The Windsock

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KC-130s, F-35s hook up for refueling operations



Cpl. Scott L. Tomaszycki

An F-35B Lightning with Marine Fighter Attack Training Squadron 501 takes on fuel during a training exercise over the Gulf of Mexico May 30. Marine Aerial Refueler Transport Squadron 252 flew from Cherry Point to refuel the aircraft in support of VMAT-501's training requirements and to maintain their own proficiency in aerial refueling.

Cpl. Scott L. Tomaszycki
MCAS Cherry Point

Marine Aerial Refueler Transport Squadron 252 refueled two F-35B Lightnings of Marine Fighter Attack Training Squadron 501 over the Gulf of Mexico during a training exercise May 30.

Refueling is a major part of VMGR-252's mission. The squadron's pilots train repeatedly for aerial refueling missions, which they then perform when detachments from the squadron are sent out for training exercises and in support of contingency operations.

Capt. Jonathan Buckland, one of the pilots on the mission, deployed with a detachment Sunday in support of the 26th Marine Expeditionary Unit, which carries three different kinds of aircraft capable of being refueled by air.

"The training maintains our proficiency to make sure when we do these missions overseas, we can execute them without flaw," said Buckland. "We've done it dozens of times and the crew is very proficient at this, but maybe something different will happen that I've never seen before, and that will further prepare me. Each mission has

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MACG-28 tests new Corps mentorship program

Pfc. Victor A. Arriaga
MCAS Cherry Point

Marine Air Control Group 28 began testing the Marine Corps Leadership Development Program May 29.

The LDP is a new way of training Marines and is replacing the mentorship program.

"One of the flaws the mentorship program had was that not every Marine was receiving the same information," said Master Gunnery Sgt. John Willis, the senior enlisted advisor at the Lejeune Leadership Institute. "That's what we want to do with the Marine Corps Leadership Development Program. We want to even it out across the board for all Marines."

The LDP will train and better equip leaders to understand their subordinates motivations, goals and possible barriers to success. Leaders will become more aware of issues such as debt and depression that may develop into crises.

"It's going to encompass things that we already do as Marines," said Willis. "We hope that everyone can get better and improve because there is always room for improvement."

MACG-28 will be testing the program for three months in order to provide feedback to the Marine Corps before its expected implementation in November.

"Our Marines will examine what in this program's draft Marine Corps Order works and what does not," said Col. Jeff S. Kojac, the MACG-28 commanding officer.

"We will ask whether or not they have recommendations for how to make the initiative more useful. As a test-bed, we will see whether or not the program helps leaders to better comprehend and bring out the best in their Marines. As well, the group and squadrons will report whether this approach is an effective means to deliberately and repeatedly tie together the large number of stove-piped behavior programs that otherwise only episodically get attention."

A draft of the LDP order was presented to the commandant and showed integral parts of the program, including six functional areas which the program hopes to balance.

"We went up and briefed the commandant," said Col. Scott Erdelatz, the director at the Lejeune Leadership Institute. "We explained that coaching and developing people in this way is important and we have the responsibility to do both, and he agreed with us."

The six functional areas in the program are fighter, fitness, finances, family, fidelity and future.

"This initiative is intended to better inform how each of us coaches and counsels the Marines for whom we are responsible," said Kojac. "It is also aimed at better empowering how our Marines implement the Corps' myriad programs for keeping our honor clean. Ultimately, if we make it work, our Marines will have higher proficiency and conduct marks and enjoy even greater success at living up to the demanding ethos of being a Marine."

Benvenuti: Italians land at Cherry Point

Pfc. Victor A. Arriaga
MCAS Cherry Point

Members of the Italian Air Force arrived at Cherry Point May 31 to participate in Bold Quest, a joint operation exercise which began May 23.

Exercise Bold Quest 13-1 is a series of capability and assessment events which will test the interoperability of Mode 5 Identification Friend or Foe.

The Italians with Rome's 14th Wing and 8th Squadron arrived from Pratica Di Mare Air Base in Rome in a Boeing-767 Areonautica Militare in a nonstop flight that lasted more than 10 hours.

"This is our first time in Cherry Point," said Italian Air Force Maj. Federico

See **ITALIANS** page A7



Lance Cpl. Victor A. Arriaga

Members of the Italian Air Force's Rome's 14th Wing arrive at Cherry Point May 31 to participate in Bold Quest.

Midshipmen learn Marine aviation

Cpl. Scott L. Tomaszycki
MCAS Cherry Point

Midshipmen from the U.S. Naval Academy visited the air station May 29 as part of the Professional Training-Midshipmen, or Protramid, to educate the midshipmen on the positions available to officers in the Marine Corps.

During the summer between their sophomore and junior years, midshipmen attend Protramid and visit various Naval installations on the East Coast. They talk with Marines and Sailors filling billets in Marine aviation, Naval aviation, combat arms, tactical and nuclear submarines, and surface warfare ships. What they learn comes into play during their senior year when they list their preferences for their prospective job fields.

"It's important for us to introduce them to Marine Corps training because about a quarter of the graduating class will receive commissions into the United States Marine Corps," said Maj. Danny Rozek, the executive assistant for the academic dean at the Naval Academy. "They had a combination of static displays with different fixed-wing assets of the Marine Corps and then they also got into the simulators for the fixed wing aircraft."

On the flight line, the midshipmen examined a KC-130J Hercules, an EA-6B Prowler, and an RQ-7B Shadow and talked with the operators about their jobs and how the various aircraft are utilized in the fleet. Afterward, they flew the AV-8B Harrier in the virtual reality simulator.

"We have firsthand interactions with real people at their jobs and they show us around what they do instead of just learning about it at a desk," said Raymond Frederick, a midshipman at the academy. "I know the academy spends a lot of time, energy and money on it for us so we can have this experience. They give us this time to help us choose what we want to do."

After seeing the aviation side of the Marine Corps, the midshipmen went down to Camp Geiger on Marine Corps Base Camp Lejeune to see the infantry side.

Nearly 1,000 officers graduate from the academy every year, and approximately a quarter of them become Marine officers. The academy looks for prospective applicants to be well rounded physically and intellectually, and to have demonstrated leadership abilities. After four years of schooling, a degree and a commission, Navy and Marine Corps officers head to their service's respective training programs before heading to the fleet.

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Military Appreciation Day

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

News Briefs

FY14 MMOA command visit

The manpower management officer assignments branch has announced its schedule for annual visits to the Marine Corps' major commands from August 2013 through January 2014.

The branch will conduct a series of manpower in-calls, briefs, and interviews in order to update unit commanders on officer manpower issues and assist officers in making well-informed career decisions.

The visit will provide commands with information pertaining to officer assignments, distribution and retention. Along with educating commanders and their officers on the latest officer assignment policies, procedures, and affording officers an opportunity to discuss future assignments with their primary military occupational specialty monitor.

The branch will visit Cherry Point and Camp Lejeune Nov. 13 – 16.

Installation Excellence Runner-Ups

Marine Administrative Message 273/13 congratulates Cherry Point and Marine Corps Base Camp Pendleton as the two runner-ups for the commander in chief's annual award for installation excellence.

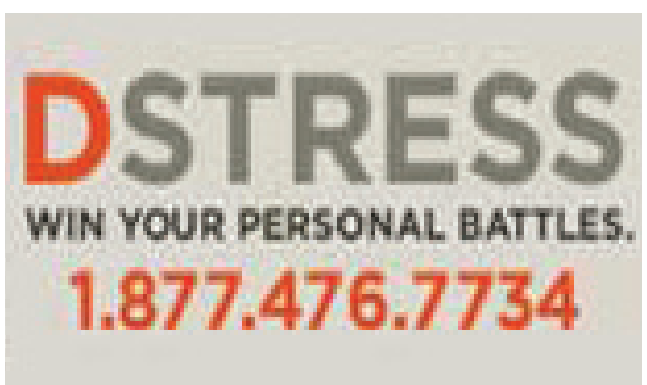
The Message awarded Marine Corps Air Ground Combat Center Twenty-Nine Palms, Calif., as the Marine Corps winner of the fiscal year 2012.

Special Purpose MAGTF

Approximately 500 Marines and Sailors arrived aboard Morón Air Base, Spain, May 5 to 13, to serve as Special-Purpose Marine Air-Ground Task Force Crisis Response, a new expeditionary unit positioned forward to respond to limited crises within the Mediterranean and African area of responsibility .

Marine Aerial Refueler Transport Squadron 252 has already deployed in support of the new MAGTF and other aviation assets from the 2nd Marine Aircraft Wing may be rotated in to help the response force meet its mission.

Maj. Zane Crawford, the SP-MAGTF Crisis Response operations officer, said the unit's mission is to provide a scalable force to respond to unexpected crises.



Chaplain's Corner :

One Man

Cmdr. Philip King
MCAS Cherry Point

Teamwork is the bedrock of all warriors' training; but very early in our military experiences each of us has learned the value of the single man (or woman). The community of our work centers, offices and sections, wardrooms and squadrons, become the families that we both look forward to and dread each morning that we wake to face a new day.

It's been my experience that certainly in good times, but most importantly in hardship, the presence of a single individual can make the difference between hope and despair. If you live long enough and struggle hard enough, you come to know the joker who finds humor in the ugliest moment; the kind spirit who has a word of inspiration in our moments of anguish; the hero who charges in when all others want only to flee; the professional who courageously stands up to the school yard bully and can motivate the most apathetic malingerer.

One man.

This past week were the anniversaries of the Battle of Midway, June 4 – 7, 1942, and D-Day, the allied invasion of Europe on June 6, 1944. June 1, 1862, marked the anniversary Gen. Robert E. Lee assumed command of the Army of Northern Virginia. He had been a U.S. Army colonel, and the ANV became known as "Lee's Army." (Talk about "one man!") The histories of the Battle of Midway and D-Day fill textbooks. Between all the strategic and tactical musings of warrior scholars, it's important as professional military men and women to consider the impact of the "one man."

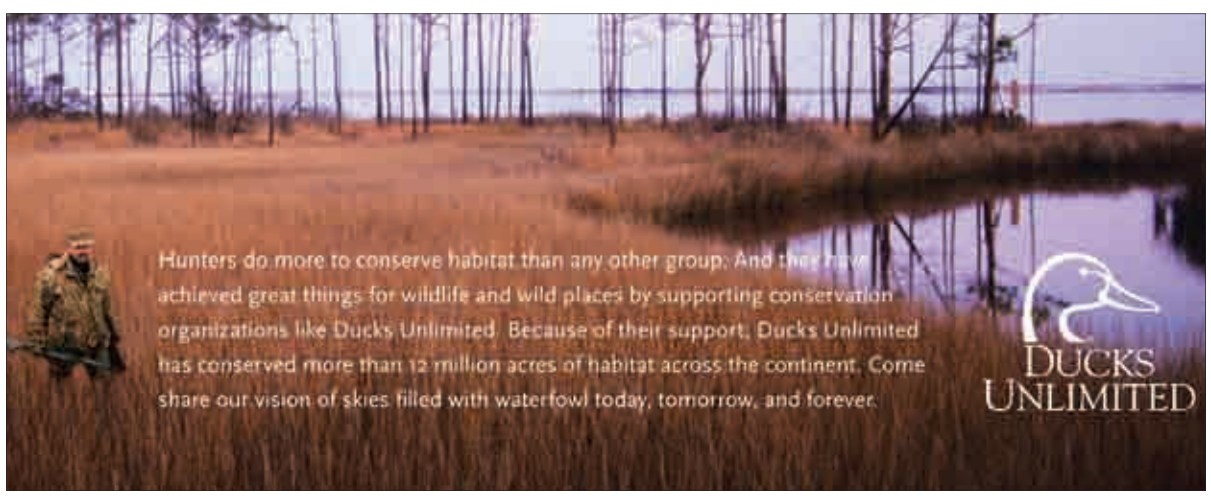
VT-8 was what we called a "torpedo squadron," and was assigned to the USS Hornet, CV-8, at the Battle of Midway. Early on June 4, 1942, the Hornet launched VT-8's 15 planes as a first strike against the Japanese Carrier Battle Group. Flying what were, at that point, considered out-of-date Douglas TPD Devastator Torpedo Bombers, with a cruise speed of 128 mph (111 knots) that made them a deathtrap against the Mitsubishi Zero's with a lethal maximum speed of 331 mph (287 knots).

Patriotism and discipline tell part of the tale of what inspired the courage of these pilots and gunners to fly their planes into certain death. But there are many human moments in the details that speak to the power of the "one man" to turn the tide of victory. The VT-8 squadron was inspired by Col. Doolittle's bombing raid on Tokyo two months before. Their commanding officer, Lt. Cmdr. John C. Waldron, trained them tirelessly in the tactics their lives depended on; and because they often could not fly, they spent days in the ready room on Hornet "dry-flying" the maneuvers until they could do them in their sleep.

We all know from history the unfortunate outcome when they reached the Japanese fleet; all the planes but one were shot down, and all the crews except one, and one other pilot, Ensign George Gay, were killed. An entire squadron was virtually wiped out in a few hours. It can seem pointless, until we remember what they did accomplish. The Battle of Midway was a great victory for the allies, and turned the tide of the war in the Pacific against Japan. VT-8 distracted the Japanese from the onset of battle, allowing critical time for U.S. dive bombers to get into position and keep the enemy fleet occupied. Following the battle, Gay's survival became a symbol of the sacrifice of those men and that squadron; an example of the commitment Americans were willing to make. Lt. j.g. Albert Earnest, and his two gunners, Harry Ferrier, and Jay Manning (Manning was killed at Midway) showed up late as part of a group of TBD Avengers that were being delivered to the squadron from the Midway, and may have been the reason that plane was the only one to survive. He went on to fight at Guadalcanal and survived the war. The career of Harry Ferrier is worth a Google search for any of you!

Within each of us is the capacity to be that one man or woman who makes a difference in the lives of the warriors and shipmates.

Is today your day?







Capt. Fernando Garcia

A large American alligator suns himself in the creek parallel to runway 32 May 16.

The Windsock
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May 30 - June 6, 2013

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Lance Cpl. John A. Berghuis

Job Title: Helicopter Mechanic
Unit: Marine Light Attack Helicopter Squadron 467
Age: 20
Hometown: Oviedo, Fla.
Date Joined: June 27, 2011

Every time he hops in the cockpit of an aircraft to perform safe for flight inspections, Lance Cpl. John A. Berghuis, a helicopter mechanic with Marine Light Attack Helicopter Squadron 467 ,said he inspects every nook and cranny, touching everything before clearing the aircraft for flight.

"There is a sense of pride and accomplishment that comes with this job," he said. "How many 20-year-olds can say they inspect helicopters before flight?"

As of now, Berghuis is qualified to troubleshoot and perform maintenance on the squadron's AH-1W Super Cobras and UH-1N Hueys.

The mechanic said he looks forward to completing his qualifications to work on the UH-1Ys the squadron recently added to their aircraft inventory. Although there is a vast amount of knowledge Berghuis has to know about the new platform, he said he has a good foundation because he knows everything about the other platforms.

"There is a lot of responsibility that comes with this job," he said. "I just hope to keep progressing while learning more and more every day."



Lance Cpl. Andrea Cleopatra Dikcerson

Highlight Your Marine or Sailor Superstar

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Remember to recycle

Spartan spouses tackle Jayne Wayne Day



Photos By Lance Cpl. Andrea Cleopatra Dickerson

Amanda Gray, wife of Staff Sgt. Chance L. Gray, wire chief of Marine Wing Communications Squadron 28, prepares to engage virtual targets in a machine gun simulator during Jane Wayne Day May 30.

Lance Cpl. Andrea Cleopatra Dickerson
MCAS Cherry Point

Donned in their husband's apparel, wives of Marines with Marine Wing Communication Squadron 28 appeared anxious as they paced back and forth, shaking off their last-minute jitters before participating in Jayne Wayne Day May 30.

Approximately 30 Spartans rounded up their families and came out to cheer on their wives during the day's festivities including a modified combat fitness test, the obstacle course, Marine Corps martial arts training and machine gun simulator training.

The wives participated in a variety of events to gain a shared understanding of what their Marine goes through, said Lt. Col. Matthew E. Limbert, the MWCS-28 commanding officer.

As they stepped into their husbands' boots, most of them had no idea what challenges they would face throughout the day.

"I didn't expect the events to be as tough as they were," said Jayne Wayne Day veteran Amanda Gray, who has participated in three with her husband, Staff Sgt. Chance L. Gray, the MWCS-28 wire chief.

During the first event of the day, the CFT, Spartan spouses got down and dirty while Marines assisted them. During the ammo can portion, the wives performed ammo can lifts while their husbands and family members cheered them on.

As the day progressed, so did the difficulty of the events. During the maneuver-under-fire portion of the CFT, many of the Marines low crawled beside their wives, shouting words of encouragement as some of them displayed exasperated looks on their faces.

"It was hard," said Kristin Rosenberg, wife of Cpl. Jared S. Rosenberg, a tropospheric scatter radio multichannel equipment operator with the squadron. "Although it was difficult, I really got to see what my husband goes through."

After completing the fitness test, the spouses took a break from the day's rigorous activities to partake in lunch at the mess hall.

After chow, the wives headed to the obstacle course and watched as Marines demonstrated each obstacle. Before trying their luck on certain portions of the course, they were taught vital tips and tricks like how to "chicken-wing" the double bars and how to "J hook" the rope around their feet while climbing it.

When it was his wife's turn to run the course, Lance Cpl. Chandler Moralis, a technical controller, was right beside her every step of the way. She said she enjoyed herself so much, she had to do the obstacles more than once.

Overall, the wives were mentally and physically challenged during the day's events, said Grey.

"It was exhausting for me, but I really enjoyed it," she said.

Her husband said he enjoyed being out there cheering for her, as she displayed the core values Marines work hard to uphold every day.



Lance Cpl. John Armistead, a refrigeration and air conditioning technician with Marine Wing Communications Squadron 28, low crawls beside his wife, Samantha, during the combat fitness test portion of Jane Wayne Day May 30.

(Right) Erica Moralis, wife of Lance Cpl. Chandler Moralis, a technical controller with MWCS-28, climbs over a wall on the obstacle course during Jane Wayne Day May 30.

(Below) Wives of MWCS-28 Marines perform ammo can lifts during Jane Wayne Day.





Rosemary Hong, wife of Sgt. Scott K. Yonemura, a satellite operator with MWCS-28, performs ammo can lifts while her family cheers her on.







PHOTOS BY LANCE CPL. CHRISTOPHER JOHNS

Sgt. David McIntyre, a jump master with the 1st Marine Special Operations Battalion, watches as his Marines drop to the landing zone during parachute training at Marine Corps Base Camp Pendleton, Calif., May 22. Units use this training exercise to perfect skills that allow the Marine Corps to add this type of stealth insertion to its repertoire.

A Marine with the 1st Marine Special Operations Battalion jumps from the back of an MV-22B Osprey with Marine Medium Tiltrotor Squadron 161 during parachute training at Marine Corps Base Camp Pendleton, Calif., May 22.

Into the drop zone: 'Greyhawks' assist with parachute training

LANCE CPL. CHRISTOPHER JOHNS
MARINE CORPS AIR STATION MIRAMAR / 3RD MARINE AIRCRAFT WING

MARINE CORPS BASE CAMP PENDLETON, Calif. – Pilots and crews with Marine Medium Tiltrotor Squadron 161 provided aviation support for parachute training at Marine Corps Base Camp Pendleton, Calif., May 23.

The squadron landed aboard the base to pick up groups of parachute jumpers with 1st Marine Special Operations Battalion and flew them to a drop zone over mountains on Camp Pendleton.

"(This kind of training) is really important," said Capt. Daniel Fink, a parachute jumper with the special operations battalion. "It's a type of tactical insertion. You never know when you would need to be trained to use it."

According to Fink, this is a valuable tool the Marine Corps can use to stealthily insert its Marines.

"This was just a low-level, standard line jump; we were about 1,500 feet in the air," said Fink.

This was Fink's first jump since jump school.

Some may see the jump as frightening and nerve-racking, but not Fink and his peers. They trained for three weeks to be able to perform this operation.

"I'm actually a lot less nervous now than I was at school," said Fink. "I'm really excited though, right when you exit the aircraft there's a peaceful feeling before the chute deploys."

Capt. Jason Snook, a VMM-161 Osprey pilot, said the squadron volunteers for as many parachute training missions they can to give newer pilots hands on experience.

"This kind of training isn't required, but if we come across this kind of mission we need to be able to support it," said Snook.

Pilots and crew members do all they can to make the transition from aircraft to freefall as smooth as possible.

"Using programs in our computers we can get a little bull's eye over the drop zone," said Snook. "It allows us to adjust ourselves based on the wind and other variables."

Once all of these conditions are properly reached and maintained, the Marines in the aircraft jump to the target area.



Jump wings are pinned on a Marine jump master's chest and represent his completion of the parachutist jump school. Jump masters provide the safety checks for their Marines and supervise every jump.



Lance Cpl. Glen E. Santy

An AV-8B Harrier passes over the Direct Air Support Center drill aboard Cherry Point June 5.

MASS-1, MACG-28 train with CAC2-S in simulated assault environment

Lance Cpl. Glen E. Santy
MCAS Cherry Point

Marines with Marine Air Support Squadron 1 watched as AV-8B Harriers passed directly overhead Wednesday, as they built a simulated Direct Air Support Center not far from the end of one of Cherry Point's runways.

MASS-1 and Marine Air Control Group 28 began a DASC drill to get hands-on training with the common aviation command and control system 2, commonly dubbed the CAC2-S, and train personnel with applicable scenarios.

The CAC2-S is an upgrade from a previous system and helps the communication and support Marines paint a better picture of the battlefield.

"The CAC2-S is a suite of applications and system enhancements that improve the DASC capabilities," said Staff Sgt. Scott Webb, a DASC crew chief with MASS-1. "We have a joint range extension and we are able to see the Link-16 capabilities."

Link-16 is a digital network that connects multiple aircraft to each other and the communication personnel, giving all elements better situational awareness.

1st Lt. Pedro Rodriguez, the drill officer in charge, said the exercise is a doctrinal linear scenario where the ground combat element conducts an amphibious assault to shore. MASS-1 fills in by supporting the ground combat element with communications for close-air and assault support.

"The scenario chosen brings us back to our roots of being more amphibious and out of the Afghanistan mindset," said Rodriguez.

MASS-1 personnel conduct DASC or a Marine Air Command and Control Systems Training Exercises, commonly dubbed MISTEX, every two to three months.

Rodriguez said, with the squadron having a high rate of personnel entering and exiting the squadron, it was important to keep all personnel current and prepared for missions ahead.

"Chuck Norris is scared of only one thing," said Webb. "And that is the MACCS, the Marine Air Command Control System, in action."



Marine Air Support Squadron 1 Marines constructed a Direct Air Support Center drill aboard Cherry Point June 5.

26th MEU Flight Deck Operations



Sgt. Chris Stone

An AV-8B Harrier assigned to Marine Medium Tiltrotor Squadon 266, (Reinforced), descends onto the flight deck of the USS Kearsarge as an MV-22B Osprey prepares to takeoff at sea May 27. The 26th Marine Expeditionary Unit is a Marine Air-Ground Task Force forward-deployed to the U.S. 5th Fleet area of responsibility aboard the Kearsarge Amphibious Ready Group serving as a sea-based, expeditionary crisis response force capable of conducting amphibious operations across the full range of military operations.

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something to learn."

The 26th MEU carries AV-8B Harriers, MV-22B Ospreys, and CH-53E Super Stallions, all of which can refuel by VMGR-252's KC-130Js. Each different model of aircraft, however, has special considerations when linking up for a refueling mission.

Lance Cpl. Andrew A. Sandoval, a crew master with the squadron, watches refueling missions outside a window in the back of the aircraft to make sure nothing goes wrong. When refueling jets like Harriers or Lightnings, he watches to make sure the jets are in a stable flight. While refueling jets, the tanker is moving as fast as it can, but the jets are moving nearly as slow as they can, which can make them harder to control.

Conversely, helicopters like the Super Stallion are flying as fast as they can while the tanker is moving as slow as it can. The crew master watches the refueling hose, drogue, probe and aircraft so he can relay directions to the pilots to prevent any accidents.

Ospreys and the tankers move at about the same speed. However, their large rotors present a possible collision hazard that the crew master monitors.

According to Sandoval, watching aerial refueling is about 40 percent of his job, which he does to maintain the safety of the aircraft, pilots, crew and passengers.

"You could theoretically do it all with nobody there, but it's not worth the risk," Sandoval said.

Buckland said the operational payoff is that the tanker aircraft can greatly improve the range of a MEU's aviation component. Because the KC-130J is too large to operate from the flight deck of Navy ships, the detachment operates from friendly countries as close to the ships as possible. When aircraft need refueling, the detachment can intercept them en route for fuel, allowing those aircraft to reach destinations that would normally be outside of their range.



Cpl. Scott L. Tomaszycki

A crew master with Marine Aerial Refueler Transport Squadron 2 watches for trouble during a refueling exercise over the Gulf of Mexico May 6. While refueling can theoretically be done with no crew assistance, having someone on hand to give directions reduces the risk of accidents.

ITALIANS from page A1

Gentilucci, the chief operations officer of Rome's 14th Wing. "We all learned how to fly in the states so being here is going to be great for us."

The exercise provides 2nd Marine Aircraft Wing and air station personnel an opportunity to train with their NATO allies and sister services.

"In Cherry Point, we are able to provide a service to any aircraft no matter what the size or nation is," said Steven Lewis, an airfield management specialist with air operations on Cherry Point.

Over 40 passengers and crew with cargo for Bold Quest began their visit by going through a customs phase, which is required by any aircraft coming from overseas to their first point of entry, in order to clear them for their stay.

The air station will provide station facilities and resources as well as the use of Marine Corps Auxiliary Landing Field Bogue and Outlying Landing Field Atlantic. Both landing fields will provide expeditionary environments for participants.

After being cleared through customs, the Italians were given a place to stay and meet other members of Bold Quest.

"It's always a pleasure to be in the United States," said Gentilucci. "We are really looking forward to participating in this."

Bold Quest is scheduled to conclude June 29.



Lance Cpl. Victor A. Arriaga

Members of the Italian Air Force gather outside of the Boeing-767 shortly after arriving at Cherry Point May 31. More than 40 passengers and crew of Rome's 14th Wing will participate in Bold Quest which began May 23.



The Boeing-767 Aeronautica Militare sits on the runway shortly after arriving at Cherry Point May 31.

VMA-513 ends storied history with deployment to Iwakuni



Courtesy Photo

AV-8B Harriers with Marine Attack Squadron 513 fly over Wake Island in transit to Japan.

Cpl. Kyle N. Runnels
Courtesy Story

IWAKUNI, Japan - Marine Attack Squadron 513, also known as the Nightmares, arrived in Iwakuni early February to support the 31st Marine Expeditionary Unit.

VMA-513 joined Marine Aircraft Group 12 March 20, 2013, upon completion of the support. The Nightmares are participated in Foal Eagle in Korea for the remainder of April before heading back to Marine Corps Air Station Yuma, Ariz.

The unit did its best to make the most of its time in Japan while helping the local community.

"We went to the Kintai Bridge cleanup," said Sgt. Maj. Raquel R. Painter, VMA-513 sergeant major. "A lot of our Marines have also taken advantage of the opportunity to go up to Hiroshima and view the sites."

The squadron also took a professional military education trip to Iwo Jima before it left.

Making the most out of their time in Japan, the deployment will also be remembered as their last.

"VMA-513 is deactivating, so the squadron is actually being shut down," said Maj. Andrew P. Diviney, VMA-513 executive officer. "All the Marines in the unit will either be transferred out to other Harrier units or F-35 units. VMA-513 will cease to exist on July 13, 2013."

Morale hasn't been an issue while in Japan, despite the unit's decommission rapidly approaching.

"When we first got the news it was right before we started gearing up for the (Unit Deployment Program) and a lot of Marines were disappointed," said Painter. "We are one big family here, but the good thing is that most of them are going to other units together."

The unit also maintained its performance and mission capabilities despite the troubling times.

"As we have downsized our unit ... I've been incredibly impressed with how the Marines have moved and kept the aircraft going," said Diviney. "The level of readiness that we've been able to achieve during this deployment has really impressed me."

Painter said the unit has some high-caliber Marines and she has not seen such hard-working Marines anywhere else in her career.

The end may be drawing near for VMA-513, but the memories of its illustrious deeds will always remain.

"I'm very proud to be a part of this unit as it deactivates," said Diviney. "Our patch dates back to 1944... so 69 years of service and to be the last executive officer, I'm proud of that."

Life&Times

Facebook.com/MCASCherryPoint

June 6, 2013

Service members, families, friends celebrate

Military Appreciation Day

Lance Cpl. Cayce Nevers
MCAS Cherry Point

More than 500 service members from duty stations all throughout North Carolina lined up early Saturday morning to board 120 boats and spend the day fishing at the Morehead City Waterfront for the Military Appreciation Day. The day's events were sponsored by Military Appreciation Day Inc., with the help of local and regional businesses.

"This event was held to take active-duty troops out fishing on the open ocean and tell them thank you for their service to our country," said Scott Kriger, MAD volunteer boat coordinator. "Everyone seemed to come back in to the dock with smiling faces from both the captains and the troops with a lot of pictures and a lot of fish."

Many service members arrived as early as 4 a.m. ready to fish.

"I enjoyed my time out today," said Corey Siebert, an active-duty service member from Cherry Point. "I usually go out fishing every weekend in my own boat and now I have learned some new techniques that I can apply when I go out."

While the service members were out on the water, volunteers set up activities back on shore for the family members and friends of the men and women out fishing.

"It is important to stop and share something that the fishermen love with the troops who protect our freedom," said Kriger. "(Military Appreciation Day) gives them a day off too, along with entertaining their families back on shore," said Kriger.

Bounce houses, face painting, boat tours, pier fishing and many other activities were planned for those who came to enjoy the festivities and wait for their loved ones to return.

"I think this was a good cause and I am glad that organizations out there are willing to help families and offer them some kind of reprieve from the everyday stresses of military life," said Natasha Pearson, a spouse of an active-duty service member stationed at Marine Corps Air Station New River. "It is very much appreciated. It helps us to step away from our lives and spend time together and helps us to appreciate each other."

An afternoon barbecue was provided for the families and friends enjoying the on-shore festivities while the service members fished. As the service members slowly started to trickle back to the docks with their day's catch, they met loved ones at the evening barbecue.

"I think today was well worth it," said Siebert. "My family came out to show their support for me. My mom, dad and my brothers came out to spend time with me. They know how much I love to fish, so they knew how much this meant to me."

MAD is held twice a year, once in Morehead City and once in Southport, N.C.

The next MAD will be held on Sept. 21.



Photos By Lance Cpl. Cayce Nevers

A Military Appreciation Day banner thanks the men and women who have served at the event Saturday. Military Appreciation Day is held twice a year, once in Morehead City and once in Southport, N.C.



Family members and friends line up for barbecued hamburgers and hot dogs Saturday. Bounce houses, face painting, boat tours, pier fishing and many other activities were planned for those who came to enjoy the festivities and wait for their loved ones to return.



(Left) Active-duty service members line up to have their fish cleaned after a long day of fishing on the ocean during Military Appreciation Day Saturday in Morehead City. More than 500 service members from duty stations throughout North Carolina attended the event to fish in the ocean's open waters.



A mother helps her child fish off the pier in Morehead City Saturday.



Fish wait to be cleaned during Military Appreciation Day in Morehead City. While service members were out on the water, volunteers set up activities on shore for family members and friends.

CHERRY POINT MESS HALL

HOURS OF OPERATION

Monday-Friday

Breakfast 6-8 a.m., Lunch 10:30 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 June 6

Lunch - Chicken rice soup, pork green chili and corn stew, Indian-spiced roast chicken, long grain and wild rice, broccoli, Harvard beets, breadsticks ***Dinner*** - Bean and bacon soup, lemon chicken, salisbury steak, Spanish rice, potatoes, gravy, sautéed mushrooms and onions, southern-style greens

Friday June 7

Lunch - New England fish chowder, baked fish with spinach topping, chicken and cheese enchiladas, Yucatan style rice, vegetable medley, green beans ***Dinner*** - Louisiana seafood gumbo, stuffed green peppers, grilled bratwurst, rice, lyonnaise potatoes, gravy, sautéed zucchini, German sauerkraut

Saturday June 8

Lunch - Lentil vegetable soup, mesquite-roasted pork loin, chicken Provencal, red beans with rice, Italian roasted potatoes, mixed vegetables, broccoli polonaise ***Dinner*** - Chicken vegetable soup, grilled steak, Asian barbecue turkey, baked macaroni and cheese, baked potatoes

Sunday June 9

Lunch - Minnesota wild rice soup, honey barbecue chicken, vegetable lasagna, Franconia potatoes, Italian vegetable blend, simmered pinto beans ***Dinner*** - Cabbage and white bean soup, beef and corn pie, French fried fish, French fried shrimp, tater tots, turnips and bacon, peas with mushrooms, tartar sauce, cocktail sauce

Monday June 10

Lunch - Open-faced steak sandwich, Cajun lightning chicken, rice pilaf, green beans Nicosia, sautéed summer squash with tomato, loaded baked potato chowder ***Dinner*** - Vegetarian split pea soup, spaghetti with meat sauce, barbecued spareribs, scalloped potatoes, broccoli

Tuesday June 11

Lunch - Louisiana chicken and sausage gumbo, southern-fried catfish fillets, turkey with vegetable primavera, roasted zucchini, potatoes au gratin, calico cabbage, hush puppies ***Dinner*** - Tomato noodle soup, Yankee pot roast, Casablanca vegetable stew, potatoes, rice, gravy, corn on the cob, sweet sour greens

Wednesday June 12

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

College graduates recognized in ceremony



PHOTO BY LANCE CPL. CAYCE NEVERS

More than 100 graduates from various colleges attended the 38th Annual Graduation Recognition Ceremony at the air station theater May 30. Students from Craven Community College, Southern Illinois University, Park University, Boston University, American Military University, Ashford University, Colorado Technical University, Columbia Southern University, East Carolina University, Embry-Riddle University, Grantham University, Liberty University, Marshall University, Mount Olive College and University of Maryland University College were recognized for their achievements.

Summer arrives, stay alive

CONTRIBUTED ARTICLE

CENTER FOR DISEASE CONTROL AND PREVENTION

Enjoying time with family and friends, outdoor grilling, and fireworks are all part of the Fourth of July holiday weekend. However, sometimes the party is over before it starts.

Binge drinking, defined as five or more drinks on a single occasion for men or four or more drinks on a single occasion for women, generally within about two hours, is a dangerous pattern of alcohol consumption. More than 15 percent of U.S. adults report binge drinking. It is most common in men ages 18-34, and people with household incomes more than $75,000. Most people who binge drink are not alcohol-dependent or alcoholics.

During the Fourth of July weekend and other holidays, people tend to consume higher quantities of alcohol, endangering themselves and others around them. Binge drinking is associated with many health problems, including:

- Motor vehicle crashes
- Drowning
- Violence
- Unintended pregnancy
- High blood pressure, stroke, and other cardiovascular diseases
- Sexual dysfunction
- Poor control of diabetes

In addition to the problems mentioned above, youth who binge drink may experience:

- Sexual assaults
- School, social, and legal problems
- Memory problems
- Changes in brain development
- Increased risk of alcohol problems

Don't spend the weekend in the emergency room as a result of binge drinking. Celebrate the holiday by keeping your family healthy and safe.

Alcohol by the numbers

92 Approximate percentage of U.S. adults who drink excessively reported binge drinking in the past 30 days.

70 Percentage of binge drinking episodes involving adults over age 26.

14 Number of times more likely binge drinkers are to report alcohol-impaired driving than non-binge drinkers.

4 Number of times one in six adults binges every month, consuming about eight drinks per episode.

3 Number of times more likely drinkers who mix alcohol with energy drinks are to binge drink than those who don't.

0.6 Ounces of alcohol a standard drink contains. This amount is generally found in 12 ounces of regular beer or wine coolers, 8 ounces of malt liquor, 5 ounces of wine or 1.5 ounces of 80-proof liquor.



ADULTS ONLY $4 • KIDS (4-12) ONLY $3

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

NOW SHOWING

Thursday, June 6
6:00pm - The Big Wedding R

Friday, June 7
5:00pm - Tyler Perry's Peeples PG13
7:10pm - The Great Gatsby PG13

Saturday, June 1
1:00pm - Iron Man 3 PG13

6PM – FREE SHOWING – "MAN OF STEEL"

Sunday, June 9
2:00pm - Tyler Perry's Peeples PG13

movie synopsis

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

Tyler Perry's Peeples - Sparks fly when Wade Walker crashes the Peeples annual reunion in the Hamptons to ask for their precious daughter Grace's hand in marriage.

The Great Gatsby - A Midwestern war veteran finds himself drawn to the past and lifestyle of his millionaire neighbor.

Man of Steel - A young journalist is forced to confront his secret extraterrestrial heritage when Earth is invaded by members of his race.

Iron Man 3 - When Tony Stark's world is torn apart by a formidable terrorist called the Mandarin, he starts an odyssey of rebuilding and retribution.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Announcements

► Indicates new announcement

► Carolina Beach Boardwalk Blast

Pleasure Island Chamber of Commerce will host the Carolina Beach Boardwalk Blast today in Carolina Beach, at the boardwalk at 6:30 p.m.

This is a free event open to the public.

There will be gazebo entertainment and fireworks.

Gazebo entertainment will begin at 6:30 p.m. and fireworks will begin at 9 p.m.

For more information, visit http://bit.ly/cbbbf or call 458-8434.

► 2013 Downtown Sundown Concert Series

Wilmington Downtown, Inc. will host a free Downtown Sundown Concert Friday at the Riverfront Park in Wilmington, begining at 6 p.m.

The Funky Monks will be performing Red Hot Chili Peppers songs.

Food, beer and wine will be available for purchase during the performance.

For more information, visit http://bit.ly/DSCS13.

► Fishing Derby

Onslow County Parks and Recreation Department will host a free fishing derby for children ages 5–16 at the Jacksonville Training Academy Range in Jacksonville from 9 a.m.–noon.

This event will feature a fishing contest, prizes and food.

Children 12 years of age and younger must be accompanied by an adult.

For more information call, (910) 347-5332.

Sergeants Major Golf Tournament

The Cherry Point Sound of Freedom Golf Course will host the Cherry Point Sergeants Major Golf Tournament Friday at noon.

This tournament will be in four-player superball format.

Registration for annual golf members and E-5 and below is $35. Registration for E-6 and E-7 is $45 and registration for E-8, E-9, officers and all others is $50.

There will be a free putting contest at noon.

Showtime for players is noon. Tee-off time is 1 p.m.

For more information, call 466-3044.

Youth Sports Summer Camps

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

Registration for all children costs $20.

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

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.

► Brad Paisley's Beat This Summer Tour

Cracker Barrel will host Brad Paisley's Beat This Summer Tour at the Time Warner Cable Music Pavilion at Walnut Creek in Raleigh Saturday at 7 p.m.

Chris Young and Lee Brice will also be featured.

Prices range between $30–$80.

For more information, call 1-866-567-4567.

To purchase a ticket, visit http://bit.ly/PaisleyTour.

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.

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.

Blood Glucose Screening

Semper Fit will host a free blood glucose screening July 11 outside the commissary from 10 a.m.–1 p.m.

For more information, call 466-6474.

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 349-0006.

Al-Anon Family Group Meeting

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

Meetings are held at Havelock First Baptist Church.

For more information, call 447-8063.

Stress Management for Spouses

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

The next workshop is Wednesday from 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.–noon.

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.

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

This month in Marine Corps History

June 8, 1995 A Marine tactical recovery team from the 24th Marine Expeditionary Unit stationed onboard the USS Kearsarge rescued a downed U.S. pilot, Air Force Capt. Scott O'Grady, from Bosnian-Serb territory in Bosnia.

June 12, 1961 President John F. Kennedy signed a proclamation calling for the American Flag to be flown at the Marine Corps War Memorial in Arlington, Va., day and night.

June 26, 1918 Brig. Gen. James G. Harbord, commanding general of the 4th Marine Brigade, notified American Expeditionary Force headquarters that Belleau Wood was entirely under Marine Corps control after 20 days of combat and more than 4,000 casualties.

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

NEXT UP...

SPRINT CUP
Race: Party in the Poconos 400
Where: Pocono Raceway
When: Sunday, 1:00 p.m. (ET)
TV: TNT
2012 Winner: Joey Logano (right)



NATIONWIDE SERIES
Race: DuPont Pioneer 250
Where: Iowa Speedway
When: Saturday, 8:00 p.m. (ET)
TV: ESPN
2012 Winner: Ricky Stenhouse Jr.

CAMPING WORLD TRUCKS
Race: WinStar World Casino 400
Where: Texas Motor Speedway
When: Friday, 9:00 p.m. (ET)
TV: SPEED
2012 Winner: Johnny Sauter

NASCAR INSIDER

by RICK MINTER / Universal Uclick

Tony Stewart breaks losing skid with Dover win

The FedEx 400 at Dover International Speedway on Sunday may wind up being the race that launched comebacks for some of the sport's most talented drivers.

After a dismal start to 2013, Tony Stewart came away with the win on Sunday, breaking a losing skid that stretched back to last July at Daytona.

Stewart's win came a week after he finished seventh at Charlotte, his best effort of the season up to that point. And the three-time Cup champion typically is at his best when summertime rolls around and the tracks get hot and slick.

Juan Pablo Montoya, who lost the lead at Dover to Stewart with just three laps remaining, also appears poised to put his struggles of the past season and a half behind him. In the past five races, he's finished fourth at Richmond, eighth at Darlington and second at Dover after posting an average finish of 21.7 for all of last year. In his favor as well is the schedule, which includes two races on road courses, his strong suit, between now and Aug. 11.

Jeff Gordon also came on strong at the end at Dover to post his second third-place finish in the past three Cup races.

All three are currently outside the top 10 in the points standings, but they're not out of the running for berths in the Chase, especially with the wild-card provision that allows those inside the top 20 with race victories a chance to compete for the championship.

Gordon is 11th in the standings, while Stewart is 16th and Montoya is 22nd.

As late as the Dover race's final caution at Lap 378 for a wreck by Denny Hamlin, none of the three appeared to have a winning hand. Points leader Jimmie Johnson, going for a record eighth Dover victory, had the car to beat. But he jumped race leader Montoya on the restart, and his trip down pit road to serve the penalty left him with a 17th-place finish. Johnson disputed the penalty, saying Montoya didn't take off, but NASCAR officials said the call was simple, since Johnson should have given Montoya the lead back.



Alan Marler for Chevrolet

Tony Stewart celebrates his win in the FedEx 400 Benefiting Autism Speaks.

With Johnson out of the picture, Montoya held the top spot until Stewart made his move in the high groove with three laps to go and scored his 48th career Cup victory.

Stewart said in his winner's press conference that one win doesn't mean his Stewart-Haas Racing team has corrected all the problems that have plagued the three-car team this season, but it is a sign of better things to come.

"I think last week [at Charlotte] was a step in the right direction, and a bigger step than I possibly could have imagined," Stewart said. "This week [at Dover] is a step in the right direction."

But he cautioned that the process of getting his car, as well as those of his teammates Ryan Newman and Danica Patrick, back up front isn't something that can be done in a hurry.

"This is not an organization that's turned around in two weeks," he said. "We still have a lot of work to do to get it turned around. But the last two weeks, we've made progress. I think as an organization, we have a lot to be proud of right now."

Montoya also seemed buoyed by his strong run.

"I think that win is coming," he said. "It's just good to be running this good every week. We got two top-fives in about a month, near misses, wins ... I think they are coming. I've said this before: You have got to start running in top-fives, top-10s to be able to get wins, to give yourself a shot."

Gordon also sounded like he has momentum on his side after a slow start to 2013.

"It's certainly a great feeling," he said. "We have been running good. We just have had some things happen to us, kind of like last year, some self-inflicted and some things out of our hands.

"We have just got to fight. That's what got us in the Chase last year, and that's what is going to get us in there this year."

Defending Sprint Cup champion Brad Keselowski and his Penske Racing teammate Joey Logano both had their crew chiefs and other key team members back on the job at Dover after serving two-week suspensions for rules violations at Texas Motor Speedway. Keselowski finished fifth and Logano seventh, apparent signs that their seasons are back on track, but several media reports indicate that Keselowski's No. 2 Ford failed post-race inspection because the front end was too low.

SPRINT CUP STANDINGS

1. Jimmie Johnson, 473
2. Carl Edwards, 443
3. Clint Bowyer, 423
4. Matt Kenseth, 399
5. Kevin Harvick, 399
6. Dale Earnhardt Jr., 398
7. Kasey Kahne, 392
8. Brad Keselowski, 375
9. Kyle Busch, 374
10. Paul Menard, 371

NASCAR is 'the place for business' for increasing number of Fortune 500 companies

In recent seasons, there have been empty seats at nearly every track, but the interest in the sport among major companies hasn't waned.

A recent report by Fortune magazine indicated that 117 of the Fortune 500 companies use NASCAR as part of their marketing mix.

It's the second straight year that the involvement in NASCAR by Fortune 500 companies has increased.



NASCAR photo

NASCAR CMO Steve Phelps

"That's an extraordinary number, far more than any other sport, and they do it because it works," said NASCAR's Chief Marketing Officer Steve Phelps. "They do it because NASCAR is the place for business, not because the CEO likes NASCAR, but because it moves their business."

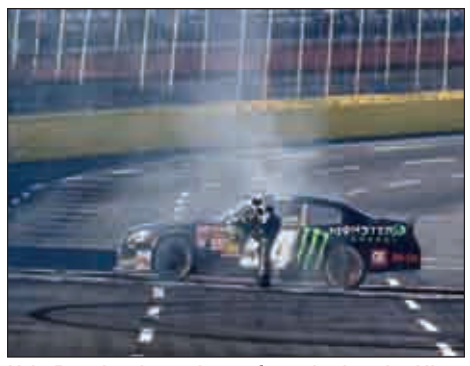
Phelps said NASCAR works as a marketing tool because of the sport's fan base, which he describes as the most loyal in all of the sporting world. And that, he said, is something other sports can't offer. He speaks from experience, having worked for the NFL from 1990 to 2004.

"The biggest difference in us versus stick-and-ball sports is our fans understand the need for sponsorship, and they will actually go out and purchase those products and services that are on those cars or affiliated with NASCAR, the sanctioning body, because they know those companies are truly what makes this sport go," he said. "I think there's some confusion around what sponsorship does in other sports. Does it get me a short stop or a long snapper?"

In NASCAR, there's no doubt, he said.

"I do know that in NASCAR that if Lowe's sponsors my favorite driver Jimmie Johnson, I'm going to go to Lowe's and support Lowe's because I know Lowe's is putting Jimmie Johnson in that race car and on that race track," he said. "That's a very, very important point of differentiation relative to other sports."

NOTEBOOK



Jerry Markland/Getty Images for NASCAR

Kyle Busch takes a bow after winning the History 300 at Charlotte Motor Speedway on May 25.

Kyle Busch nearly unstoppable in Nationwide Series so far this season

Other than at Daytona International Speedway, where he blew an engine in the season opener, Kyle Busch has been nearly unstoppable in the Nationwide Series. In the nine races he's run since Daytona, he's won six times, finished second once, third once, and fifth at Dover International Speedway this past Saturday.

And to hear Busch tell it, he beat himself at Dover with a call to change four tires on his final pit stop. Joey Logano's crew chief, Jeremy Bullins, made a last-second call to change just two, and that sent Logano off pit road with the lead and left Busch in 10th place for the restart with 37 of 200 laps remaining. Logano motored away to his third-straight Dover win, while Busch, mired in traffic, could only get to fifth at the finish.

"It was a great race car," he said of his No. 54 Toyota fielded by Joe Gibbs Racing. "Just real unfortunate that I messed up pit strategy there."

Busch said it was his decision to take four tires at the end.

"Hated that we didn't win, but I got to put that on my shoulders and live with it," he said.

Bullins said he waited until he knew there would be other drivers taking only two tires, which would put some drivers between Logano and Busch, before making the call to change just two tires. That meant Logano's pit stop was already underway before he made his decision.

"They were dropping the jack on the right side, so we had to let the jack man run around," he said. "Luckily for us, there was still enough room for us to let the jack man come around the front of the car, leave pit road and still come out with the lead.

It was Logano's 19th career Nationwide victory, but his first of the season and first anywhere while driving for his new car owner, Roger Penske.

"That is definitely the coolest part about this win," he said. "There is a huge list of great race car drivers that have won for Roger Penske, and it is cool to have my name put on that list, too."

NUMERICALLY SPEAKING

13 Sprint Cup victories at Pocono Raceway by Rick Hendrick, the most of any car owner.

14 Sprint Cup races won from the pole at Pocono Raceway, more than any other position, most recently by Joey Logano in 2012.

1 Drivers in the top 10 in Sprint Cup points without a top five finish this year: Paul Menard, in 10th place.

2 Bonus points earned by Dale Earnhardt Jr. and Clint Bowyer for leading laps, the fewest of any drivers in the top 10 in Sprint Cup points.

SAFER barriers under scrutiny; return as major topic of discussion on Sprint Cup circuit

The Steel and Foam Energy Reduction (SAFER) barriers that have been installed at nearly every major NASCAR track have been credited with preventing deaths and serious injuries during the eight or so years they've been in use.

But they're not covering every wall that a driver could hit, and in recent weeks that's become a major topic of discussion on the Sprint Cup circuit.

Denny Hamlin crashed into an unprotected wall at Auto Club Speedway in Fontana, Calif., on March 24. The back injuries he suffered caused him to miss the next four races and to run only part of the race at Talladega Superspeedway before turning his No. 11 Toyota over to Brian Vickers, who was soon involved in a crash. Then at Charlotte Motor Speedway, Jeff Gordon slammed into a concrete wall on the frontstretch.

Gordon said in his weekly session with reporters that the lick he took at Charlotte was a mean one. He also crashed into an unprotected wall at Las Vegas Motor Speedway several years ago, and others as well.

"I found the one off of [Turn] 2 [at Dover] and they haven't fixed that one," he said. "I saw somebody in the Truck Series found it, too, and they haven't done that. So, I'm not anticipating any change."

Gordon said he understands that track operators and NASCAR's safety experts place the barriers, which cost an estimated $500 per foot, on parts of the tracks where research indicates that the likelihood of crashes is highest. But that doesn't ease the pain of drivers who find unprotected walls.

"I've got to tell you, that was one of the hardest hits I've had in a race car," Gordon said of his Charlotte crash. "And the type of impact it was, I got hit from the left, so it shifted everything to the left, and then I hit the wall on the right, so I went from left to right.



Photo by jeffgordonweb

Jeff Gordon at Charlotte Motor Speedway

"I had a rough week."

He said he planned to convey his concerns about the walls to the proper people, even if it doesn't bring about any new SAFER barriers.

"Me sitting down and having a conversation with them isn't necessarily going to change that, but it doesn't mean it's going to stop me from doing it," he said.

After Hamlin's crash, former driver and TV commentator Darrell Waltrip called on NASCAR to make all tracks cover every wall with SAFER barriers, and at Charlotte, before Gordon's crash, NASCAR chairman Brian France responded to a question about the lack of barriers on all walls.

"Obviously, there are SAFER barriers at every track, but there's a pocket here or there," he said. "We're not the only thing that runs on a given facility. That's No. 1. If it's a motorcycle event, Moto GP, something else, which is contemplated being run at different facilities, that has to be considered.

"From NASCAR's standpoint, we look at that very carefully. We were all over the California circumstance. When we need to put additional SAFER barriers anywhere, we will do it. There's nothing that prevents us other than that we look at this, we think we have them in all the right places, and if we don't, we'll make an improvement, like anything else."