

The Windsock

Vol. 71, No. 21

www.cherrypoint.marines.mil

May 23, 2013



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Brig. Gen. Robert F. Hedelund, right, the commanding general of the 2nd Marine Aircraft Wing, salutes the colors alongside Maj. Gen. Glenn M. Walters and other former commanding generals of the wing during a change of command ceremony here Wednesday.

2nd MAW bids Walters farewell, welcomes Hedelund

CPL. S. T. STEWART
MCAS CHERRY POINT

The Marine Corps' East Coast aviation element underwent a change in leadership Wednesday, as Maj. Gen. Glenn M. Walters, recently selected for his third star, handed over command to Brig. Gen. Robert F. Hedelund during a ceremony on the flight line at Cherry Point.

Since Walters took command in May of 2012, 2nd MAW (Fwd.) has activated and deployed to once again take on the role as the lead aviation combat element for NATO's International Security Assistance Force in southwestern Afghanistan. Walters was once at the helm of that aviation combat element.

"Now I'm preparing Marines for com-

bat," Walters said during an interview in January roughly halfway through his time as commanding general here. "It's the continuum of who we are as Marines — answering the call to do our nation's defense wherever we're called."

Once confirmed by the Senate, Walters will move on to duties as the Deputy Commandant for Programs and Resources at Headquarters Marine Corps. He said that his greatest challenge was getting the roughly 16,000 Marines who make up 2nd MAW on the same page.

"The biggest challenge to any large organization is to get everybody to understand what the standards are and what we're doing," said Walters.

That challenge now lies with Hede-

lund.

Hedelund comes to 2nd MAW from Marine and Family Programs in Quantico, Va., where he has served as its director since 2011.

This is not Hedelund's, a CH-46E Sea Knight pilot by trade, first time serving with 2nd MAW.

"I grew up in 2nd MAW. I did a tour with (Marine Medium Helicopter Squadron 264) in the 80's, a tour with HMM-365 in the 90's, and I was (commanding officer) of HMM-162 from 2001-2003," said Hedelund. "2nd MAW is my home in many ways. We are very excited about being back and rejoining the 2nd MAW

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Powerline mechanic earns '542's top maintenance award

PFC. VICTOR A. ARRIAGA
MCAS CHERRY POINT

Sgt. Joshua C. Cowan received the Marine Attack Squadron 542 Maintenance Marine of the Year award during a ceremony at the air station theater May 13.

Cowan, an AV-8B Harrier powerline mechanic with VMA-542, had no clue he was even nominated for the award.

"I had no idea about it," said Cowan. "It came to me as a surprise. I guess it was their way of rewarding me."

Cowan's selection over other nominees did not come as a surprise to the Marines who work alongside him.

"He showed the best example, did the right thing and trained the Marines who

See AWARD page A7



PFC. VICTOR A. ARRIAGA

Sgt. Joshua C. Cowan, an AV-8B Harrier powerline mechanic with Marine Attack Squadron 542, inspects a Harrier May 21. Cowan received the VMA-542 Maintenance Marine of the Year award during a ceremony at the Twin Rivers Theater aboard Cherry Point May 13.

EOD Marines train to disarm from distance

LANCE CPL. GLEN E. SANTY
MCAS CHERRY POINT

Explosive Ordnance Disposal Marines with Headquarters and Headquarters Squadron conducted hands-on training with high-tech devices used to safely disarm or dispose of unexploded ordnance or roadside bombs at the EOD range May 16.

EOD Marines began training with the MK 40 Mod 0 Unexploded Ordnance Standoff Disrupter. The MK 40 allows the Marines to dispose or render safe unexploded ordnance and disrupt improvised explosive devices with percussion-activated projectiles.

Once all the Marines practiced assembling the MK 40 and received training in its proper use, they moved on to its little brother.

A scenario EOD Marines practiced with the Small Caliber Dearer MK 38 was to perform a general disruption with a .22-caliber bullet from a MK 38 attached to a tactical robot. The device comes in both 9 mm and .22 cali-

ber bullet sizes and is used to create a puncture in "suspicious packages" so EOD Marines can see what is inside.

Marines use remote control to position the robot. Once it is in position, the operator shoots the package from a safe distance. Though typically attached to a tactical robot, the dearmer can be fired manually as well.

Once the hole is made, the Marines can use a camera to see inside, allowing them to identify its contents. If the contents turn out to be an IED, the Marines formulate a plan to disarm or detonate it safely.

"We perform this training to familiarize the team with procedures, tools and equipment," said Staff Sgt. Travis McGlew, an explosive ordnance technician. "It also offers other avenues of approach when dealing with IEDs or unexploded ordnance."



LANCE CPL. GLEN E. SANTY

(From left) Master Sgt. William Walker, the Explosive Ordnance Disposal staff noncommissioned officer in charge, Gunnery Sgt. Bernard Coyne and Staff Sgt. Travis McGlew, explosive ordnance technicians, assemble the MK 40 Mod 0 Unexploded Ordnance Standoff Disrupter at Cherry Point May 16.



CPL. SCOTT L. TOMASZYCKI

Don Kingrey, a pilot with Air USA, a private contractor company which provides aviation training support for the military, prepares to take off on a flight in support of joint terminal attack control training from Cherry Point May 16.

Joint terminal attack controllers train with Air USA tactical jets

CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

Air USA, a civilian company equipped with jets armed for close-air support training missions, operated from Cherry Point Monday through Thursday last week in support of joint terminal attack controller training.

In the field, JTACs call for air strikes in support of troops on the ground. They train to standards set forth in the Joint Close-Air Support Memorandum of Agreement, which standardized the procedures for calling for close air support between all of the United States military services and several allied nations.

During the training, Marine students called in airstrikes which the contractor aircraft delivered. The controllers use what is called a nine-line brief, which is nine items of information the controller must give the pilots in the air in order to get bombs on target and avoid friendly casualties.

"These JTACs learn how to call in airpower. They have to give us a situation update, they have to give us their game plan on what they're trying to accomplish out there, and then they roll into the nine-line," said Don Kingrey, a pilot with Air USA. "From that, we can either do dropping bombs on coordinates where we don't have to see the target, or in the case where we're simulating dumb bombs, we do a talk-on to the target where the JTACs student has to get our eyeballs on the target."

Besides accomplishing regular training, hiring contractor companies has numerous other benefits, said Kingrey. Marine squadrons are often deployed and unavailable to provide sorties for the JTAC training courses. If they aren't deployed, other training commitments, personnel numbers

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In This Edition:



Montford Point Golf Tourney



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

News Briefs

New Hazing Order Released

The Marine Corps released its latest policy on hazing Monday, reinforcing its zero-tolerance stance, establishing enforcement guidelines and identifying assistance available to potential victims.

In addition to strict prohibition of the act, the order reinforces the responsibility of every service member to report violations of the policy and emphasizes commanders' roles in prevention, response and post-event monitoring of victims.

For complete details, see Marine Corps Order 1700.28B.

Disaster Resources Consolidated

A "DOD Live" blog post compiled by Ian Phillips of Defense Media Activity social media operations at Fort Meade, Md., provides a wide range of resources for people affected directly or indirectly by the deadly tornado that struck Moore, Okla., Tuesday.

Links in the blog post include information or help related to: tips from Military OneSource on helping children cope with natural disasters; how to administer psychological first aid after a disaster or traumatic event; the PFA Mobile app, containing material adapted from the Psychological First Aid Operations Guide for responders who provide psychological first aid to adults, families and children; the Red Cross database for people to list themselves as "safe and well" or for loved ones to find people missing after a disaster; and a Veterans Affairs Department list of resources for people needing help with post-traumatic stress disorder.

The blog post also includes links to the Air Force Aid Society, Army Emergency Relief, the Navy-Marine Corps Relief Society and Coast Guard Mutual Assistance for service members who need financial assistance.

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

2013 Diversity Task Force Survey

Marine Administrative Message 249/13 announced the 2013 Diversity Task Force Survey now through May 31. The survey is part of the overall comprehensive review of diversity in the Marine Corps.

The purpose is to identify the perceptions from senior leadership and officers regarding diversity and inclusion practices within the Marine Corps.

The survey is voluntary and open to all active duty master sergeants and higher. The survey can be accessed at www.manpower.usmc.mil/application.

Chaplain's Corner :

Pony Express

LT. JOEL E. CRAWFORD
MARINE WING HEADQUARTERS SQUADRON 2

When you hear the term "pony express," what comes to mind? There are many who will think of romantic adventures of brave cowboys riding resilient, tough little ponies across hundreds of miles of hazardous plains, despite the threat of Indian attacks, bandits and natural hazards. You might imagine a dusty and grizzled cowboy lying under the stars at night spitting tobacco amidst the glow of a campfire while he waits for the beans to finish cooking so he can wake and continue his western odyssey, carrying the mail from Saint Joseph, Mo., all the way to California.

But the crazy thing is that the real pony express, according to author Rick Beyer, was a disaster. He writes in his fascinating book, "The Greatest Stories Never Told" (Harper Collins, 2003), that the pony express was, "... an impractical, money-losing business that went bankrupt in little more than a year and cost investors nearly a quarter of a million dollars." Beyer points out that the pony express was founded in 1860 against better judgment because there was actually a more helpful and efficient method of transferring messages from coast to coast that was being created. The transcontinental telegraph was being constructed at the same time and was completed in 1861. Thus after one year, the pony express was already obsolete and it went out of business two months later. Yet during its brief existence, it captured the imagination of the nation even though it went belly-up and as Beyer writes, "... the legend rode off into the sunset."

As I read this story from a pastor's perspective, somehow it caused me to think of prayer and the way we approach the work of God's kingdom. Let me explain.

There is a different kind of venture that captures our imaginations spiritually, and that can just be just as doomed to fail without prayer as the Pony Express was without venture prudence. The venture I am speaking of is the work of the kingdom of God that we as the

church are called to in order to bring glory to God. Just as people are captivated by the myth of the pony express, we as the church become captivated by the idea that we possess enough righteousness in ourselves and strength of human knowledge to do everything on our own. We believe that sheer human will power can conquer all things. This is a myth. Just as the pony express was a broken and doomed undertaking, so too will be the work of the kingdom of God without the power of God working through prayer.

Prayer must become the ground upon which we place our feet when we leave our beds in the morning. It is the air we breathe in the day, and it is the pillow upon which we lay our heads when we come to rest in the night.

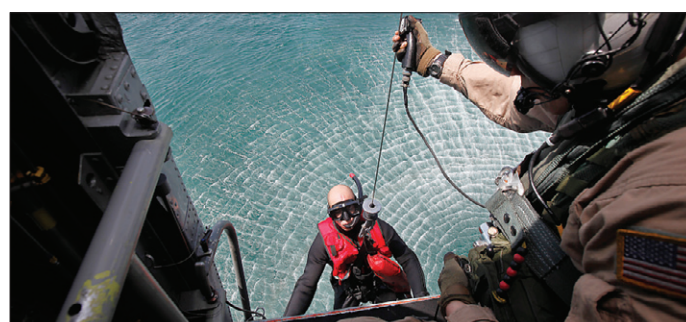
Prayer is the ground for placing feet,
When leaving bed, the day to meet.

Prayer is the air we breathe,
As his daily labor is bequeath.

Prayer is the pillow of our head,
Our rest on bed when day is done.

Prayer is our hope till His Kingdom come,
Our help each day till all is done,
When finally beholding the glorious son.

Thomas á Kempis expressed the kind of total dependence upon God in prayer that we should have when he wrote, "I would rather be a pilgrim on the earth with you, than to possess heaven without you. Where you are there is heaven, and where you are not there is death and hell. You are all my desire and therefore, I must sigh and call and earnestly pray to you. I have none in whom I can fully trust, none who can help me at the proper time with necessities but, only you, my God. You are my trust and my confidence, my comforter - and in all things most faithful to me."



LANCE CPL. ANDREA CLEOPATRA DICKERSON
Lance Cpl. Anthony J. DiCola, a crew chief with Marine Transport Squadron 1, hoists Cpl. Kyle A. Alessandro, a rescue swimmer in training, into an HH-46E Sea Knight May 10.

The Windsock
Weekly Photo Competition
May 23 - May 30, 2013

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LANCE CPL. ABDOURAHAMAN DIAKITE

Job Title: Ejection Seat Mechanic
Unit: Marine Attack Squadron 542
Age: 26
Hometown: Nanuet, N.Y.
Date Joined: Oct. 14, 2008

Being an anchor for a team can put a lot of pressure on an individual. However, for Lance Cpl. Abdourahaman Diakite, being the anchor in his military occupational specialty is his favorite aspect of the job.

The seat mechanic for Marine Attack Squadron 542 understands that he is the last stop before Marines take flight.

Diakite's job has him working on ejection seats, cooling equipment, radar systems and pressurization of the AV-8B Harrier cockpits.

Diakite said he tries to learn as much as he can about other jobs in his squadron, so he is more knowledgeable about his own.

"With my job, I can cross-train with any other MOS that works on a Harrier, and no other MOS can do that," said Diakite.

His perseverance and thirst for knowledge got him noticed by 2nd Marine Aircraft Wing when he was named the 2nd MAW Marine of the Quarter for the second quarter of 2013.

"I just try to help people out and go above and beyond," said Diakite, who is scheduled to be promoted to corporal next month.



Phc. VICTOR A. ARRIGA

The Windsock

The editorial content is edited, prepared and approved by the Public Affairs Office at Cherry Point. Correspondence should be addressed to: Commanding Officer, Public Affairs Office, (Attn: Individual concerned), PSC Box 8013, MCAS Cherry Point, N.C. 28533-0013. To provide comments or suggestions call 252-466-4241 or email: cherry.point.windsock@gmail.com. Windsock is a registered trademark. To address any distribution problems please contact Ellis Publishing at 252-444-1999. This Department of Defense newspaper is an authorized publication for members of the DoD. Contents of the Windsock are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense, United States Marine Corps, Marine Corps Air Station Cherry Point, or the Public Affairs Office, Cherry Point, N.C. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Marine Corps, or Ellis Publishing Co., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. The Windsock is published by Ellis Publishing Co., a private firm in no way connected with the Department of Defense or the U.S. Marine Corps under exclusive written contract with Marine Corps Air Station Cherry Point, N.C. The editorial content of this publication is the responsibility of the PAO.

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REMEMBER TO RECYCLE



Inspector General maintains wing's standards



CPL. SCOTT L. TOMASZYCKI

Master Sgt. Carson Zumalt, 2nd Marine Aircraft Wing inspector general chief, speaks with the Marine Tactical Electronic Warfare Squadron 2 color guard before its evaluation on Cherry Point May 16. The Inspector General's office creates a report to give the commanding general a clear picture of operational readiness within the wing.



The Marine Tactical Electronic Warfare Squadron 2 color guard gets evaluated during the Inspector General inspection on Cherry Point May 16.

CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT

The Inspector General of the 2nd Marine Aircraft Wing maintains operational readiness standards throughout 50 commands. Over the course of one week, the IG personnel examine every aspect of a command's operations to ensure the unit is ready to take the fight to the enemy and its Marines are taken care of.

Marine Tactical Electronic Warfare Squadron 2 received a mission capable rating by the Inspector General's office Friday after standing the inspection last week.

"Combat and operational readiness is what we focus on," said Terry L. Rudisill, the deputy wing inspector for 2nd MAW. "The IG is considered the eyes and ears of the commanding general. With 50 commands, he can't get around to everybody, so that's where the IG and my team comes into play. I'll bring in a team of about 20 to 25 subject matter experts from the wing headquarters and we'll do about 55 to 60 different functional area checklists."

The inspection covers everything that impacts a unit's operational capacity. They consider facility conditions, living conditions, safety programs, administrative proficiency, morale, sexual assault and suicide prevention programs, pilot training and everything else that makes up the unit.

It is understood that the inspecting team is there to help the squadron improve, not to punish, said Sgt. Maj. James E. Monroe, the sergeant major of VMAQ-2. It helps a unit stay focused on being mission capable and assures the commanding general that if a unit passes their inspection, it is fully ready to deploy.

Before the inspection, however, the unit makes every effort to make sure they are up to the challenge without compromising current training operations.

"To prepare for it, we sit down as a unit to make sure we understand the tabs they have for the inspection, setting dates so we can do a pre-inspection and everyone who is responsible for particular (inspection items) can get prior knowledge," said Monroe. "We prepare, we prioritize, we make it durable, so when the inspectors come, we don't need to worry about not making the mission at the same time."

Rudisill said failing to meet the standards can have a negative effect on a unit's capabilities.

"Let's use morale and welfare as an example," said Rudisill. "If they're not meeting the standards, you could have Marines that are disgruntled because their (proficiency and conduct marks) are incorrectly run or their fitness reports are not run in a timely manner, and that affects the morale of the Marines."

After the inspection, the Inspector General's office creates a report and briefs the commanding general on the state of the examined squadron, said Rudisill. This report is part of the decision-making model the commander uses to determine which units to deploy or send to major training exercises and which may need help addressing specific areas.

"Everybody in the Marine Corps is judged and graded by standards and they have a certain standard to meet," said Rudisill. "My job is to assist this command and this commanding officer in particular in having a successful tour. The way I do that is by providing an evaluation form to see, from the outside looking in, if all of his standards are being met."

MCCS hosts grand opening of new RV park

PFC. VICTOR A. ARRIAGA
MCAS CHERRY POINT

Marine Corps Community Services hosted a ribbon-cutting ceremony for the grand opening of the Pelican Point RV Park May 17.

The RV park has been under construction for about a year. It's completion finalizes an MCCS effort to relocate the facility from its previous spot near the Child Development Center here.

"It was clearly in a bad place," said Mike Largent, the director for MCCS, "You don't want an RV park right next to a child development center. We were looking for alternatives and we ended up out here on the beautiful part of the water."

The RV park is located on Monroe Drive, just off of Roosevelt Blvd. and overlooks Slocum Creek. It features 30 concrete pads with full site hook-ups, shower and restroom facilities, a coin-operated laundry, a lounge, vending machines and a staffed office. Patrons who don't own an RV, can rent one.

The park is open to authorized air station patrons who want to come out and enjoy what Pelican Point has to offer. Patrons can stay for as long as 30 days.

The park will also offer tent camping sites beginning in July for Marines and their families, said Largent.

"The opportunity the RV park is going to give Cherry Point and the Marines and families here is just great," said Sgt. Maj. Benjamin Pangborn, the air station sergeant major. "They can come here, they are on base, they're safe and they have all the amenities they could possibly need."

Pangborn said he and his family enjoy the water, so having the park near the river is a plus.

"Anytime we can have a spot where we can go do a water sport, we are all for it," Pangborn said.



PFC. VICTOR A. ARRIAGA

One of the RVs Pelican Point offers for rent, sits on display during the grand opening of the Pelican Point RV Park May 17. The RV park features 30 concrete pads with full site hook-ups, shower and restroom facility, coin operated laundry, a lounge, vending machines and a staffed office. Marines and their families can rent anything from an RV to a sailboat during their stay at the park.

Checkerboards celebrate 70 years of warfighting excellence



SGT. MARCY SANCHEZ

Marines from Marine Fighter Attack Squadron 312 tow an F/A-18 Hornet to the squadron's hangar for maintenance aboard Marine Corps Air Station Beaufort May 10. VMFA-312 is celebrating its 70th anniversary today aboard the air station. The squadron was commissioned June 1, 1943 at Page Field aboard MCRD Parris Island and equipped with F4U-1D Corsairs.

SGT. MARCY SANCHEZ

MCAS BEAUFORT

To celebrate more than 50 years of aircraft support for Marines from World War II to Operation Enduring Freedom and everywhere in between, Marine Fighter Attack Squadron 312 is celebrating its 70th anniversary with a rededication to colors ceremony aboard Marine Corps Air Station Beaufort today.

The squadron, originally designated as Marine Fighter Squadron 312, was commissioned on 1 June, 1943 at Page Field, Marine Corps Recruit Depot Parris Island with a fleet of F4U-1D Corsairs.

More than a half-century later, the Marines of VMFA-312, or "Checkerboards" as they are nicknamed, are still preparing for deployments with the F/A-18 Hornet.

"We will be rededicating every battle streamer on

the squadron colors in an official ceremony," said Maj. Charles Jindrich, the executive officer for VMFA-312.

The geographical location of VMFA-312 is also part of the unique history that encompasses the squadron.

"Not every fighter squadron in the Marine Corps has its roots where they are right now," said Jindrich. "It's cool to see where we came from."

For Pfc. Christopher Armstrong, one of the newest Marines of the Checkerboard family, learning about the squadron's past is one thing he intends to do while serving with them.

"I like to know the history about things," said Armstrong, an airframe technician. "You have to know the history of something to know how the future is going to be."

From the Marine Corps' 35th Commandant, Gen.

James Amos, who once served as the commanding officer of VMFA-312, to Armstrong, who has been serving with the squadron for one month, the Checkerboards continue to illuminate their runway with history and tradition.

"There are a lot of people out there who support not only VMFA-312 but the Marine Corps as a whole," said Jindrich. "It's pretty eye-opening and eye-watering at the same time."

The rededication ceremony will be open to those who have served with VMFA-312 past or present and will commence at 10:30 a.m. today.

For more information, visit the 70th anniversary Facebook page at www.facebook.com/events/353416081430686/?ref=ts&fref=ts or call 228-7509.

MAW from page A1

family.”

Hedelund recently returned from a visit with the forward-deployed 2nd MAW team. He went overseas to get a look at the deployed Marines from the wing he now commands.

“Brig. Gen. (Gary L.) Thomas, (commanding general of 2nd MAW (Fwd.)) is a superb leader and a personal friend,” said Hedelund. “The MAW forward couldn’t be in better hands. Much like here, I am very impressed with 2nd MAW (Fwd.)’s work over there.”

Hedelund also spoke highly of Walters, saying he has done a fabulous job with the wing.

“My first impression is there is very little that needs changing right away,” said Hedelund. “I’m still learning about the current and future commitments facing 2nd MAW. I think as the summer progresses, I will review our priorities, but as far as big sweeping changes, I really don’t see many. I hope that what becomes evident is that I’m about taking care of Marines, Sailors and their families – keeping faith, as the commandant says.”

Walters said that leaving is a bittersweet event. “It’s sweet because of the Marines I have worked with. 2nd MAW has made me proud to be a member of this organization. A good friend and great Marine, Brig. Gen. Hedelund is taking my place. 2nd MAW will soar under his leadership.”



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Maj. Gen. Glenn M. Walters, right, passes the 2nd Marine Aircraft Wing colors to Brig. Gen. Robert F. Hedelund during a change of command ceremony on the Cherry Point flight line Wednesday.

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would come into the shop,” said Lance Cpl. Abdourahaman Diakite, an ejection seat mechanic with the squadron.

After earning the award, Cowan hopes to inspire junior to strive to be better at what they do.

“Everybody already knows how I am,” said Cowan. “I think it will give other Marines something to strive for by emulating my behavior.”

What Cowan doesn’t know is that other Marines are already taking in what he has to offer.

“He’s cross training me, and I hope to one day have the knowledge in the powerline division that he has,” said Diakite.

Along with training Marines and doing the right thing, Cowan has to make sure everything in the shop is maintained and that runs smoothly.

JTAC from page A1

and expenses may prevent them from taking part. The contracted jets are much less expensive to operate than F-18s and other tactical aircraft.

“Air USA is used in order to provide for a shortfall from tactical air sorties,” said Maj. Peter J. Guerrant, a joint terminal attack control instructor with the training program. “Contract close air support is used to alleviate pressure on the fleet and to supplement tactical air sorties. They provide approximately 37 percent of our fixed-wing aviation support. We use them for the evaluation of specific JTAC skill sets for which civilian the aircraft are configured.”

The training is focused on getting the JTAC students up to the standards of the memorandum of agreement. The airstrikes are the culmination of a three-week course where they receive 88 hours of classroom instruction, more than eight hours of simulation and an 90 minutes of controlling tactical or contractor aircraft as they drop bombs.

While Air USA does not deploy in support of combat operations, training exercises benefit from their pilots with extensive combat flying experience.

“All the pilots are former military,” said Kingrey, who is also a former Top Gun flight instructor. “They all have a tremendous amount of fighter time. I think I’m probably average for the company; I have more than 4,000 hours flying for the Navy in F-4s and F-14s. I’m a Navy guy, my wingman here is a retired Air Force guy who flew F-15 Eagles, we have three or four F-18 guys and some F-16 guys.”

After the final training exercise, the students are certified JTACS ready to deploy and act as the link between ground and air forces.



CPL. SCOTT L. TOMASZYCKI

Two contracted jets prepare for a flight from Cherry Point May 16. The jets are privately owned and operated by Air USA, a company which helps train U.S. military aviation personnel.



PHOTOS BY CPL. MARK GARCIA

A joint service color guard carries each service flag along with the American flag at the start of the Torrance Armed Forces Day Parade in Torrance, Calif., Saturday. The parade is the nation's longest running parade sponsored by any city. Along with parade, the people of Torrance enjoyed a free concert and an exhibit featuring a variety of military vehicles.

Military honored in Annual Armed Forces Day Parade

CPL. MARK GARCIA

I MARINE EXPEDITIONARY FORCE

TORRANCE, Calif. – In the city's longest-standing tradition, service members were honored during the 54th Annual Armed Forces Day Celebration and Parade, in Torrance, Calif., Saturday.

The event held Friday through Sunday featured an exhibit with various tactical vehicles and equipment on display, a free concert and the Torrance Armed Forces Day Parade, which is the nation's longest running military parade sponsored by a city.

The grand marshal was retired Maj. Gen. Melvin G. Spiese, former deputy commanding general of I Marine Expeditionary Force. The honorary grand marshals for the event were retired Capt. Edward Q. Hicks and retired Master Gunnery Sgt. Robert D. Reid, both of whom are Montford Point Marines.

"As we're getting back to downsizing the force, the opportunity for those in uniform to interact with their fellow citizens is starting to diminish," Spiese said. "So events like this give the people of the south bay and the city of Torrance the opportunity to meet those in uniform and really understand the quality of people who are serving our country and improve the confidence they have of those who wear the uniform."

More than 500 future service members participated in a mass oath of enlistment administered by Spiese. It was a humbling experience for the Montford Point Marines.

"When you look around and you see the things that took place here today, when all those people got sworn in, and you look at all the cultures, then it goes to show everything that you went through was all worth while, and it can only get better," Hicks said.

Each year a different branch of the military is honored. This year celebrated the Marine Corps.

"I'm very proud to represent the United States Marine Corps," Hicks said. "It's a very fine organization. There will never be an organization like the Marine Corps."

The Montford Point Marines received the Congressional Gold Medal in 2011 and were proud to be recognized during the parade. Hick's appreciated the credit but was humble about being considered a hero.

"The only heroes are those that didn't come back. Those that became prisoners of war and those who received Purple Hearts – those guys were the real heroes as far as I'm concerned," Hicks said.



Retired Maj. Gen. Melvin G. Spiese, former deputy commanding general of I Marine Expeditionary Force, accompanied by his wife Filomena, acts as the grand marshal for the 54th Annual Armed Forces Day Celebration and Parade, at Torrance, Calif., Saturday.

More than 500 future service members recited the oath of enlistment in a mass swearing-in ceremony at the 54th Annual Armed Forces Day Celebration and Parade at Torrance, Calif., Saturday.



Montford Point Marines stand to honor the sacrifices made in helping to pave the way for minorities in the armed forces at the 54th Annual Armed Forces Day Celebration and Parade at Torrance, Calif., Saturday. The Montford Point Marines were the first African-Americans to enlist in the Marine Corps.

Tradewinds 2013 kicks off in Saint Lucia



PETTY OFFICER 1ST CLASS PAUL SEEBER

Representatives from nations participating in Tradewinds 2013 attend the opening ceremony. Tradewinds 2013 is a joint, combined exercise conducted in conjunction with partner nations to enhance the collective abilities of defense forces and constabularies to counter transnational organized crime and to conduct humanitarian and disaster relief operations.

STAFF SGT. EARNEST J. BARNES

U.S. MARINE CORPS FORCES, SOUTH

CASTRIES, Saint Lucia – Law enforcement and military representatives from 14 partner nations and the United States gathered at the Royal Saint Lucia Police Academy here to mark the official beginning of Tradewinds 2013.

The ceremony featured opening comments and remarks from Mr. Vernon Francois, Commissioner of the Royal Saint Lucia Police Force, and U.S. military officers focusing on the importance of the 29th iteration of the annual event.

“Your presence here shows you are committed to regional integration”, Commissioner Francois said to the formation of exercise participants. “Doing these types of exercises is important. In doing the simulations, you can afford to make mistakes so when it comes to the real-life situation, you will be in a better position to deal with it.”

Tradewinds 2013 is a joint exercise conducted in conjunction with partner nations to enhance the collective ability of their defense forces and constabularies to counter transnational organized crime and conduct humanitarian and disaster relief operations.

The annual exercise focuses on increasing regional cooperation to counter illicit trafficking, eliminate regional threats, and build participating nations’ capacity to plan and execute complex

multinational security operations at the tactical and operational levels.

“Our regional threat is not a particular country or specific ideology. I think that we can agree that the great majority of the Caribbean countries share the thought that freedom of country is incomplete without freedom of mind and spirit of the individual citizen,” said Col. Augustine Bolanio, the director of exercise for U.S. Marine Corps Forces South. “These are threats that one country will not eliminate individually, but we can ameliorate or reduce the threat by working together in a common goal—and Tradewinds is a forum that brings us together to prepare for that threat.”

Tradewinds will focus on strengthening existing regional partnerships and encouraging the establishment of new relationships through the exchange of mission-focused knowledge and expertise so each participating country will improve capabilities in what it considers key security priorities.

Tradewinds 2013 will bring together more than 260 law enforcement officers, military personnel, and government representatives from Antigua and Barbuda, Bahamas, Belize, Dominica, the Dominican Republic, Grenada, Guyana, Haiti, Jamaica, St. Kitts and Nevis, Saint Lucia, St. Vincent and the Grenadines, Suriname, Trinidad and Tobago and the United States.



STAFF SGT. EARNEST J. BARNES

Vernon Francois, Commissioner of the Royal Saint Lucia Police Force, speaks during the opening ceremony of Tradewinds 2013.

MWSS-274 Marines qualify with heavy weapons



PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

Lance Cpl. Darby S. Weiss, a motor vehicle operator with Marine Wing Support Squadron 274, helps Lance Cpl. Kaheem J. Sharpe, an automotive organizational mechanic, load a bolt into an M2 .50-caliber heavy machine gun during the Machine Gun Assistant Instructor Course at the Basic Skills Training School aboard Camp Lejeune Monday.

LANCE CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

Approximately 28 Marines with Marine Wing Support Squadron 274 completed the Machine Gun Assistant Instructor Course at the Basic Skills Training School aboard Camp Lejeune today.

The purpose of the course is to teach non-infantry Marines how to properly employ machine guns to ensure they have the necessary skills to defend their unit's position in a real-world scenario.

Now, those Marines are qualified and ready to assist their comrades on the ground.

"The training is beneficial because it teaches Marines what to do during certain operations like engaging an artillery battery," said Lance Cpl. Kaheem J. Sharpe, an automotive organizational mechanic with MWSS-274.

During the two-week course, the Marines learned proper operating procedures and basic fundamentals of the MK-19 au-

tomatic grenade launcher, the M240B medium machine gun and the M2 .50-caliber heavy machine gun.

The newly-certified machine gun assistant instructors completed more than 30 hours of classroom instruction, said Sgt. Milton L. Winrow, a machine gun instructor at the school.

"The Marines performed great," said Winrow. "They more than exceeded the expectations I set for them."

Sharpe said before coming to the course, he hoped to gain better understanding of the weapons systems and have the knowledge he needs to instruct others as well. He said he now feels confident in his abilities and looks forward to teaching his counterparts. "This training benefits not only our unit," he said. "It benefits the whole aircraft wing, because we need people to operate weapons in theater. Now we can instruct and pass on our knowledge to others in different units."



Marines with the MWSS-274 practice assembling and disassembling the M2 .50-caliber heavy machine gun at the Basic Skills Training School aboard Camp Lejeune Monday.



Lance Cpl. Caleb A. Peacock, a motor vehicle operator with MWSS-274, disassembles the barrel buffer assembly of an M2 .50-caliber machine gun during practical application time.



Lance Cpl. Darby S. Weiss, a motor vehicle operator with MWSS-274, assists Lance Cpl. Kaheem J. Sharpe, an automotive organizational mechanic, as he assembles the bolt group of an M2 .50-caliber heavy machine gun.



.50-caliber rounds rest on the ground during the Machine Gun Assistant Instructor Course at the Basic Skills Training School aboard Camp Lejeune.

Marine Corps Historic Half Marathon, Camp Leatherneck, Afghanistan



STAFF SGT. EZEKIEL KITANDWE

U.S. and NATO service members participate in the satellite version of the Marine Corps Historic Half Marathon on Camp Leatherneck, Helmand province, Afghanistan, May 19, 2013. The 13.1 mile race was the satellite version of the Marine Corps Historic Half Marathon held in Fredericksburg, Va.



LANCE CPL. CHRISTOPHER JOHNS

Maj. Gen. Gregg Sturdevant, 3rd Marine Aircraft Wing assistant wing commander, begins pre-flight checks on an MV-22B Osprey before taking his final flight with 3rd MAW, aboard Marine Corps Air Station Miramar, Calif., May 14. Sturdevant began his career as a CH-46E Sea Knight pilot, then transitioned to the Osprey as the Marine Corps began transitioning away from the Sea Knights.

From Sea Knights to Ospreys, Sturdevant flies for last time with former command

LANCE CPL. CHRISTOPHER JOHNS

MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

SANDIEGO—Maj. Gen. Gregg “Sweet Pea” Sturdevant, 3rd Marine Aircraft Wing assistant wing commander, flew one last time with 3rd MAW over San Diego May 14.

Sturdevant flew with Marine Medium Tiltrotor Squadron 165, an MV-22B Osprey squadron, aboard Marine Corps Air Station Miramar, Calif.

During the flight, Sturdevant, his co-pilot and crew worked together to make this final flight over southern California and back to the air station as memorable as they could.

“As the former commanding officer of Marine Medium Helicopter Squadron 165, now VMM-165, it was nice

having what may be the last flight I ever have in the Marine Corps with this squadron,” said Sturdevant. “When I’m sitting down in my office, I don’t really miss flying. That all changes once I’m over in the squadrons. I really start to miss it once I’m over here.”

Sturdevant commanded the squadron in 2001 when they were still flying CH-46E Sea Knight helicopters. It seemed only fitting that his final flight be with his first squadron, and they were thrilled to have him.

“Being able to fly with a Marine who has had so much to do with the heritage of this squadron was a fantastic experience,” said Capt. Ryan Stevens, an Osprey pilot with VMM-165. “He commanded our squadron, commanded the Marine Expeditionary Unit our squadron was a part

of, and now he’s flying his final flight with us.”

Like the squadron, Sturdevant also started his flying career in Sea Knights and then later transitioned to the Osprey. He flew both aircraft in combat environments.

As Sturdevant transitions to his next command, United States Pacific Command in Hawaii, he takes with him a certain sense of pride when it comes to his first squadron.

“I see this squadron doing great things,” said Sturdevant. “They’re going to have some exciting times ahead of them. Squadron life really is where the rubber meets the road on the aviation side of the house.”



LANCE CPL. COREY DABNEY

Team captains Cpl. Jorge Salazar and Cpl. Travis Greene accept the Chairman's Cup on behalf of the team, coaches and regiment staff.

2013 Warrior Games



EJ HERSON

Staff Sgt. Lori Yrigoyen celebrates winning the gold medal in the women's 50-meter freestyle open during the 2013 Warrior Games in Colorado Springs, Colo., May 16.



EJ HERSON

Lance Cpl. Zach Blair blocks a spike by Army's Sean Hook during the gold medal sitting volleyball match of the 2013 Warrior Games May 15. The Marines won the match.



LANCE CPL. SHARON D. KYLE

The Marine Corps sitting volleyball team defeated the Army for the gold medal during the 2013 Warrior Games at the U.S. Air Force Academy May 15.



SGT. TYLER L. MAIN

Cpl. Kidisti Averill, with Wounded Warrior Battalion West, lines up for the women's 100m sprint at the Warrior Games track and field event May 14. Averill placed first in the competition.



EJ HERSON

Retired Staff Sgt. Mathew Benack draws his bow in the gold medal shootoff in the compound bow event of the 2013 Warrior Games May 15. Benack won the silver medal.

(Right) Pfc. Artem Lazukin fires an air rifle during the 2013 Warrior Games at the U.S. Olympic Training Center in Colorado Springs, Colo., May 13.



EJ HERSON



EJ HERSON

Players battle for a rebound during the 2013 Warrior Games gold medal wheelchair basketball match May 15.

Marine Overcomes Invisible Wounds



CPL. DANIEL WETZEL

Sgt. Brian McPherson blasts across the finish line during the 100 meter sprint preliminaries at the Air Force Academy May 14 during the 2013 Warrior Games in Colorado Springs, Colo. McPherson won gold in the 1500 meter open and earlier this week, he won the gold medal in the 30k open cycling event. In 2008, McPherson was hit by a suicide bomber while serving in Iraq, causing traumatic brain injury.

CPL. DANIEL WETZEL

DEFENSE MEDIA ACTIVITY - MARINES

COLORADO SPRINGS, Colo. – Growing up, Sgt. Brian McPherson remembers he was driven to be able to do things himself and to make his parents proud. Beyond that, his memory doesn't go much further.

He was focused and enjoyed working hard to get what he wanted. When he decided to join the military, he said he wanted to be the best. The Marine Corps was the only option he considered.

"My desire to achieve and to please my parents took everything the Marine Corps stands for to the next level," McPherson said. "The Corps is about being motivated, dedicated and always doing what's right."

McPherson's decision to join the Corps and fight for his country would forever change his life.

In January 2008, a suicide bomber, disguised as an Iraqi police officer, walked into his unit, blasting McPherson back

into his Humvee and rendering him unconscious.

"That's affected my ability to remember things short-term," McPherson said. "That's a challenge I have to overcome everyday."

But for McPherson, overcoming the challenges is the least he can do to honor those who didn't make it home from his deployment.

Though McPherson is wounded, his wounds are invisible to those who don't know him. But his invisible wounds don't keep him from striving to do his best and to help those in need.

"People don't always see what's missing," McPherson said. "A lot of guys from Vietnam are in my same shoes and those invisible wounds are never seen, never heard of. I feel that today, we are showing that to America."

The Warrior Games is an opportunity for veterans to show America they won't let what has happened slow them down,

McPherson said.

"No matter what happens to disabled veterans like me, we will continue our lives without a leg, arm, cognitive ability, or any other injury sustained during our fight in the war on terror," McPherson said. "No matter what happens to us, it will never slow us down. You may put a bump in our road but that is just an obstacle for us to overcome."

Although McPherson didn't play sports in high school, he said one thing that's helped him most in his recovery has been training for the Warrior Games and training to be a triathlete.

"I couldn't remember riding a bicycle as a child," McPherson said. "I wasn't sure I'd be able to get on one and know what to do. I thought I would need training wheels."

It turned out that McPherson was able to do more than he originally thought. Little by little, he progressed until he eventually won the gold medal in the 30k open

cycling competition and the 1500 meter run at the 2013 Warrior Games.

"It's given me the drive to take everything to the next level," McPherson said.

He takes life one day at a time, using what he calls the "three P's" to help with recovery: passion, patience and persistence. He encourages anyone who may not feel comfortable leaving the house to take those baby steps and start participating in the community to start healing.

"Be passionate about something," McPherson said. "Whether that's playing video games or walking a 5k, set time aside during your day for that. That passion is going to take away the down-in-the-dump feeling."

McPherson has learned though, that patience is the most important thing.

"It's not going to happen tomorrow, it may not happen next month," McPherson said. "It may even take a couple of years. But if you're patient, greatness will come to you."

Life & Times

Facebook.com/MCASCherryPoint

May 23, 2013

Montford Point Marines host 'monumental' tourney

LANCE CPL. CAYCE NEVERS

MCAS CHERRY POINT

The Montford Point Marine Association Cherry Point Chapter 36 held a golf tournament at the Cherry Point Sound of Freedom Golf Course May 17.

"This is our inaugural golf tournament. We held this tournament in order for us to bring recognition to the original African-American Marines and the ability to preserve their legacy," said Lester Sabook, president of the association's Cherry Point chapter.

More than 35 Marines, retirees and civilians participated in the 18-hole tournament.

The tournament was held to help raise money for a future Montford Point Marine Memorial, which will commemorate the nation's first African-American Marines who endured segregation and racism as well as war. The \$1.8 million project is currently under construction and is

scheduled to be completed in June 2013. It is located in the Lejeune Memorial Gardens in Jacksonville, N.C. The monument will be comprised of three circles that represent influences that changed the nation – the Montford Point Marines, the Marine Corps and the American public.

"This is a very important occasion for us," said Sabook. "We are in the process of raising funds for the monument which would enshrine those original Montford Point Marines, which is less than 20,000. It is certainly time that their legacy and history be known to those who can carry on and are able to do the things that they have paved the way for us to do."

Participants were divided into ten teams of three or four, each starting at a different hole on the course. Afterward, the teams made their way back where final scores were calculated and winners were announced.

Team 3 started the morning with one goal in mind –

win. With a score of 58, that is exactly what they did.

Spending an entire day on the golf course with co-workers and friends was one of the many things Aubrey Evans, a member of the winning team, enjoyed about the fundraiser.

"Golf is my number one hobby," said Evans. "I have been on the All-Marine Golf team for the last five years and I saw this as an opportunity to spend time with co-workers and close friends."

It wasn't just about the game. Many of the participants came out to the event to support the Montford Point Marines and all that they stand for.

"I enjoyed coming out here today," said competitor Elizabeth Koen. "I drove an hour to support and spend time with the Montford Point Marines."

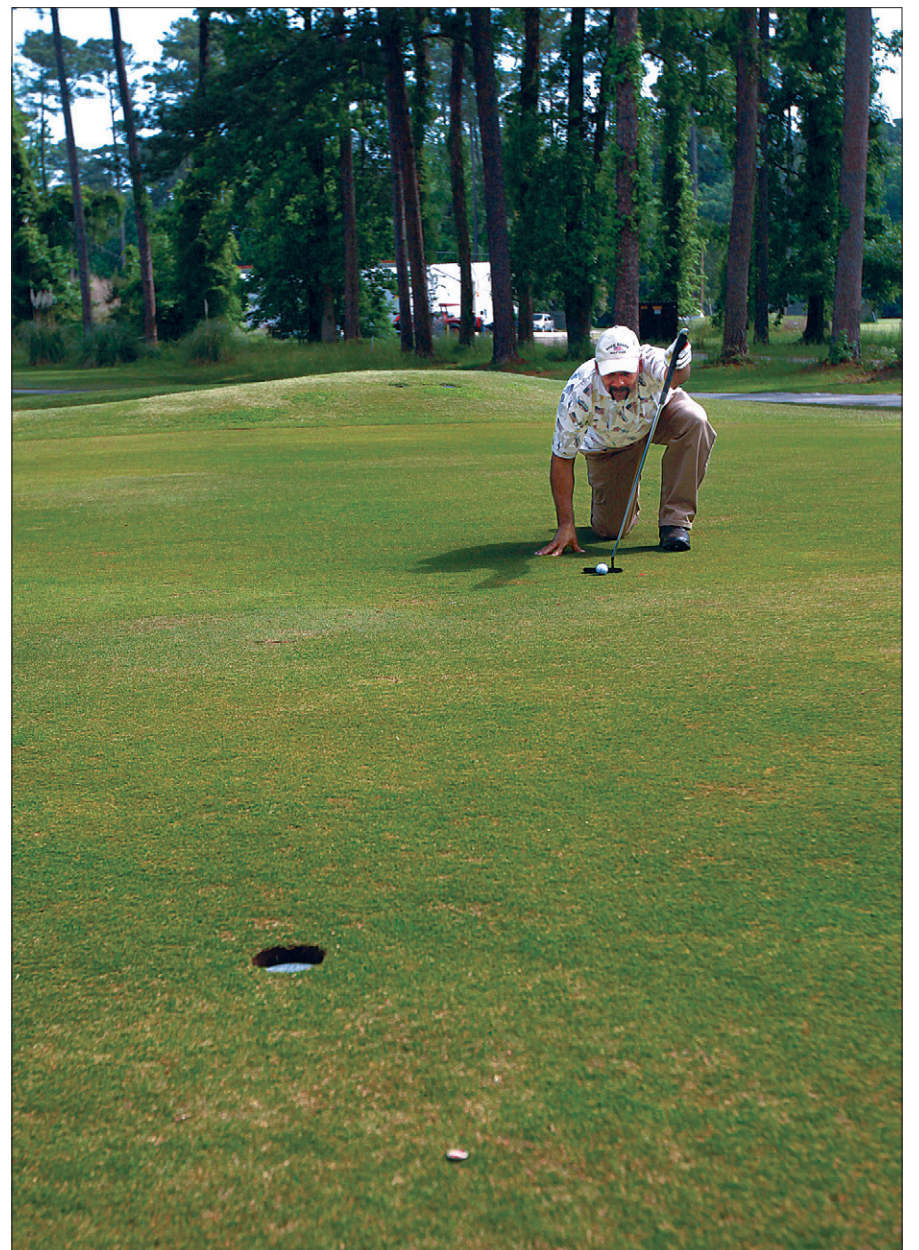


Aubrey Evans, a member of the winning team, tees off during the Montford Point Marine Association Golf Tournament at the Cherry Point Sound of Freedom Golf Course Friday.



PHOTOS BY LANCE CPL. CAYCE NEVERS

Lester Sabook, President of the Montford Point Marine Association Cherry Point Chapter 36, congratulates winning team members, Hiwathia Clark, Adam Kish, Ron Scott and Aubrey Evans during the Montford Point Marine Association Golf Tournament Friday.



Keith Simms, a tournament participant, lines up a putt during the Montford Point Marine Association Golf Tournament Friday.



Golfer Ritchie Harris hits the ball toward the green during a Montford Point Inaugural Fundraiser Golf Tournament at the Cherry Point Sound of Freedom Golf Course Friday.



A golf ball sits next to a tee on the Cherry Point Sound of Freedom Golf Course.

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 23

Lunch - Cream of broccoli soup, Jamaican jerk chicken, Creole macaroni, cilantro rice, succotash, balsamic roasted potatoes **Dinner** - Chicken and orzo soup, pork scaloppini with herbed tomato sauce, baked stuffed shells, rice, marinara sauce, stewed chick peas with zucchini, mixed vegetables

Friday May 24

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, broccoli, Mexican corn

Saturday May 25

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 gravy, lyonnaise potatoes, buttered egg noodles, tomatoes, peas

Sunday May 26

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

Monday May 27

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 noodles, islander's rice, lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

Tuesday May 28

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 29

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

Avoid bug bites and stings

Laurie Varner

NAVAL HEALTH CLINIC CHERRY POINT

Community barbecues, family camping trips and state fairs – spring is finally here. However, without proper precautions, bees, mosquitoes, fire ants and ticks can turn a fun outing into a miserable day of itching and scratching.

Dealing with biting and stinging insects during the spring and summer can be downright annoying, even dangerous. Even when you use the best bug repellents, a few lucky bugs are bound to get through any barrier and leave itchy bites and stings.

The Department of Health and Human Services (HHS) list several suggestions to help you keep your outdoor fun free of these painful pests.

- Use an EPA-registered insect repellent (such as DEET), and wear protective clothing when outdoors from dusk to dawn – peak biting times for many insects.
- Don't wear heavily scented soaps, perfumes or bright colors, which attract bugs.
- Keep garbage cans covered and get rid of containers with standing water that attract mosquitoes.
- After outdoor activities, check yourself, family mem-

bers and pets for ticks.

While bug bites and stings usually are just nuisances that can be treated with over-the-counter oral and topical antihistamines, others can transmit disease or cause serious reactions. Seek immediate medical attention if they experience signs of an allergic reaction or infection.

Some people are allergic to insect bites or stings and can experience anaphylaxis, a severe, life-threatening allergic reaction. Signs of an allergic reaction, which may occur within seconds to minutes, include sneezing, wheezing, hives, vomiting, diarrhea, sudden anxiety, difficulty breathing, chest tightness and itching or swelling of the eyes, lips or other areas of the face.

It is normal for a bite or sting to result in redness of the affected area and minor swelling. However, if a bite or sting becomes infected or you develop a fever, seek medical attention.

Taking protective precautions can help you enjoy all the outdoor activities that come with spring and summer. To learn more about treating insect bites and stings, go to the National Institute of Health's website at <http://1.usa.gov/insecttips2>.

Preschool students climb education ladder



PHOTO BY LANCE CPL. CAYCE NEVENS

Children from the Child Development Center recite the Pledge of Allegiance during a preschool graduation ceremony May 16. The students received diplomas and were given cake and juice as a reward for their hard work throughout the year.

THE MARINE DOME WILL BE
CLOSED

TODAY THROUGH
TUESDAY

TO REFINISH THE COURT FLOORS

LOCKER ROOMS WILL NOT BE ACCESSIBLE DURING THIS TIME

The Issue Room will be available to check out athletic equipment during the weekdays from 5 a.m. - 6 p.m.

Racquetball courts will be open by entering the doors at the end of the Dome

MCAS Cherry Point STATION THEATER
E Street

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

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

NOW SHOWING

Thursday, May 23

6:00pm - Tyler Perry's Temptation PG13

Friday, May 24

5:00pm - "42" PG13

7:40pm - Pain and Gain R

Saturday, May 25

2:00pm - Wreck it Ralph PG

4:20pm - The Big Wedding R

6:20pm - Pain and Gain R

Sunday, May 26

2:00pm - Oblivion PG13

movie synopsis

Tyler Perry's Temptation - An explosive romance about the seductive dangers of the forbidden, this film tells the provocative and sensual story of Judith, an ambitious married woman whose obsessive passion for a handsome billionaire.

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

Pain & Gain - A trio of bodybuilders in Florida get caught up in an extortion ring and a kidnapping scheme that goes terribly wrong.

Wreck it Ralph - A video game villain wants to be a hero and sets out to fulfill his dream, but his quest brings havoc to the whole arcade where he lives.

The Big Wedding - A long-divorced couple fakes being married as their family unites for a wedding.

Oblivion - A veteran assigned to extract Earth's remaining resources begins to question what he knows about his mission and himself.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Hunters do more to conserve habitat than any other group. And they have achieved great things for wildlife and wild places by supporting conservation organizations like Ducks Unlimited. Because of their support, Ducks Unlimited has conserved more than 12 million acres of habitat across the continent. Come share our vision of skies filled with waterfowl today, tomorrow, and forever.

DUCKS UNLIMITED

Announcements

► Indicates new announcement

Red, White and Blue 5k Run/Walk

Altrius will host the Memorial Day Red, White and Blue 5k run at Denson Park in New Bern Saturday at 8 a.m.

Registration before noon Friday costs \$30. To register before race day, visit <http://bit.ly/RWB5k>.

Registration at the event opens at 7 a.m. and costs \$35 per person.

The run begins at 8 a.m.

For more information, call 617-0798.

Outdoor Pools Open

Hancock Pool and Cedar Creek Pool will open Saturday. Active duty military members and their dependents are free.

Non-military guests under the age of 2 are free. Non-military guests ages 3–11 are \$2 and non-military guests 12 and older are \$4.

Children of Department of Defense civilians ages 3–11 are \$1.50. DOD civilians and their dependents ages 12 and older are \$3.

There are four DOD passes available for purchase for non-active duty service members. The monthly individual pass is \$20; the monthly family pass is \$30; individual summer pass is \$50; and the family summer pass is \$70.

For more information on the Hancock Pool, call 466-2168. For more information on the Cedar Creek Pool, call 466-2277.

Cannon Firing at Fort Macon

Fort Macon State Park will host a free cannon firing demonstration Saturday. 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 will sponsor "Take a Kid Fishing" day June 1 at Catfish Pond from 8–11 a.m.

The event is open to all Cherry Point parents and children. Children ages 3–15 participate for free. 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.

Youth Sports Summer Camps

Youth Basketball Summer Camp registration for Cherry Point children ages 7–12 is open now through June 7.

Registration for all children costs \$20.

Youth Tennis Summer Camp registration for Cherry Point children ages 7-10 is also open through June 7.

Registration for children ages 7-8 is \$20. Registration for children ages 9-10 is \$25.

Both camps will focus on the fundamentals of the sports and run June 10-14.

For more information, call David Guthrie at 466-5493.

School Physical Rodeos

Naval Health Clinic Cherry Point will host a school physical rodeo June 13 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.

► Fourth Annual Oriental Dragon Boat Festival

Oriental, N.C. will host the Fourth Annual Oriental Dragon Boat Festival Aug. 9 and 10.

The organizers of the festival are looking for active duty Marines and Sailors to participate in the Oriental Dragon Boat Race by June 15.

They are looking for at least seven or more teams of active duty service members. Each team will need a total of 22 people. You can make your own team or be assigned to one.

The current deadline to register for the race is June 15.

To register, call Flora Moorman at 675-9424 or email info@orientaldragonboat.com.

► Kids Health and Fitness Fair

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

The event is free for children ages 2–12.

The event is nutrition and fitness-based, and will teach children how to take control of their health.

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 June 12 from 9–11:30 a.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.

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 is June 21.

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 June 19 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 June 19 from 7 a.m.–12 p.m.

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

For more information, call 466-4637.

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.

Fourth Annual New Bern Beer Fest

New Bern will host the fourth annual Beer Fest at the Riverfront Convention Center June 29.

Tickets before June 15 cost \$25. Tickets after June 15 cost \$35.

The festival will feature more than 50 American craft and regional micro breweries and more than 150 beers.

For more information, visit <http://bit.ly/NBBF13>.

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.

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:

Dry Run

Putting people into position and moving them around according to a plan without actually committing a terrorist act is considered a dry run. Other elements of this activity could include mapping out routes and determining the timing of traffic lights and flow.

If you observe suspicious activities, call Cherry Point Emergency Dispatch immediately at 466-3616 or report it online at 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.

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

Race: Coca-Cola 600
Where: Charlotte Motor Speedway
When: Sunday, 6:00 p.m. (ET)
TV: FOX Sports
2012 Winner: Kasey Kahne (right)

**NATIONWIDE SERIES**

Race: History 300
Where: Charlotte Motor Speedway
When: Saturday, 2:30 p.m. (ET)
TV: ABC
2012 Winner: Brad Keselowski

CAMPING WORLD TRUCKS

Race: Lucas Oil 200
Where: Dover International Speedway
When: May 31, 5:00 p.m. (ET)
TV: SPEED
2012 Winner: Todd Bodine

NASCAR INSIDER

by RICK MINTER / Universal Uclick

Jimmie Johnson wins All-Star Race; leads all Sprint Cup drivers with four wins and earns \$1 million payday

The track at Charlotte Motor Speedway has been changed, and the format for the Sprint All-Star Race is rarely the same from one year to the next. But one thing is fairly certain: When the \$1 million prize is on the line, Jimmie Johnson will be there battling for the win.

On Saturday, the All-Star Race looked as if it would boil down to a battle between the Busch brothers, Kurt and Kyle, who had been the drivers to beat in the four opening segments, winning two apiece. But Johnson and his Chad Knaus-led crew wound up on the front row for the final restart, and Johnson motored away, leading all of the final 10-lap finale to become the first four-time winner of the race, breaking a tie with Jeff Gordon and the late Dale Earnhardt.

And he's done it in just 12 appearances, with his previous victories coming in 2003, 2006 and last year. He's the second driver to win back-to-back; the first was the late Davey Allison, in 1991 and 1992.

Johnson's win was the eighth for his car owner Rick Hendrick, who has more All-Star victories than any other owner. He won with Gordon in 1995, 1997 and 2001, and with Terry Labonte in 1999.

It was another Hendrick driver, Kasey Kahne, who had the best chance to derail Johnson in the final segment. He was first out of the pits on the final restart, with Johnson second, but Johnson surged into the lead to win over Joey Logano and Kyle Busch, while Kahne dropped to fourth.



Johnson becomes the first Sprint Cup driver to win four All-Star Races.

Johnson said the key was to be up front on the restart to begin the last 10-lap run. To get there, it took a strong performance in the opening segments, plus a quick pit stop by his crew. The order in which drivers entered pit road was based on their average finish in the opening segments, and Johnson was fourth. His crew gained him two spots for the restart.

"I felt like the winner would come from one of [the first] two rows," Johnson said. "Not to state the obvious, but that's really the goal ... to try to be in that front row for the final restart."

Once he got out front and in clean air, he

drove away unchallenged to win by 1.722 seconds.

Johnson and Knaus both said the lack of drama in the final segment was due to the rules for the event. They said that with a mandatory four-tire pit stop with 10 laps to go, those who start up front likely will stay there, given the difficulty of passing the leader on a high-speed track like Charlotte.

Knaus said that having different tire compounds available to teams would spice up the show.

"I think that the amount of tires that we get, half of them should be super-softs and the other half should be normal, and that gives you an opportunity to try to do your tire strategy," he said. "Once you have super-softs, you know they're only going to last 20 laps, as opposed to the set that's going to last 60 laps like we're going to run here on a typical weekend."

"You can strategize. When those tires fall off, that's when you're going to start to see some passing, and in a 20-lap or 10-lap segment, I think it could be very exciting to see who plays the tire strategy."

But he doesn't foresee that happening because Goodyear, NASCAR's exclusive tire supplier, prefers to build tires that are very durable on most tracks other than the ones with worn asphalt, such as Atlanta Motor Speedway or Texas Motor Speedway.

"The only way you're going to get passing is to have tire falloff like we have at Atlanta [or] maybe Texas," he said.

Remembering racing's 'winningest short-track driver,' legend Dick Trickle

Dick Trickle of Wisconsin Rapids, Wis., was the Richard Petty of the asphalt short-track racing world, especially in the Midwest, where he won an estimated 1,000 feature races.

But he also built quite a resume down in Petty's territory, both on the asphalt short tracks of the South and in the elite divisions of NASCAR, where he began racing at an age when many are retiring.

Few races illustrate the career of Trickle, who died last Thursday of a self-inflicted gunshot wound at age 71, better than the inaugural World Crown 300 on Nov. 27, 1983, at Georgia International Speedway, now known as Gresham Motorsports Park.

Legendary promoter Bob Harmon worked with track operator Rob Joyce to create the ultimate short-track race.

Harmon drew in the top short trackers of the South, drivers like Ronnie Sanders, Jody Ridley, Gary Balough and Freddy Fryar, while Joyce used his connections with the American Speed Association to lure drivers from up North like Trickle, Mike Eddy, Bob Senneker and Alan Kulwicki.

Then some NASCAR stars like Bobby Allison, Neil Bonnett and Darrell Waltrip, all of whom regularly mixed in some short-track racing with their activities in NASCAR, joined in, too.

Trickle went against conventional wisdom and pitted for fresh tires fairly early, at Lap 123 of 300, while most waited until after the 200-lap mark to stop.

But because he pitted early, when the rest stopped, he cycled into the lead and dominated the remainder of the race to collect a then-unheard-of payoff of \$50,000.

By comparison, in the fall Sprint Cup race at Atlanta Motor Speedway three weeks earlier, Bonnett collected far less, \$36,975, for winning the Atlanta Journal 500.

In Victory Lane, Harmon's sidekick Bill Desmond placed a king's crown on Trickle's head, prompting the driver to say: "I'm not a

king. I'm a race driver." And that he was.

In 1989, at age 47, he was called in at the last minute to replace the injured Mike Alexander in the Stavola Brothers No. 84 Buick.

Trickle took over at Rockingham, where he finished 13th, then came to Atlanta for the Motorcraft 500.

While Darrell Waltrip won the race, Trickle



Dick Trickle

stole the show.

He ran with the leaders all day, and when the final caution flag flew with 14 laps remaining, only Waltrip, Dale Earnhardt and Trickle were on the lead lap.

Waltrip and Earnhardt pitted for fresh tires, but Trickle's crew chief, Jimmy Fennig, now with Carl Edwards, left his driver on the track on older tires.

Fresh tires soon prevailed, but Trickle still ended up with a stunning finish.

Afterward, Trickle was asked how a 47-year-old driver, who smoked cigarettes in and out of his race car, drank beer to excess and was not accustomed to 500-mile races,

could be in such good shape after a long afternoon of superspeedway racing.

"How many laps is this race?" he asked.

When told that it was 328, he responded: "Heck, we run 400-lappers back home all the time."

Trickle went on to score top-five finishes in four of his first seven starts, and won Rookie of the Year. Although he never won at the Cup level in a points-paying race, he did win twice in the Nationwide Series, at Hickory Motor Speedway in 1997 and at Darlington in 1998, where, at age 56, he beat Dale Earnhardt Jr. to the checkered flag.

Among the many drivers mentored by Trickle over the years were Mark Martin, Rusty Wallace, Alan Kulwicki and even some much younger drivers, like Matt Kenseth and Johnny Sauter.

"He was tough, but he was fun," Martin said. "He was just a very unique person. He was in his element, short-track racing, where he didn't have to look over his shoulder or worry about anything."

"That's why he didn't come NASCAR racing when he might have and was young enough that he really could have gotten his feet planted firmly here. He was doing it his way. It was just as exciting for me getting to race against him as it was the first time I got to race with Richard Petty."

Kenseth described Trickle as a legend, especially to racers like him from Wisconsin.

Kenseth said he visited for nearly two hours with Trickle last summer at the Slinger Nationals, a short-track event Trickle helped create.

"He had a ton of common sense, and he was really smart."

In his obituary, Trickle's family said he had been suffering for some time with severe pain. A private funeral was planned, and the family asked that in lieu of flowers, donations be sent in his memory to: Victory Junction, 4500 Adams Way, Randleman, N.C. 27317.

NOTEBOOK

Kyle Busch gets his first Truck Series win of the 2013 season



Kyle Busch celebrates his victory in the NC Education Lottery 200.

Kyle Busch won last week's Camping World Truck Series race at Charlotte Motor Speedway, his first Truck win of the season, his fifth at Charlotte and the 31st of his career.

Behind him, two young Georgia racers scored career-best finishes.

Max Gresham of Griffin finished third, and John Wes Townley of Watkinsville was eighth, tying his previous best result from Pocono Raceway last year.

Gresham, 20, also led three laps, the first time he's been atop the leader board in his Truck Series career.

"This is really just a win all around for us," said Gresham, whose previous best finish was an 11th at Martinsville Speedway last fall.

"This is justification that we're going in the right direction, and that [crew chief] Chris [Showalter] and I are working well together, and we're getting better."

"This is a huge confidence-gainer for us. We're going to go to Dover and have that extra confidence, and we're going to make it work."

Townley, 23, also said he felt like a winner.

"It feels like a dream come true to be able to back it up like this; it just shows that we can only go forward from here, and that's real exciting," he said. "There have been some ups and downs in my career, and this year has been overall pretty positive."

SPRINT CUP STANDINGS

1. Jimmie Johnson, 423
2. Carl Edwards, 379
3. Matt Kenseth, 364
4. Dale Earnhardt Jr., 359
5. Clint Bowyer, 349
6. Kasey Kahne, 326
7. Brad Keselowski, 326
8. Kyle Busch, 325
9. Aric Almirola, 317
10. Kevin Harvick, 315

Jamie McMurray regains Sprint Cup form; Danica Patrick wins All-Star Fan Vote but suffers a 'tough night'



Jamie McMurray races past the finish line to win the 2013 Sprint Cup Showdown.

Jamie McMurray, who has struggled in recent seasons to regain his winning form, dominated the Sprint Showdown, leading all 40 laps of the undercard event to win a spot in the All-Star Race. Once in the main event, he wound up with an eighth-place finish.

"I think if we ever could have gotten to the front, probably like most people, our car was extremely fast," he said. "It's just really tough in traffic, but overall, we had a good car."

By finishing second in the Showdown,

rookie Ricky Stenhouse Jr. also advanced to the All-Star Race, where he finished 16th. He said that in addition to getting to run with the sport's elite drivers, he learned things that will help him in this weekend's Coca-Cola 600 at Charlotte.

"We made a lot of adjustments under that red flag that I think gave us a direction to go for next week, so it was very, very valuable," he said. "I learned a few things myself out there running an extra 90 laps, which is huge."

Danica Patrick won the Fan Vote to gain entry into the All-Star Race and finished 20th, beating only the drivers who fell out of the race.

"We were just too tight," she said. "The guys did a great job on pit road. That goes without saying. It was just a tough night, but hopefully we are able to figure out what was wrong and we can come back here next weekend and have a better run."



Danica Patrick won the Fan Vote to gain entry into the 2013 All-Star Race.

**NUMERICALLY
SPEAKING**

793 Laps led by Kyle Busch in the past 16 Sprint Cup races at Charlotte Motor Speedway, tops among all drivers.

4 Laps led by Kevin Harvick in the past 16 races at Charlotte, the fewest of any driver who has run all 16, although he did win the Coca-Cola 600 in 2011.

6 Sprint Cup victories at Charlotte by Jimmie Johnson, tops among all active drivers. Retired drivers Bobby Allison and Darrell Waltrip also have six Charlotte wins each.

17 Sprint Cup wins at Charlotte by Rick Hendrick, the most of any car owner. Richard Petty and Jack Roush are tied for second place with eight apiece.