-4364.



## Chaplain's Corner :

# The Good Shepherd

LT. CMDR RICHARD MALMSTROM  
MARINE AIRCRAFT GROUP 14

In the liturgical tradition, the fourth Sunday after Easter is always set aside as the Good Shepherd Sunday. This is always one of my favorite Sunday's of the church year. It is a solid reminder that Jesus came to be the good shepherd. In our day and age we don't truly appreciate the power of that imagery. In biblical times, a shepherd did not hold a very high social status. However, their job was vitally important to the entire community. If the sheep were lost, the owner lost his source of income; the people lost a major portion of their diet and a source of wool for clothing. Unlike our modern times, the shepherd was most likely armed with only a stick to fight off thieves and hungry predators. Lacking Marine Corps Martial Arts Program training, the average shepherd didn't stand a chance against a pack of hungry wolves. Who could blame him for fleeing to safety? Even today, we are advised to give a thief what

they are after rather than risking our lives.

The scriptures paint a different picture of Jesus, our good shepherd. Rather than running away from danger, the good shepherd lays down his life for the sheep. When the sheep wander off, the good shepherd searches after them until they are found. The good shepherd holds us safely in his hands and nothing can snatch us away from him (John 10).

The world we live in is a mess. We hear daily about climate change and diminishing natural resources. We hear continually about natural and man-made disasters. Bad things continue to happen to good people. It is good to know that we have the good shepherd in our corner. He will not shrink away from danger. He will not run when the wolves circle around us. No matter how the world may rage around us, we are safely in the hands of our good shepherd.

## 2012 Cherry Point Annual Water Quality Report

GEMINI GROUP  
Environmental Affairs Department

Once again we are proud to present our annual water quality report covering all testing performed between January 1 and December 31, 2012. Over the years, we have dedicated ourselves to producing drinking water that meets all state and federal standards. We continually strive to adopt new methods for delivering the best-quality drinking water to you. As new challenges to drinking water safety emerge, we remain vigilant in meeting the goals of source water protection, water conservation and community education while continuing to serve the needs of all our water users.

We encourage you to share your thoughts with us on the information contained in this report. Should you ever have any questions, we are always available to assist you.

### Sampling Results

Hundreds of water samples have been taken in order to determine the presence of any radioactive, biological, inorganic, volatile organic or synthetic organic contaminants. The state requires us to monitor for certain substances less than once per year because the concentrations of these substances do not change frequently. All testing during 2012 was compliant with the National Primary Drinking Water Standards.

### Where does my water come from?

The source of Cherry Point's drinking water is groundwater from the Castle Hayne Aquifer, which extends from southern Virginia to Wilmington, N.C. Water is removed from depths of from 195 feet to 329 feet below the surface by 23 wells and then pumped to a state-of-the-art water treatment plant. The Cherry Point Water Treatment Plant provides, on average, 4.1 million gallons per day of drinking water to 18,181 customers who live and work at MCAS Cherry Point.

### Water Conservation

You can play a role in conserving water and saving yourself money in the process by becoming conscious of the amount of water your household is using and by looking for ways to use less whenever you can. It is

See REPORT page A3



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.



LANCE CPL. ANDREA CLEOPATRA DICKERSON

## The Windsock Weekly Photo Competition

May 2 - May 9, 2013

Vote on Facebook - <http://bit.ly/mcascptfb>  
Vote on Google+ - <http://bit.ly/CherryPointPlus>  
Vote on Flickr - <http://bit.ly/cpflickr>

## LANCE CPL. M. DIANE GARCIA

**Job Title:** Administrative Specialist  
**Unit:** Marine Wing Headquarters Squadron 2  
**Age:** 20  
**Hometown:** Hominy, Okla.  
**Date Joined:** April 16, 2012

Lance Cpl. M. Diane Garcia can literally run circles around most Marines. But the administrative specialist with Marine Wing Headquarters Squadron 2 isn't finished striving toward her ultimate fitness goal.

Once a couch potato whose strongest muscles were in her thumbs, the former gamer has her eyes set on a new high score – a 300 on the male physical fitness test.

"Before I joined the Marine Corps I never physically trained, never played sports, I just sat around and played video games," said Garcia. "People tend to do what they really like or are naturally good at; I am naturally good at physical fitness."

Still relatively low on the totem pole, Garcia is developing her leadership style. Leading by example is among the tenets at the forefront of her approach.

"One of my personal philosophies is that if I can't outperform male Marines, then how could I lead or advise them on what to do?" she said.

Living by that mindset, Garcia constantly pushes her own physical limits.

"Every other night I do more than 400 pushups throughout the night," she said. "Running is more of a game, and I do that for fun anyway."

Garcia has already taken her physical fitness test this year. Scoring well over the perfect score of 300 points, she completed 10 pull-ups, 100 crunches, and a 19:30 run.



LANCE CPL. GLEN E. SANTY

## The Windsock

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Call or email The Windsock  
[cherry.point.windsock@gmail.com](mailto:cherry.point.windsock@gmail.com)  
466-3542.

REMEMBER TO RECYCLE



## DISASTER from page A1

In their online resources, the National Weather Service wrote, "There are few guidelines dealing with the specifics of hazardous weather response. (The National Weather Service) recognized this need and designed StormReady, a program to help communities of all kinds ... implement procedures to reduce the potential for disastrous, weather-related consequences."

"The StormReady program gives clear recommendations on how to establish effective emergency weather operations," said Pagano. "We want to make sure everyone on Cherry Point is warned in a timely fashion. Cherry Point has put in a lot of effort to be storm ready."

For information about storm conditions, preparedness tips and emergency resources related to destructive weather, see the 2013 Cherry Point Destructive Weather Guide at <http://www.cherrypoint.marines.mil>.



CPL. SCOTT L. TOMASZYCKI

Cpl. Paul Petrella, a search and rescue crew chief with Marine Transport Squadron 1, shows two young visitors a rescue basket attached to the unit's HH-46 helicopter at the emergency preparedness fair here May 3.

## VMGR-252 from page A1

Larger units conduct integrated training exercises in which they practice mission sets and determine combat readiness. The AMRX fulfills the same function for smaller units.

"The novelty of the AMRX is basically that the unit can establish its own training goals," said Myers. "If the mission is for a fixed wing air-to-air refueling, we are evaluated on whether or not we meet our time on target, we get the requisite fuel to the receiver aircraft, and that our planning factors have been hit."

The detachment is scheduled to deploy to Afghanistan this summer.

## REPORT from page A2

not hard to conserve water. Here are a few tips:

- Automatic dishwashers use 15 gallons for every cycle. So get a run for your money and load it to capacity.
- Turn off the tap when brushing your teeth.
- Check every faucet in your home for leaks. Just a slow drip can waste 15 to 20 gallons a day. Fix it and you can save almost 6,000 gallons per year.
- Check toilets for leaks by putting a few drops of food coloring in the tank. Watch for a few minutes to see if the color shows up in the bowl. It is not uncommon to lose up to 100 gallons a day from an invisible toilet leak. Fix it and you save more than 30,000 gallons a year.
- Use your water meter to detect hidden leaks. Simply turn off all taps and water using appliances. Then check the meter after 15 minutes. If it moved, you have a leak.

### Cross Connection

Cross connections that contaminate drinking water distribution lines are a major concern. A cross connection is formed at any point where a drinking water line connects to equipment (boilers), systems containing chemicals (air conditioning systems, fire sprinkler systems, irrigation systems), or other sources of questionable quality. Cross connection contamination can occur when the pressure in the equipment or system is greater than the pressure inside the drinking water line (back pressure). Contamination can also occur with the pressure in the drinking water line drops due to fairly routine occurrences (main breaks, heavy water demand), causing contamination to be sucked out from the equipment and into the drinking water line (backsiphonage). For more information, review the Cross-Connection Control Manual from the EPA's web site at <http://water.epa.gov/infrastructure>

The complete 2012 Water Quality report can be viewed @ the below web address: <http://www.cherrypoint.marines.mil/Portals/86/Docs/WaterQualityReports/CCR2012CherryPoint.pdf>.

For questions about this report or your drinking water, please call Steve Reavis (Facilities Maintenance Department) at 466-6850 or Cheryl Murray (Environmental Affairs Department) at 466-5151.

CAN RESOLVE CONFLICT WITH A VILLAGE ELDER

CAN INSPIRE A SQUAD OF MARINES TO GO INTO HARM'S WAY

CAN COMMUNICATE WITH INTERNATIONAL FORCES TO ACCOMPLISH AN OBJECTIVE

CANNOT STOP HITTING HIS WIFE

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**11:00am - 2:00pm**

Mother's Day Buffet only **\$19.95 per person**  
Kids 6-12 only **\$9.95 per person**  
Kids 5 and under only **\$2.95 per person**

# New Bern MAC cooks up camaraderie



PHOTOS BY LANCE CPL. GLEN E. SANTY

A grill full of chicken halves slowly cook to perfection during the Spring Chicken Pickin' May 1. New Bern Military Alliance Committee members prepared more than 450 chicken halves for Marines and Sailors aboard Cherry Point.



Attendees of the Spring Chicken Pickin' brave the sudden rain showers.

LANCE CPL. GLEN E. SANTY  
MCAS CHERRY POINT

The smell of more than 10 immense grills packed with slow roasting barbecued chicken halves filled Cherry Point airspace May 1 during the New Bern Chamber of Commerce and Military Alliance Committee-hosted Spring Chicken Pickin' aboard the air station.

The New Bern Military Alliance Committee hosts two Chicken Pickins each year and began the semiannual events in 2007.

"We are honored and proud to do this for our neighbors and Marines," said Nancy Alexander, presidential-select for the New Bern Military Alliance Committee.

Alexander said the event was a great camaraderie booster and strengthened the bridge between Cherry Point and New Bern.

Approximately 100 Cherry Point Marines, Sailors and civilians aboard the air station partook in free refreshments, games and friendly chitchat before feasting on more than 450 cooked-to-perfection chicken halves.

"This has been awesome," said Pfc. Abdiel Morales, a personnel clerk with Headquarters and Headquarters Squadron Installation Personnel Administration Center. "The food was great. I ate way too much of it, but it's been a lot of fun."

The weather was sunny and warm at the event's outset, but a change in winds and sudden rain showers scattered many patrons and forced more under shelters. Like true Marines, those who weren't too "chicken" stayed to play beanbag toss and get second, third and even fourth helpings.



A New Bern Military Alliance Committee member prepares a full grill of chicken for Marines and Sailors.



A rubber chicken decorates the Spring Chicken Pickin'.



Marines and Sailors fill their plates with free chicken.



PHOTOS BY CPL. KYLE N. RUNNELS

Marines with Medium Tiltrotor Squadron 266 (Reinforced), 26th Marine Expeditionary Unit, and Sailors assigned to the USS Kearsarge move a rotor for an MV-22 Osprey on the flight deck while at sea May 4. 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.

# Marines maintain Ospreys at sea

**CPL. KYLE N. RUNNELS**

26TH MARINE EXPEDITIONARY UNIT

**AT SEA** – With the help of Sailors assigned to the USS Kearsarge, Marines with Marine Medium Tiltrotor Squadron 266 (Reinforced), 26th Marine Expeditionary Unit, conducted maintenance on MV-22B Ospreys on the flight deck of the Kearsarge while at sea May 4.

While at sea, repairing aircraft becomes more difficult due to the length of time it takes to receive new parts and equipment.

To combat this, the squadron used parts from one aircraft to keep the other three operational.

Sailors, with crash, fire and rescue aboard the Kearsarge assisted the Marines of '266 by lending a crane, allowing the Marines to continue with more precision mechanics.

The crane is used for casting crashed aircraft overboard. "With the Navy allowing us to use the crane to move these hubs, it is really allowing us to reduce the workload," said Gunnery Sgt. Zachary S. Carpenter, a maintenance

control staff noncommissioned officer in charge. "The amount of work being done today, plus the fact we are on the flight deck of a ship, is essentially unheard of."

Planning is one of the most important steps in any military operation and was carefully employed during this one.

"Maintenance control started planning this operation two days prior," said Maj. Michael Hyde, maintenance officer for VMM-266 (Rein.). "But when it comes down to execution, it was all about the lance corporals, corporals and sergeants making sure it is done efficiently and effectively."

The mission was successfully completed due to the cohesion among the Marines and Sailors.

"Working with the Sailors aboard the Kearsarge has been great," said Hyde. "Once we got the plan coordinated, the Navy's personnel have been fantastic. This is the epitome of the true blue-green team."



Marines prepare to dismantle the rotor of a MV-22 Osprey on the flight deck of the USS Kearsarge May 4.

# Service members observe National Day of Prayer



PHOTOS BY PFC. VICTOR A. ARRIAGA

**Maj. Gen. Glenn M. Walters, commanding general of 2nd Marine Aircraft Wing, speaks about faith during a National Day of Prayer breakfast May 2. Walters was the guest speaker at the event.**

## **PFC. VICTOR A. ARRIAGA**

MCAS CHERRY POINT

Marines, Sailors and military retirees observed the National Day of Prayer by holding a breakfast and service May 2 in the air station mess hall.

Every year, the president, by proclama-

tion, declares the first Thursday of May to be the National Day of Prayer. People across the country get together and pray for our country, people and our leaders.

The breakfast started off with the 2nd Marine Aircraft Wing Band playing "America the Beautiful," while those in

attendance sang along. Malmstrom then gave a welcome message and led the group in a prayer.

"Prayer is a central part of our faith, life and traditions," said Malmstrom. "When I was in Iraq in 2005, I saw the tremendous impact that faith had on the Marines

and Sailors. It helped them focus on the job at hand and gave them courage and strength."

Maj. Gen. Glenn M. Walters, commanding general of 2nd Marine Aircraft Wing, was the guest speaker at the observance.

"Prayer is in play every day right now," said Walters. "We have examples every day on this flight line, and we can see it right now in Boston."

Others in attendance included retired Staff Sgt. Nick Belardo, a deacon at his local church who came out to share fellowship with comrades old and new.

"It's great being among Marines and Sailors again," said Belardo. "It makes me feel like I am home and a part of this great nation's military again."

The breakfast concluded with a prayer for military and families by Navy Lt. Deann C. Coleman, Headquarters and Headquarters Squadron chaplain.

"It's important for us to remember that, although we may be few in number here, there are people gathered across the country doing the very same thing," said Malmstrom. "Not just here in Cherry Point, but all around the country to do this National Day of Prayer."



**Marine bow their heads while Lt. Cmdr. Richard Malmstrom, the Marine Aircraft Group 14 chaplain, leads a blessing of the troops.**

# *Sea Knights conduct lifts at sea*



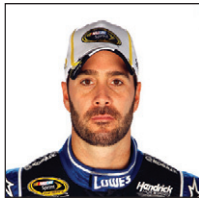
PHOTOS BY CPL. TIMOTHY CHILDERS

Marines assigned to Combat Logistics Battalion 15, 15th Marine Expeditionary Unit, connect cargo to a CH-46E Sea Knight assigned to Marine Medium Helicopter Squadron 364 (Reinforced), during an aerial lift aboard the USS Rushmore April 27. The helicopter support team conducted a total of seven lifts during the training. The 15th MEU is comprised of approximately 2,400 Marines and Sailors and is deployed as part of the Peleliu Amphibious Ready Group. Together, they provide a forward-deployed, flexible, sea-based Marine Air-Ground Task Force capable of conducting a variety of operations ranging from humanitarian aid to combat.

**NEXT UP...**

**SPRINT CUP**

**Race:** Bojangles' Southern 500  
**Where:** Darlington Raceway  
**When:** Saturday, 6:45 p.m. (ET)  
**TV:** FOX Sports  
**2012 Winner:** Jimmie Johnson (right)



**NATIONWIDE SERIES**

**Race:** VFW Sport Clips Help A Hero 200  
**Where:** Darlington Raceway  
**When:** Friday, 7:30 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

## NASCAR pauses in honor of Mother's Day

Following its long-standing tradition, NASCAR has no major races scheduled to run this Sunday, a break in honor of Mother's Day.

Although the men of NASCAR have been in the forefront for most of its history, the sport does owe a debt to the mothers behind the scenes, to the women who stood rock solid behind their children as they chased their dreams on the speedways of America.

The late Elizabeth Petty was there for her son Richard, the sport's all-time leader in race wins and championships. Lynda Petty, Richard's wife, was there for her son, Kyle.

Martha Earnhardt used her own money to get her son, Dale, on the track after her husband, Ralph, Dale's father, passed away.

Bernece Wood, the matriarch of the famed Wood Brothers racing team, has supported her family's team as the ownership transferred from her husband, Glen, to their children, Eddie, Len and Kim Wood Hall.

Mrs. Wood, at age 82, still works with the team every day, welcoming visitors to the team museum in Stuart, Va., where she holds the title of museum curator.

"She represents the longevity of what we do," Eddie Wood said. "She was there in the beginning and is still a big part of it."

Wood said his mother knows every piece in the team's museum and may well be the best person in the family to tell the team's 63-year story, which has seen her husband and brother-in-



Bernece Wood, matriarch of Wood Brothers Racing

law, Leonard, both be inducted into the NASCAR Hall of Fame.

"Dad and Leonard were always busy doing the things they did, so she probably had a better view of what happened over these 60 years than anybody," Eddie Wood said.

Like the other matriarchs in NASCAR, Mrs. Wood has spent most of her time working behind the scenes.

Even when her team won the Daytona 500 in 2011, instead of being a part of the Victory Lane celebration, she stayed behind in the garage to greet visitors to the team's hauler.

"She sacrificed a lot," Eddie Wood said. "It's no small thing to put up with racing, and three generations of it."

"There have always been strong women in NASCAR who stood behind their men. They stayed in the background and usually

got no credit for anything."

If there's one area where Mrs. Wood has been in the forefront, it's in keeping her family a close-knit bunch.

That's never more evident than at dinnertime in Stuart. For decades, when the Woods raced out of a shop there, Bernece's husband and children ate the noon meal at her table. Now that the team, now based in Charlotte, is running a limited schedule, the family dinners have become fairly regular again. In the summertime, there are peas, potatoes, beans, corn and tomatoes grown in the garden just down the same road where Bernece and her children live, in four houses all in a row. Now there are often four generations at the table.

It's like a scene from a Norman Rockwell painting, but it's an everyday occurrence for the Woods, and it'll be that way this Sunday, too.

"It's Mother's Day, but it won't be any different," Eddie Wood said. "We always either eat at my mother's house or we all go out together."



Four generations of the Wood Brothers Racing family

## Smith wins Aaron's 312; takes Nationwide Series points lead

What goes around at Talladega Superspeedway finally came around for Regan Smith. In October 2008, Smith appeared to have beaten Tony Stewart to the finish line to get his first Sprint Cup victory. But an official's ruling that Smith had broken the Talladega rules by going below the yellow line took away the victory and awarded it to his competitor Tony Stewart.

In Saturday's Nationwide Series race at Talladega, Smith was beaten to the finish line by Kasey Kahne. But the caution flag had been displayed for a crash behind them, and after several minutes of studying replays, NASCAR issued an official pronouncement that Smith had been leading when the caution flag flew and therefore he was the winner, with Joey Logano second and Kahne third.

"That was pretty cool, wasn't it?" a jubilant Smith said in Victory Lane. "I'm really pumped up."

Smith, driving the No. 7 Chevrolet for JR Motorsports, was seventh on the white-flag lap, but used a drafting



Smith crosses the finish line at Talladega

push from Kahne to work his way to the front. Then, as the leaders entered the tri-oval, Smith darted from the outside lane to the bottom and into the lead.

With his victory, Smith took the series points lead and is now 27 points ahead of previous leader Sam Hornish Jr., who finished 25th at Talladega.

## SPRINT CUP STANDINGS

1. Jimmie Johnson, 383
2. Carl Edwards, 342
3. Dale Earnhardt Jr., 324
4. Clint Bowyer, 316
5. Brad Keselowski, 314
6. Kasey Kahne, 299
7. Aric Almirola, 293
8. Paul Menard, 290
9. Kyle Busch, 285
10. Greg Biffle, 280

## David Ragan gets his first Sprint Cup victory of 2013; rain delays and crashes send the Aaron's 499 into overtime

The name Front Row Motorsports hasn't exactly described the performance of the underfunded Sprint Cup race team, but on Sunday, David Ragan and David Gilliland surged past the mega-team drivers ahead of them to finish 1-2 in the Aaron's 499 at Talladega Superspeedway.

"That is a true David versus Goliath moment here," Ragan said in Victory Lane of the team's first-ever Cup victory.

Carl Edwards, who appeared to be headed to Victory Lane as he was leading when rains halted the race at Lap 125, finished third after the restart, ahead of Michael Waltrip and Jimmie Johnson.

Matt Kenseth, who led a race-high 142 laps, was leading when a Lap 184 crash on the backstretch collected 12 drivers, including Kurt Busch, who rolled end over end and onto the top of Ryan Newman's car. That wreck sent the race into overtime, and Kenseth was shuffled to eighth at the finish.

The race ended more than seven hours after the green flag flew, in large part because of a three-hour, 36-minute rain delay. At the end, the skies were so dark that NASCAR officials said there would be just one attempt at a green-white-checked-flag finish once the track was cleared from the Lap 184 crash. To make matters more interesting, it was sprinkling rain on some parts of the track.

When the drivers lined up for the final run to the finish, Ragan was 10th, but used a push from Gilliland, who restarted 11th, to work his way toward the front. He beat Edwards into Turn Three on the final lap and sped down the frontstretch unchallenged to get his second career Cup victory. Gilliland's runner-up finish tied his career best.

Edwards, even in his disappointment, offered his congratulations



Twelve drivers were collected in this crash during the Aaron's 499 at Talladega.

to the underdogs Ragan, Gilliland and their teams.

"As frustrated as I am about the loss, I'm really happy for these two guys and for their team," he said.

Front Row owner Bob Jenkins, who now has four top-five finishes in 406 career Cup starts, gave much of the credit for the team's big day to Ragan and the positive attitude he brought with him to the team from Roush's organization, where he had shipping giant UPS as a sponsor and competed for wins on a fairly regular basis.

"He didn't look at it as if, 'Hey, I'm taking a step down here. I realize I'm going to be a back marker or whatever,'" Jenkins said. "He continues to expect a

lot out of himself and a lot out of his team, and I think what happened is people bought into that and they followed behind him, and we've seen results from it."

Among those not happy leaving Talladega was Ryan Newman, who was involved in yet another scary, cars-flying-through-the-air crash on a restrictor-plate track.

He was visibly upset as he emerged from the track's care center. "They can build safer cars; they can build safer walls," he said. "They can't get their heads out of their [rear ends] far enough to keep the cars on the race track. Pretty disappointing."

"I wanted to make sure to get that point across. Y'all can figure out who the 'they' is."

The "they" in his comment appears to be referring to NASCAR officials.

**NOTEBOOK**



Denny Hamlin

### Hamlin returns to Sprint Cup

Denny Hamlin, who suffered a serious back injury in a last-lap crash at Auto Club Speedway on March 24, made his return to the Sprint Cup Series at Talladega Superspeedway on Sunday.

Hamlin started the race in his No. 11 Toyota, ran until the first caution flag and then turned the car over to Brian Vickers on Lap 25. But Vickers was unable to help Hamlin much in the points race, as he was involved in a multi-car crash on Lap 42 and finished 34th.

Even with all the effort, Hamlin dropped three spots in the standings to 31st.

But Hamlin's decision to get back in the car a week ahead of schedule did stir debate in the days leading up to the race.

"Life in general is just risk versus reward," Jeff Gordon said. "As a race car driver, we don't think of ourselves any more risky out there than somebody else that has a 9-to-5 job. It's just the way our minds work. You have to take yourself out of that and understand what the dangers are, what the risks are and if you re-injure yourself, can that be life-threatening or something that ends your career?"

Gordon said that if he had been in Hamlin's situation, he might have made a different decision.

"I'm later in my career and have a family and so an injury like what Denny went through ... I might not come back from that just because, is it worth it?" he said. "For Denny, I think it's worth it for him to really take his time and do it right. What he's doing this weekend, to me that makes sense. It's Talladega; there are ways to avoid those incidents."

### Latest class inducted into International Motorsports Hall of Fame

The activities at Talladega Superspeedway last week kicked off on Thursday with an induction ceremony for the latest class of members of the International Motorsports Hall of Fame, located just outside Turn Four of the track.

Inducted were team owner Rick Hendrick, veteran crew chief Dale Inman, driver Rusty Wallace and drag racer and team owner Donald Schumacher.

Dale Earnhardt Jr., who drives the No. 88 Chevrolet owned by Hendrick, was among those in the audience.

"I was really moved by the speeches from all the guys that were inducted, particularly Dale Inman," Earnhardt said. "His appreciation really showed through."

"You could tell he had been through just about as much as a guy could go through in this sport. It was really neat to be able to see him get some kind of recognition and for him to get that opportunity to speak in front of everybody."

"That was really emotional, I think, for all the guys involved and for the people who know these individuals. It was inspiring to me."

## NUMERICALLY SPEAKING

**632** Laps led by Greg Biffle in the past eight Sprint Cup races at Darlington Raceway, tops among all drivers.

**2** Drivers in the top 50 in Nationwide Series points with a race victory this season: Regan Smith and Sam Hornish Jr. have one apiece. Cup regulars who don't earn Nationwide points have won the other six.

**4** Sprint Cup points positions gained at Talladega by Aric Almirola, to seventh; David Ragan, to 26th; and David Gilliland, to 29th; the most of any drivers in the Aaron's 499.

**3** Drivers in the Aaron's 499 at Talladega who started outside the top 30 and finished in the top 10: David Gilliland, 31st to second; Regan Smith, 34th to sixth; and Scott Speed, 36th to ninth.

# Life & Times

## COUNTRY ARTISTS TO PERFORM FOR CHERRY POINT MARINES

LANCE CPL. CAYCE NEVERS  
MCAS CHERRY POINT

Cherry Point Marines and Sailors are invited to attend a free military appreciation country music concert at the air station theater Wednesday.

WRNS radio station will host country music artists David Kroll and Maggie Rose at the air station theater at 7:30 p.m. Doors open at 6:30 p.m.

"We are helping to put on this concert because we want to appreciate everything our service members and their family do," said Cassie Fossum, Marine Corps Community Services corporate sponsorship coordinator.

MCCS efforts to bring free entertainment to the service members aboard the air station is continual, said Fossum.

"I think we are going to have a good turnout," said Fossum. "We have given away a lot of tickets already."

The concert highlights the relationship between the air station and local community.

Kroll is making a return appearance on the air station.

"I was at Cherry Point last year for the air show, and I got to open for Darryl Worley, who is a famous country singer," he said. "This will be my second time performing at Cherry Point."

Kroll says coming to North Carolina and performing for the military is an amazing experience that he will never forget.

"Getting to play my song for a bunch of Marines and their families is something that to this day I will never forget," he said.

To get free tickets to see Kroll and Rose Wednesday at the air station theater, visit the Crystal Coast Travel and Leisure office located next to Military Clothing.

For more information, call 466-3027 or 466-2172.



Country music artist David Kroll is scheduled to perform a free show at the air station theater Wednesday.



(Left) Country singer Maggie Rose is scheduled to perform at the air station theater as part of a military appreciation concert hosted by WRNS radio station Wednesday at 7:30 p.m. Doors open at 6:30 p.m.

*"Being able to write a song drawn from my life or my imagination, and then perform it for music fans is just the ultimate experience for me."*  
- David Kroll



*"The fact that I gravitated toward country when there were so many other options shows that's where I belong."*  
- Maggie Rose



# 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 9

**Lunch** - Chicken and dumplings, pasta toscano, steamed rice, steamed vegetable medley, Harvard beets, cream of spinach soup

**Dinner** - Mediterranean herb-roasted chicken, herbed roast pork loin, mashed potatoes, dirty rice, glazed carrots, steamed broccoli, brown gravy, American bounty vegetable soup

#### Friday May 10

**Lunch** - Roast turkey, French fried shrimp, French fried fish, dirty mashed potatoes, green beans, calico cabbage, hush puppies, tartar sauce, cocktail sauce, New England clam chowder **Dinner** - Tater-tot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms, Manhattan clam chowder

#### Saturday May 11

**Lunch** - Baked ziti with four cheeses, arroz con pollo, club spinach, corn O'Brien, toasted garlic bread, smoked ham and cabbage soup

**Dinner** - Three bean chili, apple-glazed corned beef, shrimp curry, cilantro rice, parsley buttered potatoes, vegetable stir fry, savory summer squash

#### Sunday May 12

**Lunch** - Baked fish with butter crumb topping, herbed baked chicken, potatoes au gratin, confetti rice, herbed roasted carrots, balsamic roasted vegetables, tomato soup **Dinner** - Pork chops smothered with onions, chili macaroni, roasted sweet potatoes, French cut green beans, cauliflower combo, Wisconsin cheese soup

#### Monday May 13

**Lunch** - Southwestern corn chowder, pepper steak, turkey Monterey roasts, rosemary red potatoes, steamed rice, wax beans Creole, stewed chick peas and zucchini **Dinner** - Spanish chorizo and potato soup, veal parmesan, Tex-Mex chicken and rice, penne rigate noodles, marinara sauce, scalloped cream-style corn, broccoli and red peppers

#### Tuesday May 14

**Lunch** - Beef with vegetables and barley soup, linguini with clam sauce, bayou chicken, rissole potatoes, cauliflower mashed, sautéed green beans and mushrooms **Dinner** - Bean with bacon soup, country fried steaks, baked turkey and noodles, mashed potatoes, brown gravy, squash and carrot medley, peas

#### Wednesday May 15

**Lunch** - Cream of mushroom soup, chicken piccata, bayou jerk pork loin, chipotle roasted sweet potatoes, islander's rice, steamed spinach with garlic, lyonaise carrots, mango and black bean salsa **Dinner** - Chicken tortilla soup, Hungarian goulash, Creole shrimp, brussels sprouts parmesan, corn

# Splitts-ville Part 3: The Divorce

1ST LT. JOSHUA L. OCKERT

MCAS CHERRY POINT LEGAL ASSISTANCE

In some places, you can get married at a drive-thru window. Getting divorced is another story.

While it's true that divorce can be ugly and expensive, it doesn't always have to be. Many divorces are settled without fighting, and the former couple often ends up splitting things evenly. However, like in life, there are few guarantees.

One guarantee is that there is no such thing as a quickie divorce.

The decision to file for divorce – to have a court of law legally dissolve your marriage – is a decision that requires careful consideration. There are significant financial, emotional and sometimes professional consequences to the process that, in North Carolina, take more than a year to complete.

Once you have decided to get a divorce, the Legal Assistance Office can help. Besides preparing Marital Separation Agreements that make the process easier (discussed in part two of this series), we can prepare North Carolina court documents and give you information on what to expect when you're standing in front of the judge.

The requirements for divorce in North Carolina are simple:

First, either you or your spouse must be a resident of North Carolina for six months before you can file for divorce. Because legal residence can be complicated, be sure to talk to your attorney about this requirement as early in the process as possible.

Second, you and your spouse must have been sepa-

rated for a year. This means that you must live separate and apart (different addresses), with at least one of you intending that separation to become divorce, for at least 365 days.

These requirements are similar to those found in other states. You don't have to file for divorce in North Carolina if you meet the requirements somewhere else. For example, you might be able to speed up your divorce by filing in a state with a shorter separation period.

When it is time to file, your Marital Separation Agreement will be an important part of your divorce case because it will tell the judge how you will split up your property, if any support payments will be made and what will happen with any children. This agreement will be included as part of the final judgment of divorce.

However, a Marital Separation Agreement is not always the final word on certain issues, especially when it comes to child custody and support. A judge usually gets the final word on issues involving children, and in some states may be able to modify other parts of the separation agreement. Fortunately, in the majority of cases the agreement is left unchanged.

The final decree of divorce is the document that finalizes your divorce and contains all of the terms. You are still married until you are given the final decree by the judge. This means you are still bound by adultery laws, so wait until you have that decree in hand before you start a new relationship. Lastly, don't forget to go to the Installation Personnel Administration Center once the divorce is final in order to update your Record of Emergency Data, full legal name and dependent information.

## Health Clinic celebrates National Nurses Week



CONTRIBUTED PHOTO

Military and civilian nurses, along with Naval Health Clinic Cherry Point leadership, gather in their dress whites to commemorate National Nurses Week celebrated annually May 6-12.

LT. RACHAEL COUSIN

NAVAL HEALTH CLINIC CHERRY POINT

Happy National Nurses Week! Celebrated annually May 6, National Nurses Day, through May 12, birthday of Florence Nightingale, the founder of modern nursing.

The American Nurses Association's theme for this year's celebration is "Delivering Quality and Innovation in Patient Care." The purpose of the week-long celebration is to raise awareness of the value of nursing and help educate the public about the role nurses play in meeting the health care needs of the

American people.

Traditionally, National Nurses Week is devoted to highlighting the diverse ways in which registered nurses, who comprise the largest health care profession, are working to improve health care. From bedside nursing in hospitals and long-term care facilities to the halls of research institutions, state legislatures and Congress, the depth and breadth of the nursing profession is meeting the expanding health care needs of American society.

Naval Health Clinic Cherry Point currently employs more than 60

military, civil service and contract nurses working in a variety of roles. Some of the more prominent areas in the clinic nurses work are Medical Home Port, Ambulatory Procedure Unit, Mental Health, General Surgery, and Wellness. These nurses help individuals, families, and the military community attain, retain and maintain optimal health and functioning.

Naval Health Clinic Cherry Point wishes all nurses a Happy Nurses Week!

**MCAS Cherry Point STATION THEATER**  
E Street

**ADULTS ONLY \$4 • KIDS (4-12) ONLY \$3**

Movie Hotline: 466-3884 • www.mccscherrypoint.com

**NOW SHOWING**

**Friday, May 10**  
5:00pm - "42" PG13  
7:30pm - Evil Dead R

**Saturday, May 11**  
**FREE SHOWING 2PM - RISE OF THE GUARDIANS**  
4:00pm - "42" PG13  
6:40pm - Evil Dead R  
8:30pm - Olympus Has Fallen R

**Sunday, May 12**  
**FREE SHOWING - 3PM**  
**STAR TREK INTO DARKNESS**  
Doors open at 1:30pm

**movie synopsis**

"42" - The life story of Jackie Robinson and his history-making signing with the Brooklyn Dodgers under the guidance of team executive Branch Rickey.

Evil Dead - Five friends head to a remote cabin, where the discovery of a Book of the Dead leads them to unwittingly summon up demons living in the nearby woods. The evil presence possesses them until only one is left to fight for survival.

Rise of the Guardians - When the evil spirit Pitch launches an assault on Earth, the Immortal Guardians team up to protect the innocence of children all around the world.

Olympus Has Fallen - When the President is kidnapped by a terrorist who seizes control of the White House, disgraced former Presidential guard Mike Banning finds himself trapped within the building. As the national security team rushes to respond, they must rely on Banning's insider knowledge to save the President and prevent an even greater catastrophe.

Star Trek Into Darkness - After the crew of the Enterprise find an unstoppable force of terror from within their own organization, Captain Kirk leads a manhunt to a war-zone world to capture a one man weapon of mass destruction.

**MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.**

**Visit the Jelly Belly Tour Bus!**

**Saturday, May 11, 2013**  
**Noon - 4:00pm**

at your local

**MCCX**  
CORE BRANDS  
CORPS VALUE

Woodside Drive

**Save the Date!**

# Announcements

► Indicates new announcement

## ► Stamp Out Hunger Food Drive

The National Association of Letter Carriers 21st annual "Stamp Out Hunger" food drive will take place Saturday nationwide.

To donate, leave non-perishable donations in a bag by your mailbox. The donations will be delivered to a local food bank.

For more information, visit <http://bit.ly/SOHNFD13> or call 202-662-2489.

## ► Jelly Belly Tour Bus

The Jelly Belly Tour Bus will be at the Cherry Point Marine Corps Exchange Saturday from noon–4 p.m. There will be games and free samples available.

For more information, call 466-2647.

## Havelock Pop Warner Football and Cheer

The Havelock Pop Warner Football and Cheer 2013/2014 season will have an extended discount registration Saturday 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 Monday.

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 Monday 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–May 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. Tuesday 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.

## 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 Wednesday 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.

### 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.

### 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 is Friday.

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

### Welcome Aboard Expo

Cherry Point hosts a Welcome

## ► 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 Wednesday at the air station theater.

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.

## ► Take a Kid Fishing

Atlantic Marine Corps Communities is sponsoring "Take a Kid Fishing" day June 1 at Catfish Pond from 8–11 a.m.

This event is open to all Cherry Point parents and children and is free to children ages 3–15.

A parent or legal guardian must accompany each child.

For more information, call 466-2762.

## 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.

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 Wednesday 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 Wednesday 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.

## ► Kids Health and Fitness Fair

Semper Fit will host the 2013 Kids Health and Fitness Fair at the station theater June 21 from 10:30 a.m.–12:30 p.m.

This is a free event for children ages 2–12.

This is a nutrition and fitness-based event that will teach children how to take control of their own health.

Children will learn hands-on about nutritional content of food and how it directly impacts their health through a combination of educational materials, games and fitness events.

For more information, call 466-2208.

## 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: Elicitation



*Elicitation is the act of attempting to gain information about military operations, capabilities or people discreetly. The purpose of elicitation is to collect information that is not readily available. Elicitation attempts may be made by mail, fax, telephone or in person.*

*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.