The Windsock

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Environmental Affairs wins SECNAV awards



Contributed Photo

A Ditch Witch digs a trench for Cherry Point's In-situ groundwater treating system. Cherry Point's Environmental Affairs Department dominated the Secretary of the Navy environmental awards winning both the 2012 Environmental Quality and Environmental Restoration awards April 10.

Lance Cpl. Glen E. Santy
MCAS Cherry Point

Cherry Point's Environmental Affairs Department dominated the Secretary of the Navy environmental awards winning both the 2012 Environmental Quality and Environmental Restoration awards April 10.

The Environmental Affairs Department was recognized for projects organized and followed through in both 2011 and 2012. Due to budget cuts, no official presentation ceremony was held.

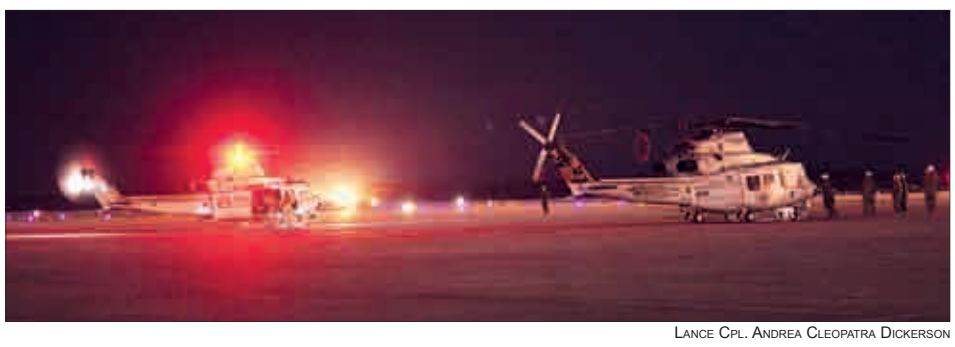
In the environmental restoration category, Environmental Affairs was primarily recognized for its pilot study and implementation of the "In-situ groundwater remediation." In-situ is a groundwater treating system that includes a permeable reactive barrier using Zero Valent iron, or ZVI, which dissolves a wide range of chlorinated solvents in groundwater without generating toxic daughter products.

"For our restoration award we've done some unique installation cleanup methodologies," said George Radford, the environmental affairs director. "The iron filings, installed by the Mocking Bird Hill area down where we handle our trash pickup, create a barrier that keeps contamination on our installation and from entering Slocum creek which is public water."

The department used more than 700 tons of reactive

See **AWARD** page A3

Venom injected into Sabers' arsenal



Lance Cpl. Andrea Cleopatra Dickerson

Marine Light Attack Helicopter Squadron 467's new UH-1Y Venom rests on the flight line beside an UH-1Y with HMLA-167 based out of New River shortly after landing April 17. The "Sabers" are the last squadron Corps-wide to upgrade to the Venom from the UH-1N Huey.

Lance Cpl. Andrea Cleopatra Dickerson
MCAS Cherry Point

Marine Light Attack Helicopter Squadron 467 added its first UH-1Y Venom to its aircraft arsenal April 17. The "Sabers" were the last squadron Corps-wide to upgrade to the Venom from the UH-1N Huey.

The UH-1N entered service with the USMC in 1971, and was used for battlefield reconnaissance, airborne command and control and close air support. It has participated in

See **UH-1Y** page A3

Marines, Sailors, coalition partners begin Bold Alligator 2013

Lance Cpl. S. T. Stewart
MCAS Cherry Point

ABOARD USS BATAAN, NAVAL STATION NORFOLK, Va. – Marines and Sailors with the 2d Marine Expeditionary Brigade, Expeditionary Strike Group 2 and Carrier Strike Group 12, along with coalition partners, began Exercise Bold Alligator 2013 aboard the USS Bataan April 22.

Bold Alligator '13 is a synthetic, scenario-driven exercise designed to train staffs from each unit in an effort to continue revitalizing and improving their fundamental ability to integrate and execute large-scale operations from the sea.

The Navy-Marine Corps team consistently puts their amphibious skills to the test at the Marine Expeditionary Unit and Amphibious Ready Group levels. However, exercises like Bold Alligator present opportunities to refine



Lance Cpl. S. T. Stewart

Maj. Jade Campbell, representing Marine Aircraft Group 29, briefs Marines, Sailors and coalition partners at a rehearsal of concept drill for Bold Alligator 2013 at Camp Allen Norfolk, Va., April 20.

See **ALLIGATOR** page A3

Maj. Gen. Walters awards MCAA nominees



Lance Cpl. Cayce Nevers

Maj. Gen. Glen M. Walters, 2nd Marine Aircraft Wing commanding general, speaks to 2nd MAW Marines during the Marine Corps Aviation Association nominee awards presentation at Miller's Landing April 17. Walters recognized all 2nd MAW personnel and units nominated for MCAA awards and presented each with a plaque commemorating their achievements. The nominees were: Capt. Robert Rogers from Marine Tactical Air Command Squadron 28; Master Sgt. Terry Erb from 2nd Low Altitude Air Defense Battalion; Marine Attack Squadron 231; Marine Tactical Electronic Warfare Squadron 1; Marine Aerial Refueler Transport Squadron 252; Marine Aviation Logistics Squadron 14; and Marine Unmanned Aerial Vehicle Squadron 2. The MCAA will formally recognize Cherry Point MCAA award winners VMU-2 and VMAQ-1 at its annual symposium in Reno, Nev., May 15-18.

Fire department earns accredited status

Cpl. Scott L. Tomaszycki
MCAS Cherry Point

The Cherry Point fire department earned accreditation from the Commission on Fire Accreditation International in March for proving they are in line with the best practices and procedures of firefighting.

CFAI is an agency that inspects how fire departments perform and either grants or denies accreditation based on findings of an investigation and interviews.

"In January, we had a peer team from CFAI come down, and they looked all over the fire department, saw the performance indicators and really went in depth for how we do business in the fire department," said John L. Wilson, a fire captain and the accreditation manager for the fire department. "They looked in our records and documentation. They wrote up a final report and had some recommendations."

Wilson said the accreditation program is fairly new, with Cherry Point becoming the sixth Marine Corps fire department to receive accreditation status. Many DOD fire departments are currently working to achieve accredited status.

"Some of the key items they (look at) are promoting excellence within your fire emergency service organization and encouraging quality improvement through continuous self-assessments," said Wilson. "We look at the program and ask if there are any improvements that can be made."

Wilson said each supervisor actively seeks ways to improve and makes recommendations based on analysis within their area of expertise.

After the initial accreditation, the department will need to stay on top of firefighting methods and practices.

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

News Briefs

Impact Report Released

Cherry Point released its annual economic impact report for 2012 showing a decrease in overall workforce but an increase in the overall impact.

According the report, the air station's economic impact in the region has increased from about $2.05 billion in 2011 to nearly $2.20 billion in 2012.

According to the Havelock Chamber of Commerce, Cherry Point affects economies throughout eastern North Carolina.

Split Disbursement Mandatory

Marine Administrative Message 216/13 states it is now mandatory for travelers using a government travel charge card to split disbursement.

Travelers will identify the appropriate split disbursement amount to satisfy the current balance of all undisputed charges.

This requires manually adjusting the defense travel systems defaults on the payment totals screen to account for the appropriate portion of the meals and incidentals entitlement and authorized reimbursable expenses that shall be split.

It is the traveler's responsibility to pay off the appropriate amount for each charge card billing cycle.

Uniform Regulations Changed

Marine Administrative Message 207/13 states regulations on religious apparel worn in uniform has been updated

Marines may wear religious items if they are not visible or apparent when worn with the uniform.

Visible articles of religious apparel are allowed with the uniform only while attending or conducting religious services in a chapel or other house of worship.

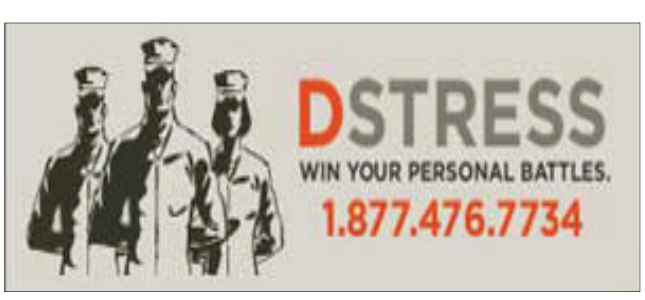
All-Marine Rugby Trial Camp

Marine Administrative Message 210/13 states the All-Marine Rugby Training Camp will be held in Annapolis, Md., from May 25-29.

The camp will select 12 Marines for the Rugby Sevens team. Applications must be submitted no later than May 17.

Visit www.usmc-mccs.org/sports or call Semper Fit for more information.





Chaplain's Corner:

The Seasons of Life

Lt. Joel Crawford
Marine Wing Headquarters Squadron 2

The spring season is almost upon us, and I can't wait! I tire quickly of winter and look forward to spring with its promise of warmer weather, life-giving rains, and the green sprouts of new life that follow. Spring also reminds me of the old rhymes we use about the seasonal changes of weather. We refer to March as, "In like a lion, out like a lamb" because it's a month that typically begins with still chilly winter winds and transitions to more spring-like temperatures toward the end. Then we say, "April showers bring May flowers" and so it tends to be. The spring rains and warmer temperatures bring the brown grass out of its winter slumber into beautiful shades of green, and the trees bud and blossom to spread out a canopy of shade against the coming summer heat.

These weather rhymes intrigue me because, not only are they generally true, but I think also teach us a very important principle for life. Perhaps God, through the very weather patterns he has established, wants us to understand that life is seasonal too and that very often adversity must precede blessing. Think about it – how many falls and failures did we have to endure before we finally learned to walk? How many skinned hands and knees did we suffer before we mastered riding a bike without training wheels? How often has pain warned us of a health problem and motivated us to go to the doctor for healing? The challenges and trials we overcome are what motivate us to be better and teach us some of the most important lessons of life. If it were not for the difficulties we face, we would never develop the fortitude, backbone and patient endurance required to achieve meaningful success in our lives, careers and relationships.

Perhaps this is most true in the area of our faith in God. Prosperity and ease make us spiritually lazy and neglectful of our relationship with the Lord. When are we most likely to turn to God, pray more fervently and search the Scriptures for help? Is it when things are going great or when we're suffering through a trial of some kind? Sometimes it is only through pain that we are open to receive the grace and help God longs to give us.

I love the words of a song written by Laura Story entitled "Blessings" which expresses this truth about God's blessings through trials better than I ever could.

"Cause what if your blessings come through raindrops
What if your healing comes through tears
And what if a thousand sleepless nights
Are what it takes to know you're near
What if my greatest disappointments
Or the aching of this life
Is the revealing of a greater thirst this world can't satisfy
And what if trials of this life
The rain, the storms, the hardest nights
Are your mercies in disguise"

'Sex Signals' scores with Marines



Lance Cpl. Andrea Cleopatra Dickerson

Mandy Moore and Chris Sanders, improvisational actors with Catharsis Productions, act out a scene at the air station theater during Sex Signals April 17. The show, hosted by the Cherry Point Sexual Assault Prevention and Response Program, blended comedy and audience participation to provide a unique look at the issues of dating, sex and sexual assault. The show focused on service members E-5 and below to raise awareness during Sexual Assault Awareness Month, said Jeannie Adair, the Installation Sexual Assault Response coordinator.



Sgt. Caleb M. Dye, crew chief with Marine Heavy Helicopter Squadron 461 (HMH-461), provides aerial security from inside a CH-53E Super Stallion aircraft in Helmand province, Afghanistan, April 10.



Sgt. Gabriela Garcia

The Windsock
Weekly Photo Competition

April 18 - April 25, 2013

Vote on Facebook - http://bit.ly/mcaschptfb
Vote on Google+ - http://bit.ly/CherryPointPlus
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Pfc. Josh N. Villalobos

Job Title: Powerline Mechanic
Unit: Marine Aerial Refueler Transport Squadron 252
Age: 19
Hometown: Cincinnati, Ohio
Date Joined: April 23, 2012



Lance Cpl. Cory D. Polom

Pfc. Josh N. Villalobos spends mornings working hard preparing a behemoth of an aircraft for its daily duties.

Villalobos is a KC-130J Hercules powerline mechanic with Marine Aerial Refueler Transport Squadron 252.

It is his job to maintain and fix anything and everything that has to do with three vital pieces of the aircraft – propellers, engines and fuel lines.

He conducts daily checks over all three systems each morning.

Villalobos, a Cincinnati, Ohio, native, said the powerline Marines aren't like other mechanics who deal with the whole aircraft.

"Powerline deals with specifics. We have a lot of different moving parts we have to deal with and maintain," he said.

Villalobos said he loves working on the KC-130J and thrives on the challenges it presents.

"In the absence of this aircraft, the boots on the ground and the pilots in the air wouldn't be able to conduct the missions they do," said Villalobos. "We are a vital lifeline for the 2nd Marine Aircraft Wing."

Highlight Your Marine or Sailor Superstar

Call or email The Windsock
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Remember to recycle

UH-1Y from page A1

each armed conflict the Marine Corps has had a role in since its induction.

The first flight of the fully-configured UH-1Y took place in 2003. The Marine Corps integrated the first Venom into its operational forces in October 2005.

The new aircraft boasts its most noticeable change, four-bladed, ballistically tolerant main and tail rotors. It also features upgraded integrated avionic systems, dual engines and the capacity to carry larger payloads.

"The Venom has more power and gives us the capacity to conduct more missions," said Staff Sgt. Jonathan E. Lee, a UH-1Y transition instructor with Marine Aircraft Group 29. "This aircraft allows us the opportunity to have longer flight times versus the Huey which has a more limited window of operations."

Increasing flight time means better support to ground combat elements, said Lee.

"It is easier for us to now provide the support that the troops on the ground need, how they need it, when they need it," he said.

1st Lt. Patrick Healy, a pilot with the squadron, has logged about 60 hours of flight time in UH-1Y helicopters.

"The Venom is awesome," said Healy. "It is an extremely capable aircraft that will be a valuable asset to the Marine Corps. We can now support every mission the Marine Corps has to offer."

Healy said he looks forward to putting the power and capabilities of the bird to the test.

The squadron is scheduled receive more Venoms in the near future, which will be gradually integrated into the squadron through completion of the transition.

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medium ZVI to construct a 600-foot long, 35-foot deep permeable barrier and achieved a 90-percent reduction of trichloroethene and 75-percent overall reduction in chlorinated solvents.

"The process costs a lot to install, but once it is, you just sit back and let the water flow through it," said Jeffery Christopher, supervisory environmental engineer, restoration and recycling division, with Environmental Affairs.

The restoration team with Naval Facilities Engineering Command also progressed over the past two years with their oil waste and recycling project. The project uses a blending procedure, mixing used petroleum and jet fuel, burning the waste and recycling the heat to cut the air station's heating bill by more than $305,000 and avoiding $92,000 in petroleum disposal costs.

The environmental quality team has spent the past two years dedicated to building rapport with units aboard Cherry Point using the environmental compliance evaluation program.

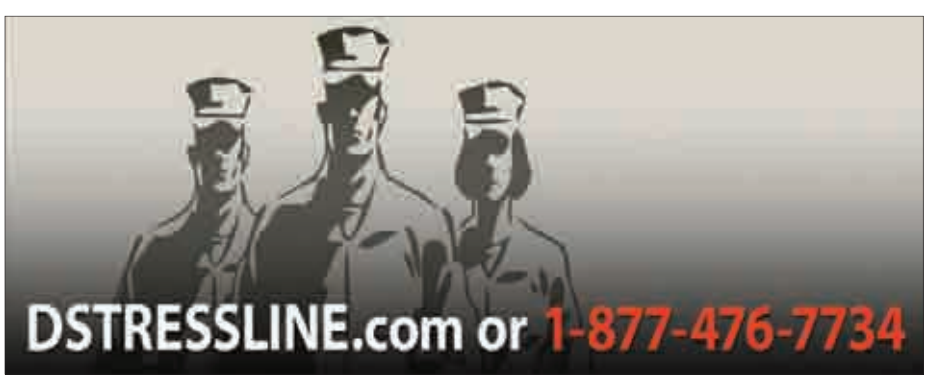
The team follows Air Station Orders P5090.2a through 5090.7 to perform audits and create a compliance checklist for each unit. The department conducts audits once a year required by Headquarters Marine Corps.

"The audits have been great for the air station by promoting awareness and making the units responsible for their actions and how they affect the environment," said Jonah Emary, the environmental management systems program manager. "We really want to get the responsibility down to the individual Marine so everyone takes action to improve the environment and are informed on the commanding officer's policy."

Emary said the audits have improved each year and have put Cherry Point Environmental Affairs Department ahead of the game. Lately, he said, units have been calling back with enthusiasm saying "We've done what you've asked of us; what else can we do?"

"Since we educated the Marines on recycling and the yellow sticker hazardous waste program, they've been very positive and very proactive," said Kelsi Holsey, environmental engineer the in charge of pollution prevention program. "There are also a lot of Marines here at Cherry Point who have made our jobs easy and are willing to learn, help and do what's right."

She added the department spends a lot of their time "out in the field," interacting with and educating units aboard Cherry Point to help guide them.



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tactics, techniques and procedures at a much larger scale.

"This exercise offers us a tremendous opportunity to increase our amphibious proficiency at a level beyond how our routinely deployed forces operate. We're looking to increase overall knowledge of amphibious operations, across the Navy and Marine Corps, across all ranks" said Brig. Gen. John K. Love, commanding general, 2d MEB.

Thirty commands, to include seven ships, and approximately 3,500 personnel from 16 countries and Strike Force NATO are participating in the exercise.

The scenario represents a fully operational MEB, ESG and CSG consisting of 17 amphibious ships and more than 16,000 Marines prepared to land as a crisis response force.

The scale of this operation dwarfs a standard MEU-ARG team, which includes three amphibious assault ships with approximately 2,300 Marines and 2,000 Sailors embarked.

"The Navy-Marine Corps team works phenomenally at the MEU-ARG level, but the ability to operate from a sea base at a level beyond remains critical and must be exercised to maintain amphibious proficiency and our ability to respond to crises," said Love.

Bold Alligator is an East Coast exercise primarily focused on integrating and training staffs through a continuously updated scenario requiring constant adjustments as exercise controllers inject changes; the West Coast equivalent is Exercise Dawn Blitz, which was conducted earlier this year by 1st MEB and ESG-3.

This year's Bold Alligator exercise, scheduled through May 2, is the third in the series of annual exercises alternating between live and synthetic to amplify training opportunities while minimizing costs. In 2012 the exercise was live with the Navy and Marine Corps operating in ships off the East Coast and conducting operations in North Carolina and Virginia.

"It is imperative that the Navy-Marine Corps team continue sustained participation in exercises such as the Bold Alligator series to continually assess, improve upon and strengthen our cohesion as an integrated force," said Rear Adm. Ann C. Phillips, commander, Expeditionary Strike Group 2. "As we look toward the future, the synchronization of our efforts will be vital to achieve global security."

The multi-national exercise has personnel from Australia, Brazil, Canada, France, Italy, Spain, the Netherlands, U.S. and other countries from around the world participating. Working in conjunction with coalition forces are military units spanning across the U.S. including Marine Corps Bases Camp Lejeune and Camp Pendleton, Naval Air Station Oceana, and Naval Support Activity Hampton Roads.

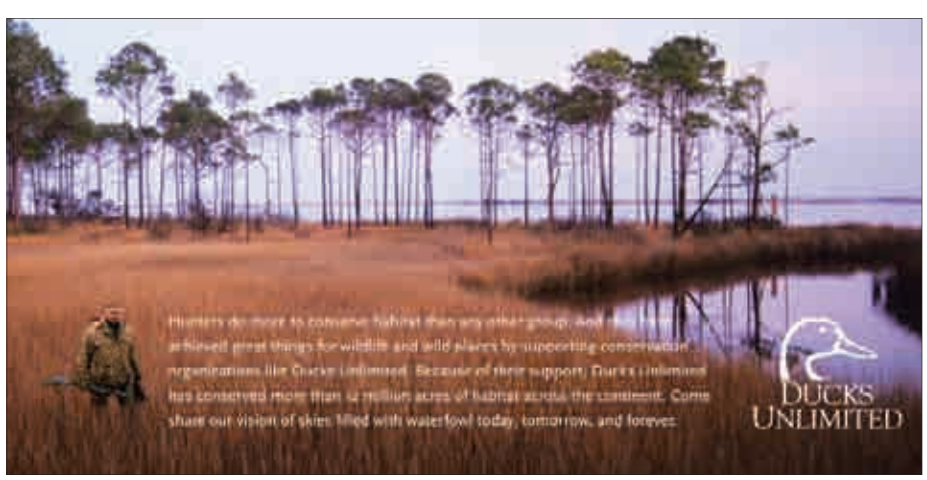
"Given the realities of the 21st century security environment, our coalition partners are vital participants in this exercise to align processes and understanding in order to maximize coordinated efforts," said Phillips. "Global partnerships are critical to establishing resilient maritime forces and projecting power to ensure safe, global commerce operations across the sea."

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"In 2018 we have to do it again, but we're not starting from scratch," said Wilson. "We're improving every year on what we've got and making changes."

Wilson said parents would never send their children to a college that wasn't accredited because there is no guarantee of a quality education. The fire department's new status is a credential saying Cherry Point can expect quality and professional service provided by the department.

"Everyone in the department deserves recognition for the successful accreditation," said Ken Lavoie, the fire chief of the air station. "Going through the process and reaching accreditation makes everyone on the installation safer and makes us a better department."





Lance Cpl. Benjamin Pryer

A KC-130J Hercules aircraft lands on North Field's Baker runway on Tinian Island May 30 during Exercise Geiger Fury 2012. The aircraft was the first to land on the runway since 1947. Marine Aerial Refueler Transport Squadron 152's mission is to provide a Marine air-ground task force commander with aerial refueling, assault support, and battlefield illumination. The squadron was awarded the Commandant's Aviation Trophy April 1, which recognizes the best overall performance and accomplishment of all assigned tasks by a Marine aviation squadron. The squadron is part of Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

Squadron receives top honor

Lance Cpl. Henry J. Antenor
III Marine Expeditionary Force / Marine Corps Installations Pacific

CAMP FOSTER, Japan – Marine Aerial Refueler Transport Squadron 152 was awarded the Commandant's Aviation Trophy April 1, for exemplary performance throughout 2012. The award recognizes the best overall performance and accomplishment of all assigned tasks by a Marine aviation squadron.

VMGR-152's mission is to provide a Marine air-ground task force commander with aerial refueling, assault support, aerial delivery and battlefield illumination, said Sgt. Christopher R. Weins, a loadmaster with the squadron.

"On Okinawa, we refuel Marine Corps assets in the air, to include F/A-18 Hornets, AV-8B Harrier IIs and MV-22B Ospreys" said Weins. "We also refuel joint assets with the Air Force."

The squadron's Marines were proud to be recognized for their consistent hard work in all missions throughout the year.

"It is the commandant's highest award to give a squadron," said Capt. Jason B. Weaver, a KC-130J Hercules pilot with the squadron. "I think everybody was pretty excited."

VMGR-152's accomplishments during 2012 were made possible due to tremendous efforts from every member of the squadron, according to Lt. Col. Jason W. Julian, commanding officer of VMGR-152.

"This was a historic year for the squadron, and I certainly feel the squadron's Marines are worthy of this recognition," said Julian. "We achieved numerous safety and operational milestones this year and supported a wide range of training exercises and real-world operations."

For the junior Marines, it was good to see their hard work paid off, said Weins.

"For the air crews, we get to go fly and see the direct effects of what the squadron does," said Weins. "A lot of the maintainers or operation clerks do not have that perspective, so it is good for them to know their work is appreciated and recognized."

One contributing factor to the squadron's success occurred in December 2012, when it was called upon to support vital humanitarian assistance and disaster relief operations other Typhoon Bopha struck Mindanao province in the Republic of the Philippines, said Sgt. Daniel C. Tozer, a KC-130J Hercules crew chief with the squadron.

"It was a high operational tempo while we were in the Philippines," said Tozer. "We had planes ready once we received the call about the typhoon, and within seven hours of the request from the Philippine government for assistance, we landed our first KC-130 in Manila."

The squadron transported relief supplies to heavily affected areas following the disaster, assisting the Philippine government and military in getting citizens the help they needed, added Tozer.

The squadron also concluded more than three years of continuous support to Operation Enduring Freedom in August 2012, when its last detachment of two aircraft, aircrew and maintenance personnel returned to Okinawa.

During 2012, the squadron transported more than 5 million pounds of cargo and 15,00 passengers and dropped more than 116,000 pounds of cargo and 1,500 personnel by parachute throughout the Asia-Pacific region.

"We will continue to support III MEF throughout the region, from logistics runs to aerial refueling and aerial delivery," said Weaver. "While we are honored, what is most important is continuing to support operations, training exercises and readiness and being the best squadron we can be."



Photos by Lance Cpl. Cory D. Polom

A Marine fires a PL-87 Stinger missile at a drone from Onslow Beach on Camp Lejeune during the night fire portion of 2nd Low Altitude Air Defense Battalion's live-fire exercise April 16. More than 60 Marines engaged multiple targets during the two-day event, firing 60 Stinger missiles and 5,000 rounds of both 7.62 mm and .50-caliber machine gun rounds.

'Death from Below' practices primary mission

Lance Cpl. Cory D. Polom
MCAS Cherry Point

MARINE CORPS BASE CAMP LEJEUNE, N.C. – Marines with 2nd Low Altitude Air Defense Battalion conducted a live-fire exercise with the PL-87 Stinger missile system at Onslow Beach April 16-17.

More than 70 Marines spent the two days firing 60 Stinger Missiles and 5,000 rounds of both 7.62 mm and .50-caliber machineguns at remote controlled drones provided by a contracted company.

"This is a multi-thousand dollar weapon system," said Master Sgt. Terry A. Erb, the range safety officer for the exercise. "We LAAD gunners have one of the three most (exciting) jobs in the Marine Corps. We utilize a weapon that can make an enemy pilot have a terrible day."

Erb said the reason behind the training is to ensure every Stinger missile gunner performs at the top level of his abilities.

"These Marines will continue to impress and put rounds on target to make sure the enemy can't damage our locations," said Staff Sgt. Samuel Cerritos, platoon sergeant with B Battery, 2nd LAAD Bn.

LAAD Marines took up positions on the beach and fired live Stingers at drones being flown about a mile and a half off the coast.

The Marines fired 20 missiles at night April 16 using the PAS-18 thermal sight. The PAS-18 uses thermal imagery to locate and identify aircraft in the sky. Two thermal settings, black-hot and white-hot, display the heat signatures of aircraft.

"We never know when an enemy may attack," said Cpl. Nicholas J. Torcia, a gunner with the battalion. "The night shoot provides the shooter extra confidence with this weapon system."

During the day shoot, the Marines conducted several drills, including stationary fire, quick reaction drills and a maneuver under fire drill.

During the maneuver under fire drill, shooters ran an altered form of the combat fitness test before sprinting 150 yards with a training missile to a firing position where they picked up a live missile and attempted to take an aircraft down despite their exhaustion, said Erb.

To top off their already-long list of challenges, the Marines faced one unexpected trial – to put their missiles on target under the watchful eye of the 2nd Marine Aircraft Wing commanding general. Maj. Gen. Glenn M. Walters visited the Marines during part of the training to see their performance and to discuss with them their importance to the Marine Corps. As long as there is a threat of enemy aircraft, said Walters, "... there will always be a need for LAAD Marines."



Flames blow out of the launcher as Cpl. Nicholas Zeien, a gunner with 2nd Low Altitude Air Defense Battalion, fires a PL-87 Stinger missile at a drone flying off of Onslow Beach on Camp Lejeune during the second day of the battalion's live-fire exercise April 17. The Stinger has a range of more than 6 kilometers and weighs more than 34 pounds. The missile can be fired from the shoulder firing system, a vehicle-mounted firing system or an aircraft.

Volunteers important to Navy-Marine Corps Relief Society



Photos by Lance Cpl. Cory D. Polom

Philomena T. Pridgen, Cherry Point Navy-Marine Corps Relief Society Chair of Volunteers, began volunteering with the society after a friend invited her to a function more than six years ago.

Lance Cpl. Cayce Nevers
MCAS Cherry Point

Six years ago, Philomena T. Pridgen was asked to go to the Navy-Marine Corps Relief Society with a friend who volunteered with the society. She willingly accepted and from that day forward has volunteered her time.

"I continued to volunteer because I found that there really was a sense of family here," said the Chesapeake, Va., native. "It is a great place. There are a lot of spouses and people who are in your same situation, so it is a good family atmosphere. I have made a lot of friends here, and it is really great for me doing case work. It makes me feel fulfilled. It is very nice to use my degree but also help people in need."

Volunteers play an important role in keeping the Navy-Marine Corps Relief Society afloat.

"The Navy-Marine Corps Relief Society is a great place where I think anyone can pretty much find their niche," said Pridgen, now the society's Chair of Volunteers. "There are a lot of different opportunities depending on what your personality is and what you are looking to do."

Opportunities for volunteers include client services assistants, caseworkers, communications leads and instructors for educational programs the society offers for budgeting and financial management related to major life changes including marriage and pregnancy. Volunteers can even help by crocheting blankets for a layette program.

Pridgen deals with a variety of clients and circumstances on any given day and said her daily goal is client satisfaction.

"I want clients to walk out of our office without having that burden of 'I don't have food for my family this month,' or in emergency leave cases, a mother or father has passed away and 'I can't get home,' type thing," she said. "I think just having service members not have that burden on their shoulders makes me feel good."

Aside from intangible benefits, Pridgen's efforts are rewarded with some that are more concrete, including awards, activities and free childcare on the days she volunteers.

Last year, volunteers like Pridgen helped more than 1,200 Marines and Sailors, providing more than $625,000 in grants and interest-free loans paid for in part by funds raised during the air station's annual Active-Duty Fund Drive in support of the Navy-Marine Corps Relief Society.

Cherry Point is hosting this year's drive throughout the month of April. Service members can learn more or make a donation at http://www.nmcrsfunddrive.org or by logging into Marine Online at https://www.mol.usmc.mil.

Pilots evade, attack during missile simulation training



Photos by Lance Cpl. Ian McMahon

A "smoky" surface-to-air missile speeds off toward incoming helicopters during training on Ie Shima April 12. Smoky SAMs allow aviators to practice and improve evasive maneuvers they must take if targeted by a SAM. Marines with HMM-262 (Reinforced) participated in the training.

Lance Cpl. Ian McMahon
III Marine Expeditionary Force / Marine Corps Installations Pacific

IE SHIMA, Japan – Pilots with Marine Medium Helicopter Squadron 262 (Reinforced) participated in surface-to-air missile simulation training on Ie Shima April 12.

Aviators practiced and improved evasive maneuvers they would take if targeted by a SAM through the use of foam missiles known as "smoky SAMs."

"When a SAM is launched, a pilot needs to know how to detect the threat and what reactions and countermeasures to take," said Capt. Brett N. Bishop, naval aviation training operations, procedures and standardization officer for HMM-262 (REIN), 31st Marine Expeditionary Unit.

"The smoky SAM mimics the heat signatures given off by real SAMs without the danger of an actual threat. They are nicknamed smoky SAM because of the amount of smoke they produce when fired."

Prior to the start of the training, the pilots received a briefing on the exercise. This period of instruction gave pilots time to plan for any change of events and ensure the safety of all personnel and equipment.

After hours of preparation and emplacing the SAM launch team, the helicopters took flight toward Ie Shima.

Five CH-46E Sea Knights, one UH-1Y Venom and one AH-1W Super Cobra made their way to Ie Shima. As they neared the island, the smoky SAM team launched their missiles, sending streaks of light and plumes of smoke toward the incoming aircraft.

"The helicopters use infrared sensors to detect the heat of the smoky SAM, so even if the pilots don't see the launch, the aircraft senses it," said Bishop. "After detection, it's up to the pilots to react appropriately."



An AH-1W Super Cobra helicopter and a UH-1Y helicopter depart Kadena Air Base for surface-to-air missile simulation training on Ie Shima April 12. Marines used foam missiles nicknamed "smoky SAMs" during the training to allow pilots to practice evasive maneuvers. The aircraft are with Marine Medium Helicopter Squadron 262 (Reinforced), 31st Marine Expeditionary Unit.

As the CH-46Es dodged and egressed from the area, the UH-1Y and AH-1W flew in to begin simulated attack runs on the site.

"It is important for the launches to be as close to the real thing as possible," said Sgt. Sayyanh Inthavongdy, a CH-46 helicopter airframe mechanic with the squadron who was on the smoky SAM team for the training. "In today's and tomorrow's battles, it's possible to run into threats like these. The pilots need to know how to react."

When the UH-1Y and AH-1W finished attacking, the CH-46Es returned to simulate off-loading Marines, completing the training.

"The realism of this training is incredible," said Lance Cpl. Angie Pazmino, an aviation operations specialist with the squadron. "You get to see the full capabilities of the squadron during exercises like this."

With all scenarios finished, the aircraft and crews returned to Marine Corps Air Station Futenma for their debriefings.

"We don't get to do this training very often," said Bishop. "It is very important to maintain these skills, which can help save the lives of the helicopter crew and its passengers. We were lucky to be able to participate in this exercise."



Photos By Michael Andrews

Gunnery Sgt. Michael Dougherty, the Marine Aircraft Group 14 Personnel Support Division acting first sergeant, took first place in the Men's 35+ Physique Tall Category and Men's Physique Overall at the 2013 Bio-Engineered Supplements and Nutrition Incorporated National Physique Committee N.C. State Championship April 13. The win qualifies Dougherty to compete at the national level for the next two years. He will move on to compete at the 2013 NPC Junior USA Bodybuilding Championships in May.

Gunny inspires Marines through fitness



Gunnery Sgt. Michael Dougherty strikes a "relaxed" pose during the National Physique Committee N.C. State Championships.

Lance Cpl. Andrea Cleopatra Dickerson
MCAS Cherry Point

When Gunnery Sgt. Michael Dougherty joined the Marine Corps 19 years ago, nobody would have suspected there was a champion bodybuilder lurking beneath his lanky 115-pound frame. But Dougherty had a dream ... that he would develop into a plan ... and build into a reality.

Now, just a year shy of retirement, Dougherty's hard work paid off when he took first place in the Men's 35+ Physique Tall Category and the Men's Physique Overall at the 2013 Bio-Engineered Supplements and Nutrition Incorporated National Physique Committee N.C. State Championships April 13.

As a boy, Dougherty dreamed of one day competing as a professional bodybuilder. He wanted to be chiseled like the guys he emulated in fitness magazines.

"I was very active as a kid," he said. "I used to hang muscle and fitness magazines and posters on my walls. I used to say to myself, 'I want to be big, just like them.'"

As he got older, he realized he would not be able to build extensive muscle mass like traditional body builders. Then he discovered physique competition.

Physique athletes distinguish themselves from bodybuilders by focusing on a "beach body" look.

While on his first deployment in 1996, Dougherty said he gained 30 pounds of muscle, which really sparked further interest in the sport.

"After that, I was hooked," he said.

The Marine Aircraft Group 14 Personnel Support Division acting first sergeant says that despite his hectic work schedule and the demands of raising a family, he finds time to train daily. Dougherty hits the gym at 4:30 a.m. and again after work.

"People always say they never have time to do certain things," he said. "If you want to be good at something, you have to make it a priority in your life."

With a smile on his face, Dougherty said he hopes his dedication to doing something he loves and the athletic abilities he shows both on and off duty helps motivate his troops.

"As the MAG first sergeant, one of the best feelings is coming back to work seeing the Marines inspired by what I do," he said. "When we get on the stage, we do it for ourselves because our hard work has gotten us there, but it also means a lot to have the respect of the Marines I lead."

Because he took the title for his weight class at his last competition, Dougherty is eligible to compete on a national level for the next two years. He will move on to compete at the 2013 NPC Junior USA Bodybuilding Championships in May.

Dougherty admitted that without the support of close friends who work out with him and help him with contest preparation, he would not be as successful as he is today.

Staff Sgt. Nicholas W. Byrd, a close friend, said the two work out together at least five times a week.

Not only does the duo train together, they help each other prepare backstage during their shows, said Byrd. The two plan to compete at national-level shows together in the near future and they are working their way toward earning professional cards.

"My friends have really helped me keep my head in the game," said Dougherty. "They have been right there pushing me saying, 'You can do it!' If it wasn't for them, I wouldn't be where I am today."

When he retires next year, Dougherty hopes to continue competing.

"This has been my lifelong dream," he said. "Not only do I want to continue this as a career, I would like to train people and help them change their lives for the better."

NEXT UP...

SPRINT CUP
Race: Toyota Owners 400
Where: Richmond International Raceway
When: Saturday, 7:30 p.m. (ET)
TV: FOX Sports
2012 Winner: Kyle Busch (right)



NATIONWIDE SERIES
Race: ToyotaCare 250
Where: Richmond International Raceway
When: Friday, 7:30 p.m. (ET)
TV: ESPNEWS
2012 Winner: Kurt Busch

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

Matt Kenseth wins the pole and dominates the STP 400 at Kansas Speedway

Matt Kenseth's dominating win at Kansas Speedway on Sunday, coupled with his victory at Las Vegas Motor Speedway last month, make it clear why Kenseth's former car owner, Jack Roush, expressed regret when he let him get away to rival Joe Gibbs Racing.

"If I had been as vigilant and diligent and interested in that side of the business as I am on finding why a fuel pump broke or why a connection rod bearing failed or how we could get the next pound of downforce — if I had been taking care of the business side of the business as hard as I tried to take care of the technical side, I might have been able to stop that," Roush said last summer.



Photo by John Harrelson/Getty Images for NASCAR

Matt Kenseth celebrates in Victory Lane after winning the STP 400.

But after Kenseth scored his 26th career Cup victory on Sunday by leading 163 of 267 laps at Kansas after starting from the pole, he said that Gibbs' team is the place he feels most comfortable, and that making the move wasn't as difficult as one might imagine. And that's considering the fact that before joining Gibbs, he'd spent his entire career, save one race, in Roush's No. 17 Ford.

Kenseth said the decision to change teams was his alone, with the support of his wife.

"I didn't talk to anybody about it except for Katie," he said. "She would never tell me what to do, necessarily pick for my profession. She would let me do that. But certainly she had a positive feeling about it, as well.

"I didn't really tell anybody else about it. I really didn't need to. It wasn't really a hard decision, believe it or not."

He said that one of the things that lured him to Gibbs was the chance to work with two highly talented Gibbs drivers — Kyle Busch and Denny Hamlin. He said he liked the idea of working with drivers who were different from him and different from each other.

"I think we all have different personalities, we all have a different approach to things, we all have a different way we handle things," he said. "It's all different. And I think that's good."

He said that if everyone wants and likes the same things, it's difficult for the group to improve their overall performance.

"There are no different viewpoints to consider and to think about and to look at or a different setup or idea or a different approach to driving the race track," he said. "That was really interesting, and I think we've been doing a good job of working together and talking about things.

"I think it's really helped me become a better driver, really elevates your game when you have guys like that that can go out and win any week."

Kenseth also said that his early season success isn't surprising.

"I think as an organization, one of our cars — if all the stars would have aligned — could have won every race this year, if everything would have worked out," he said. "The only place I feel like we really kind of somewhat missed it was California, and [Busch] won there.

"Other than that, we've had cars that have been capable of running in the top three or four every week."

Despite his wins, Kenseth is eighth in the standings, 59 points behind leader Jimmie Johnson, who finished third at Kansas. Kenseth's crew chief Jason Ratcliff expressed confidence that his team can close the gap.

"We're running well, and yes, we're winning races and doing the things we need to do, but I feel like we have a lot of room to grow as far as our race car," he said. "I feel like there's still a lot of speed to find to be a contender in the Chase.

"We're looking forward to it, but we still have a lot of work ahead of us."

Kenseth's win at Kansas from the pole marked the third straight Cup race that the top qualifier went on to win. That hasn't happened since 1985, when Bill Elliott did it at Michigan and Darlington, with Dale Earnhardt getting both pole and win at Bristol in between.



Photo by Brian Lawdermilk for Chevrolet

Jimmie Johnson, the current Sprint Cup points leader, finishes third at Kansas Speedway.



Photo by Jeff Zelevansky/ Getty Images for NASCAR

Kenseth celebrates his victory with a burnout.

SPRINT CUP STANDINGS

1. Jimmie Johnson, 311
2. Kasey Kahne, 274
3. Brad Keselowski, 273
4. Greg Biffle, 264
5. Dale Earnhardt Jr., 263
6. Carl Edwards, 262
7. Kyle Busch, 257
8. Matt Kenseth, 252
9. Clint Bowyer, 247
10. Paul Menard, 240

NOTEBOOK



Photo by Chris Trotman/Getty Images for NASCAR

Joey Logano walks past his damaged Ford at Kansas Speedway.

Texas penalties still a hot topic

The penalties imposed on the Penske Racing teams of Brad Keselowski and Joey Logano at Texas Motor Speedway were still the hot topic when the Sprint Cup circuit moved on to Kansas Speedway last week.

Keselowski told reporters that as far as he knew, the rear-end parts in question were approved ahead of time by NASCAR. "As far as I know, yes," he said, adding that his team and NASCAR are in an "agree to disagree" position about the parts.

Keselowski and Logano were docked 25 points apiece, their crew chiefs were fined $100,000 each and the crew chiefs, car chiefs, engineers and team managers from the two teams were suspended for six weeks. But everyone remains on the job while the appeals process is ongoing.

Jimmie Johnson also responded to reports that his team turned in the Penske teams to NASCAR officials, who confiscated the parts in question just before the race at Texas.

"When you have success on your side the magnifying glass ... gets a lot more intense," Johnson said. "The best officiating in the garage area has always been your neighbor. That has just been part of NASCAR for years and years.

"With all that being said, no, the Hendrick group and the No. 48 team did not rat out the Penske cars."

At Kansas, Logano was involved in a violent crash with Kyle Busch and finished 39th, dropping him six spots in the standings, to 20th.

Keselowski overcame a wreck at the start of the race to finish sixth and move up one position in the standings, to third, 38 points out of first place and just one point behind Kasey Kahne, who finished second at Kansas.

Hot streak goes cold for Busch

Kyle Busch rode a hot streak into Kansas Speedway, but his successes elsewhere — two wins and three other top-five finishes in the previous five Cup races — didn't help him at one of his worst tracks.

He spun twice in the early going, with the second spin leading to a crash with Joey Logano that had him wearing street clothes before the race reached the halfway point.

"Just don't know what to do with Kansas," he said.

His 38th-place finish dropped him five spots in the standings to seventh, 54 points out of the lead.

ThorSport dominates Truck Series

ThorSport Racing is on top of the Camping World Truck Series after the first four races of 2013.

The team has three wins, two by Johnny Sauter, at Daytona and Martinsville, and one by Matt Crafton last weekend at Kansas Speedway.

Sauter is the series points leader, and Crafton is in second place. And they drive for a team not headquartered near Charlotte, N.C., like most NASCAR teams, who like to be close to the people, parts and technology available there.

"I have to thank [team owners] Duke and Rhonda Thorson, doing it out of Sandusky, Ohio," Crafton said. "Everybody said it can't be done, and we are making fools out of all the ones that said it can't be done."

Crafton led 34 of 167 laps at Kansas to get his third career victory and his first driving a Toyota Tundra. Sauter finished fifth and has yet to finish outside the top five this year.

Grassroots racer Larry Phillips nominated to NASCAR Hall of Fame

Among the newest five nominees for the NASCAR Hall of Fame is the first grassroots racer ever to make the list.

The late Larry Phillips, of Springfield, Mo., joins a group of just 45 people to be nominated to the Hall since it was created five years ago.

Phillips ran just once in a major NASCAR touring series. In 1976, he ran a Winston West car in a combined event with the series now known as Sprint Cup at Ontario (Calif.) Speedway. He started 24th and finished 13th overall, but was the highest finisher of the Winston West cars, and therefore was credited with a class win.

Winning races was something Phillips did on a regular basis for nearly all of his 41-year career, which ended with the first race of the 2001 season, when cancer had sapped his energy to the point that he was no longer able to devote the effort he needed to keep winning. He died in 2004 at the age of 62.

He's the only driver to have won five NASCAR Weekly Racing Series national championships, and he was a mentor to many of the stars of the Sprint Cup Series, including Rusty Wallace and Mark Martin, both of whom worked in Phillips' shop as youngsters.



James Ince

Larry Phillips

James Ince, who went on to become a winning Sprint Cup crew chief, was as close to Phillips as anyone.

"I was around Larry for at least 20-something years," Ince said. "He was a big part of my life for a long time. He was my mentor. He taught me how to race and taught me a lot about life on top of that. I considered him a second father."

Ince said that while Phillips may not be as well-known nationally as some racers, in his world he was the king.

"In the Midwest, Larry was our Richard Petty," he said. "He was the guy that everybody looked up to, and there was no doubt about it. He was the guy that won every week."

Ince said Phillips took his racing as seriously back in the day as those who race in NASCAR's highest levels today.

"To him, racing was a business," he said. "He wanted to be the best at what he did, and what he did was race."

Phillips, like most of the best short-track racers, never kept track of his win total. When Inces first got on Phillips' payroll, one of his first tasks was to help with a move to a new shop. Part of that involved cleaning out a 53-foot trailer packed with trophies Phillips had won over the years.

"I took them to a landfill and threw them away," Ince said. "I'd say he won at least 1,500 races in his career. But he didn't keep up with that stuff."

Even after Ince was running race teams in Charlotte, he'd still try to slip away and spend time with Phillips back in Missouri. For him, it really was just like old times.

"Down South you'd have 100 people working with you and big sponsors behind you, and it would be just like always when I walked in Larry's shop," he said. "I'd be scared to death that I was going to mess something up. I would be nervous."

Ince said that he believes Phillips one day will be inducted into the NASCAR Hall of Fame, where only five of 25 nominees are chosen each year.

"Nobody is any more deserving, and there's no doubt that he'll eventually get in," he said. "He got weekly short-track racing noticed for everybody ... I don't know how you could not vote him in."

NUMERICALLY SPEAKING

9 Drivers in the top 10 in Sprint Cup points who gained or lost spots in the standings at Kansas Speedway. Only leader Jimmie Johnson maintained his points position.

1,390 Laps led by Denny Hamlin, who hopes to return to the seat of his No. 11 Toyota this week, in the past 16 Sprint Cup races at Richmond International Raceway, topping all drivers. (And he's only run 14 of them.)

0 Laps led by defending Sprint Cup champion Brad Keselowski in seven career starts at Richmond International Raceway.

4 Sprint Cup victories at Richmond by Kyle Busch, tops among all active drivers. Richard Petty is the all-time leader with 13.

VMM-161 Marine earns Purple Heart

Cpl. Benjamin Hockett, right, a crew chief with Marine Medium Tiltrotor Squadron 161, is awarded a Purple Heart aboard Marine Corps Air Station Miramar, Calif., Nov. 16. Hockett was shot during a deployment to Afghanistan in July 2012.



Lance Cpl. Raquel Barraza

Lance Cpl. Raquel Barraza
Marine Corps Air Station Miramar / 3rd Marine Aircraft Wing

MARINE CORPS AIR STATION MIRAMAR, Calif. – Between the swirling dust and debris and the thunder of the twin rotors, quick MV-22B Osprey landings in Afghanistan are tricky. They are even trickier when the enemy adds bullets to the mix.

"I felt like someone hit me with a two-by-four," said Cpl. Benjamin Hockett, a crew chief with Marine Medium Tiltrotor Squadron 161.

Hockett was manning the gun on the back of his Osprey, providing protection for the Australian troops he and the rest of the aircrew were pulling out of the Afghan desert.

A 7.62mm round ripped into his right arm. Even though he was injured, Hockett's only reaction was to try to return fire.

"[An insurgent] is shooting at us," said Hockett. "I have to shoot back at him."

In the chaos of the flight, Hockett didn't realize that his arm was stuck to his back, held there only by the remaining skin.

"I tried to shoot back, but I couldn't find my arm," said Hockett.

Troops aboard the flight returned fire.

With flights going in and out of "hot" areas, insurgent fire is likely to occur, explained Hockett.

"You can't let it stop you from doing your job," said Hockett. "You just make peace with that before you take off."

Hockett was taken to Germany for his injury, and then sent back to the United States to Balboa Naval Medical Center San Diego.

"I didn't want to leave," said Hockett "I wanted to stay in Afghanistan. You don't want to leave your guys behind."

Hockett's fellow Marines were not surprised he did not want to leave after the incident.

That is how every Marine should feel; like they cannot leave their men, explained Sgt. Steven Ingel, a crew chief with VMM-161.

"You hear about people being hurt, but when it happened to Hockett, it was a more personal hit to the unit," said Ingel, who has known Hockett since 2010.

Hockett's wife, Rachel, explained that through everything, his only concern was getting back to his Marines.

"It was so weird," said Rachel. "He would be going into surgery and all he would say is 'I need to get back.'"

Due to all the reconstructive surgery, he did not go back to Afghanistan. However, there was a silver lining.

"I was home to see my son's birth, so that worked out well," said Hockett jokingly.

In the same month, Hockett received a Purple Heart for his injury.

"He wears that award for all [of his Marines] because he knows it wasn't just him out there," said Rachel. "But he is a hero to me and will be a hero to his son when he is old enough to know what his daddy did as a Marine."

Hockett rejoined VMM-161 when they returned from deployment in February and finally got his wish to be back with all his Marines.



Life&Times

Facebook.com/MCASCherryPoint

April 25, 2013



Lance Cpl. Glen E. Santy

Used shells were scattered throughout the Cherry Point Skeet Club during the spring fun shoot April 21. Nearly 40 shooters competed for the highest combined score on three different ranges.

Cherry Point hosts spring fun shoot

Lance Cpl. Glen E. Santy
MCAS Cherry Point

Nearly 40 shotgun-toting competitors vied for top honors at the Cherry Point Skeet Club's annual spring fun shoot April 21.

Shooters earned a combined score on three different ranges. The wobble, a three-tiered tower, jettisoned clay pigeon targets at various heights and speeds. On the skeet shoot, competitors took aim at dual discs projected in intersecting directions. Lastly, shooters on the trap stood in a firing line formation and blasted targets as they faded into the distance.

Chuck Passwaters won the competition, scoring 67 of 75 possible points.

"The skeet club gives us something to do. It's an inexpensive, fun, friendly environment and completely family oriented," said Staff Sgt. James Rust, an intelligence specialist with Marine Aircraft Group 14 and spring fun shoot competitor. "Most of these guys out here are retired Marines and Vietnam vets and provide a wealth of knowledge for all Marines. I usually try to get my Marines out here with me, and if we run out of ammo, someone will pass out a box of shells."

The Cherry Point Skeet Club began in 2006 when retired Col. Lee Buland, an avid shotgun enthusiast and then the air station commanding officer, found that interest for a shotgun range and skeet club was on the rise. Camp Lejeune was the first area installation to have a skeet range, but when it shut down for renovations, Buland decided it was time for Cherry Point to have its own.

Membership numbers grew exponentially.

"When we started, we had 36 in the club," said Buland, who is now the club's director. "Within months, we had more than 350."

At first, the range offered only the skeet shoot. It now has the trap, wobble and hosts professional military education classes for units aboard Cherry Point. The club provides range safety officers and shotguns for these events.

As membership continues to expand, more competitors come to each event with their sights fixed on first place. The grand prize is little more than pocket change, but the bragging rights of being the best of the bunch lasts a lifetime.

"It's a different style of shooting with different techniques," said Buland. "It all translates to speeds and angles, but still ties into the warrior skills. Firearms and Marines are always a good thing."



Pfc. Victor Arriaga

Retired Col. Lee Buland, skeet club director and former commanding officer of Cherry Point, waits his turn on the wobble firing range during the spring fun shoot April 21.



Lance Cpl. Glen E. Santy

Shotguns are left open to ensure safety when competitors are not firing.



Lance Cpl. Glen E. Santy

Pfc. Victor Arriaga

(Above) Staff Sgt. James Rust, an intelligence specialist with Marine Aircraft Group 14, fires his shotgun at clay pigeons during the spring fun shoot aboard Cherry Point April 21.

(Right) Adah Walker, a Cherry Point Skeet Club coordinator and shotgun enthusiast, participates in the spring fun shoot April 21.

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 April 25

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

Friday April 26

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*** - Tater tot casserole, baked tomato pork chops, savory baked beans, peas and mushrooms and Manhattan clam chowder

Saturday April 27

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

Sunday April 28

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*** - Pork chops smothered with onions, chili macaroni, roasted sweet potatoes, French cut green beans, and cauliflower combo and Wisconsin cheese soup

Monday April 29

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 April 30

Lunch - Beef with vegetables and barley soup, linguini with clam sauce, bayou chicken, rissole potatoes, mashed cauliflower, 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 with peas

Wednesday May 1

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









ADULTS ONLY $4 • KIDS (4-12) ONLY $3

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

NOW SHOWING

Friday, April 26
5:00pm - The Croods PG
7:15pm - Tyler Perry's Temptation PG13
9:30pm - The Host PG13

Saturday, April 27
2:00pm - The Croods PG
4:15pm - Tyler Perry's Temptation PG13
6:30pm - The Host PG13
9:00pm - Olympus Has Fallen R

Sunday, April 28
2:00pm - The Croods PG
4:15pm - Tyler Perry's Temptation PG13

movie synopsis

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

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.

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

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.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.



You are not alone. There is support. If you or someone you know is in immediate danger of hurting himself or others, please call the National Suicide Prevention Lifeline.

1-800-273-TALK (8255)

It's important to talk about suicide and feelings of depression or PTSD. If you're looking for more information or resources, trained health professionals are available 24/7 at the:

DCoE Outreach Center

866-966-1020

resources@dcoeoutreach.org

www.dcoe.health.mil

Announcements

► Indicates new announcement

Navy-Marine Corps Relief Society Scholarships

The Navy-Marine Corps Relief Society is accepting scholarship/interest-free loan applications for the 2013-2014 academic year. The deadline is Wednesday.

For more information, visit http://bit.ly/nmcrs.

5-Mile Mud Run

The Camp Lejeune Semper Fit program will host the MARSOC Mud, Sweat and Tears 5-mile mud run at the Stone Bay Rifle Range, Camp Lejeune Saturday at 8 a.m.

The run is open to the public.

No further registration will be accepted until race day. Race day registration is $35 from 6–7:30 a.m.

For more information, call 910-450-1342 or visit http://bit.ly/marsocmud.

Lookout Rotary Spring Road Race

The Sports Center in Morehead City will host the 24th annual Lookout Rotary Spring Road Race Saturday.

Registration is $30 for single entries and $60 for family entries.

Race day registration opens at 7 a.m.

The 1-mile run starts at 8 a.m. At 8:05 a.m. the 1-mile fitness walk and 1-mile tot push or pull will begin. The 10k run, 5k run and the 5k fitness walk will begin at 8:30 a.m.

For more information, call 247-3938 or 726-6625.

Parent/Child Superball Golf Tournament

The Sound of Freedom Golf Course will host the Parent/Child Superball Golf Tournament Sunday at 4 p.m.

This is a nine-hole superball format tournament.

Trophies will be awarded to first and second place in each age group. The age groups are 6–9, 10–13, and 14–18. 18-year-olds must still be in high school.

A $40 fee and registration at the golf course is required by Friday in order to participate.

For more information, call 466-5493.

► Pirate Fest

Onslow County Parks and Recreation will host Pirate Fest at Hammocks Beach State Park in Swansboro, N.C. May 4 from 10 a.m.–5 p.m.

There will be a full day of pirate events, including a pirate costume contest, a treasure hunt and pirate story telling.

This free event is open to everyone and is suitable for all ages.

For more information, call 910-347-5332.

► Havelock Pop Warner Football and Cheer

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

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

Cherry Point Junior Golf Team

Cherry Point Junior Golf Team registration is open through May 13.

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

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

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

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

Mammogram Screening Event

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

Patients may walk in or schedule an appointment.

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

► Barracks Cooking Class

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

Food and microwave recipes will be provided.

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

► School Physical Rodeos

Naval Health Clinic Cherry Point will host two school physical rodeos May 17 and June 13. Rodeos will take place 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.

Military Appreciation Day

Morehead City will host a Military Appreciation Day June 1.

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

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

For more information, visit http://bit.ly/MADevent. To register, visit http://bit.ly/MADenroll or go to the Single Marine Program to sign up. All active duty service members can sign up at the Single Marine Program. If bringing your family to the event, registration must be submitted online.

Marine and Family Programs

Marine, Family Programs Office Numbers

Building 298
- Library – 466-3552.
- Retired Activities – 466-5548.

Building 286
- Exceptional Family Member Program – 466-3305.
- Child Development Resource and Referral – 466-3595.

Building 87
- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.
- Military Family Life Consultant – 339-6084.
- Families Overcoming Under Stress Representative – 466-7137.

Building 4335
- Education – 466-3500.
- The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

Budget for Baby

The Navy-Marine Corps Relief Society offers Budget for Baby classes.

To register, call 466-2031.

Breastfeeding Class

The Navy-Marine Corps Relief Society offers free breastfeeding classes to expectant mothers.

The purpose of the class is to help prepare the mother to be ready and confident to breastfeed once the baby arrives.

To register, call 466-2031.

Veterans' Assistance

A representative from the Veterans Affairs Office visits Cherry Point each Thursday in building 4335. Call 466-4201 for assistance.

Marine Corps Family Team Building

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

Monthly and Weekly Events

Disabled Veterans

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

Al-Anon Family Group Meeting

Al-Anon family group meetings are held Mondays at 8 p.m. for family members and friends of individuals with possible alcohol problems.

Meetings are held at Havelock First Baptist Church.

For more information, call 447-8063.

Stress Management for Spouses

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

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

The workshop is geared specifically toward spouses of deployed service members and covers stressors faced during deployments, typical stress reactions of spouses and mechanisms for coping effectively.

Childcare is reimbursable.

For more information, call 466-4637.

Domestic Violence Support

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

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

Education Fairs

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

The next fair May 10.

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

Welcome Aboard Expo

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

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

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

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

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

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

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

For more information, call 466-4637.

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

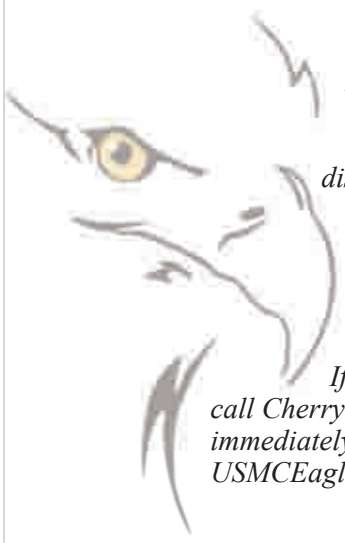
6 p.m. – Table Talk, Wings Restaurant at Miller's Landing

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.

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.

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