The Windsock

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2nd MAW celebrates 72 years of service

Cpl. S. T. Stewart
MCAS Cherry Point

2nd Marine Aircraft Wing activated July 10, 1942 and began its legacy by playing a major role in the island-hopping campaign in the Pacific.

"In the years since, from the jungles of Vietnam to the deserts of Iraq and Afghanistan, 2nd MAW has continued to project American air power in every clime and place," said Gen. James F. Amos, Commandant of the Marine Corps, in All Marine Message 026/13, released July 1.

Wednesday marked the wing's 72 birthday. 2nd MAW has been instrumental in the success of battles across the world.

"For 72 years now, 2nd MAW has embraced and excelled in its role supporting the Marine on the ground," said Maj. Gen. Robert F. Hedelund, commanding general of 2nd MAW. "Today, as back then, 2nd MAW Marines serve shoulder-to-shoulder with their brothers in arms in a combat theater."

In January, 2nd MAW (Forward) deployed to Afghanistan to take over the role as the lead aviation combat element for southwestern Afghanistan, replacing 3rd MAW (Fwd.) as part of NATO operations in partnership with Afghan National Security Forces.

During the year-long deployment, 2nd MAW (Fwd.)

See **BIRTHDAY** page A3

F-35B arrives for maintenance



Pfc. Victor A. Arriaga

Ground crews prepare a 2nd Marine Aircraft Wing F-35B Lightning II for transport to Fleet Readiness Center East for scheduled maintenance July 9. This is the first F-35B to arrive at FRC East for maintenance. The Joint Strike Fighter is designed for air-to-air and air-to-ground combat, surveillance and reconnaissance gathering, electronic warfare, and command and control roles. See story and photos in July 18 edition of the Windsock.

VMR-1 sets standard for remaining alcohol-incident free

Lance Cpl. Glen E. Santy
MCAS Cherry Point

Marine Transport Squadron 1 recently passed its 387th alcohol incident-free day, setting the bar on safe recreational activities.

VMR-1 provides search and rescue support to Cherry Point and the local area as well as transport of key personnel and critical logistics support to the Department of Defense. The squadron also provides wartime movement of high priority passengers and cargo with time, place or mission-sensitive requirements.

The Marines and Sailors with the squadron know the importance of those responsibilities. If they are not mission ready, lives could be lost.

"The Marines here, they own the program," said Lt. Col. Brian D. Bernth, commanding officer of VMR-1. "The Marines and Sailors go out of their way to take care of each other in the squadron. It's something that I keep hammering home and harping on – we take care of each other."

Because of the Marines' hard work at keeping their squadron incident free, Bernth will award them a 72-hour break during the upcoming weekend.

Even during their time off, Marines remain "on call," meaning they are to remain prepared to suit up and save lives at a moment's notice. The squadron employs HH-46E Sea Knights for medium-range rapid response missions.

"It's not just the search and rescue guys," said Cpl. Kyle B. Smith, a rescue swimmer with VMR-1. "Everyone has everyone's back, squadron-wide, regardless of military occupational specialty."

Being on call does not always mean that the Marines will be flying. Sometimes it just means being the designated driver for Marines to avoid alcohol related incidents.

"Because we work on a 'crew' mentality and so closely to-

See **VMR-1** page A3



Courtesy Photo

A sign serves as a constant reminder to Marine Transport Squadron 1 personnel about the importance of keeping the squadron alcohol incident free.

Hammerheads to support Twentynine Palms exercise

Cpl. Scott L. Tomaszycki
MCAS Cherry Point

Marine Heavy Helicopter Squadron 366 is scheduled to deploy to Marine Air Ground Combat Center Twentynine Palms, Calif., to support Integrated Training Exercise 5-13, from mid-July to mid-August.

Five of the squadron's CH-53E Super Stallions and about 130 Marines and Sailors will participate alongside Marine Aircraft Group 24 based in Hawaii. HMH-366 will provide heavy lift and assault support capabilities in support of the Marine Air-Ground Task Force training event. Many participating units are preparing for subsequent deployments to Afghanistan.

HMH-366 is not preparing for Afghanistan, but the experience will benefit the squadron's mission readiness and ability to tackle missions in a variety of expeditionary environments.

"The cross-country flight out there gives the air crews a chance to work outside of the local eastern North Carolina area that we normally work in," said Capt. Tyler Wright, the officer in charge of the airframes shop. "It will increase our comfort level with landing in uncomfortable places. Out west, there are a lot of mountains and desert, so it gives the pilots and aircrew a chance to fly through different terrain and practice open desert landings."

The squadron's involvement will give other units the opportunity to learn how heavy helicopters are best used on the battlefield.

"We'll be supporting ground units preparing to go out on deployments to Afghanistan so it gives them an opportunity to operate in and around our

See **ITX** page A3



Cpl. Scott L. Tomaszycki

Marine Heavy Helicopter Squadron 366 is scheduled to support Integrated Training Exercise 5-13 at Marine Corps Air Ground Combat Center Twentynine Palms, Calif., from mid-July to mid-August.

Online misconduct addressed

Staff Sgt. Roman Yurek
MCAS Cherry Point

Social media outlets like Facebook, Twitter, YouTube, Tumblr and the numerous other sites are great communication tools, but their use invokes heavy responsibility for Marines and Sailors. Recently, the Headquarters Marine Corps inspector general addressed this responsibility in a message to commanders and their associated inspector general offices.

"This is the first time I have seen the (inspector general of the Marine Corps) come down with a message addressing concerns regarding social media," said Terry Rudisill, the command inspector general for 2nd Marine Aircraft Wing.

The message was spurred by concern about complaints the office has received regarding inappropriate sites and posts on a variety of social media outlets. Over the past 10 years, Headquarters U.S. Marine Corps has dealt with complaints about social media. There have been instances of pages being removed and individuals held accountable for their activity on social media.

Some recent trends involving misconduct have revolved around opening of formerly all-male military occupational specialties to females. Numerous social media pages and comments have gained national attention due to the degrading posts about female Marines.

Online misconduct is not defined solely on these types of posts. The guidance set forth in the Marine Corps' Social Media Handbook states Marines shall not post "anything that is defamatory, libelous, obscene, abusive, threatening, racially or ethnically hateful, or otherwise offensive or illegal information or material."

Misconduct over the internet, to include social media, can paint a negative picture of Marines to a vast audience and invite scrutiny of the Corps as a whole.

Rudisill recommends contacting the administrator of the website to voice complaints. Although many site administrators do monitor their sites for material that violates their internal guidelines, administrators may not always catch everything. By voicing complaints, users may be assisting that website and organization to ensure engagement on their page is appropriate. Many social media sites take cyber bullying and other harmful interactions very seriously.

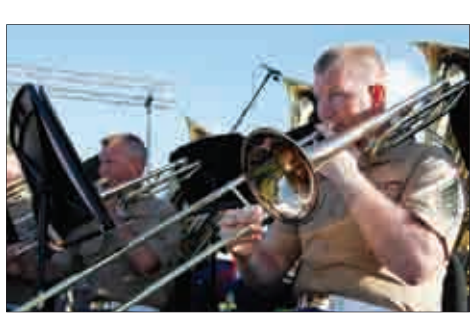
Complaints can also be submitted through the 2nd MAW Com-

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2nd MAW band inspires New Bern
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With your smartphone download a QR code reader and scan the code.

News Briefs

Feds Feed Families Food Drive

Cherry Point kicked off the 2013 Feds Feed Families Food Drive Wednesday.

Marked donation boxes have been set up at various locations around the air station for collecting canned fruits and vegetables, cereals, grains, soups, canned proteins, 100 percent juice, condiments, snacks, paper products, household items, hygiene items and other non-perishable goods.

The boxes will be picked up and weighed weekly throughout the month before being delivered to the food bank in Havelock, N.C.

Donation boxes are located at the Marine Corps Exchange and convenience stores, the Commissary, the Child Development Center, the Cherry Tree House, Cunningham's, Miller's Landing, the Marine Dome, the air station theater and the Pass and ID Center.

The food drive will continue throughout the months of July and August.

For more information, call Gunnery Sgt. Adam Baker at 466-4276.

Fiscal Year VEERP

July 2 Marine Administrative Message 330/13 was released July 2, announcing the fiscal year 2014 Voluntary Enlisted Early Release Program.

It states that The FY13 VEERP is no longer active and the FY14 is effective immediately through the end of FY14.

All active duty enlisted Marines with an EAS between Oct. 1, 2012 and Sept. 30, 2014 may submit for the FY14 VEERP.

FY14 Reenlistment Bonuses

Marine Administrative Message 319/13 authorizes Marines who reenlist on or after July 1, 2013 for the fiscal year 2014 selective reenlistment bonus program.

This includes any regular component first term or career Marine reaching the end of their current contract between Oct. 1, 2013 and Sept. 30, 2014.

New MCICOM Commander

Maj. Gen. Juan G. Ayala assumed leadership of Marine Corps Installations Command from retiring Maj. Gen. James A. Kessler during a change of command ceremony at Henderson Hall, Arlington, Va., July 2.

As commander of MCICOM, Ayala will lead the organization that provides oversight, direction and coordination of services for active duty installations around the globe and for optimizing support to the operating forces, their tenants and activities.



Chaplain's Corner:

If it is to be – It is up to me

Lt. Harry A. Hansen
MACG-28 Chaplain

I believe Zig Ziglar coined the expression, "If it's to be, it's up to me." I like it because it empowers us to take charge of our lives instead of sitting around waiting for life to happen on its own. You've got to get up and make it happen.

The psalmist said, "The steps of a good man are ordered by the Lord." (Ps 37:25) But I contend that we have to take some steps on our own for the Lord to have something to direct.

A man came to America many years ago from Europe. After being processed at Ellis Island, he went into a cafeteria in New York City to get something to eat. He sat down at an empty table and waited for someone to take his order. Of course, nobody ever did. Finally, a man with a tray full of food sat down opposite him and told him how things worked. "Start at the end" he said, "and just go along and pick out what you want. At the other end they'll tell you how much you have to pay for it." "I soon learned that's how everything works in America," the man said. "Life is a cafeteria. You can get anything you want as long as you're willing to pay the price. You can even get success. But you'll never get it if you wait for someone to bring it to you. You have to get up and get it yourself."

Paul adds a valuable thought on this point: "Whatever you do, work at it with all your heart as working for the Lord, not man." (Col 3:23) Remember, "If it's to be, it's up to me." So, the results are up to you!

Service members enjoy fish fry

Gunnery Sgt. Michael A. Freeman

Staff Sgt. Ryan Schroeder, quality assurance chief with Marine Transport Squadron 1, and his wife enjoy fresh fried fish at the Core Sound Waterfowl Museum and Heritage Center in Harkers Island, N.C., Saturday. The non-profit museum depends on fundraisers like their annual fish fry to sustain operations but offered DoD members and their families a free plate and free admission to the center. The heritage center participates in the Blue Star Museum Program, a national initiative that offers free admission to active duty military members and their families from Memorial Day through Labor Day. For more information about museum exhibits, programs and hours, visit http://coresound.com.





Pfc. Mike Granahan

Two Marines grapple in a mud puddle during a battle course while participating in a martial arts instructor course at Cherry Point June 28.

The Windsock
Weekly Photo Competition

July 11 - July 18, 2013

Vote on Facebook - http://bit.ly/mcaschptfb
Vote on Google+ - http://bit.ly/CherryPointPlus
Vote on Flickr - http://bit.ly/cpflickr

Cpl. Anthony M. Lehman

Job Title: Military Police Officer
Unit: Headquarters and Headquarters Squadron
Age: 22
Hometown: Hamilton, Ohio
Date Joined: Oct. 19, 2009

Most people don't end up performing the special job they dreamed about as kids, but a lucky few blessed with a perfect blend of drive and opportunity get to climb into that fire truck, don that lab coat or pull on those cowboy boots every day.

Cpl. Anthony M. Lehman is one such individual. When he was young, Lehman wanted to wear a badge and a gun.

"In my job I am able to provide security for the base and ensure the safety of all those who reside within it," said the military police officer.

The duties of a military police officer differ in garrison compared to the field.

"In garrison we are more of the cop version of the military police," said Lehman. "We deal a lot with traffic regulations as well as state laws and regulations, but in the field we do a lot of training, convoy missions, personnel security details and working with many different weapons."

Protecting the base and all its residents is what Lehman looks forward to when he comes to work.

"My favorite part of the job is being able to give Marines and civilians who work and live here the peace of mind of knowing they are safe and are able to sleep well at night," he said. "I love knowing that when I enforce a regulation or a base order, it could potentially save a life."



Lance Cpl. Cayce Nevers

Highlight Your Marine or Sailor Superstar

Call or email The Windsock
cherry.point.windsock@gmail.com
466-3542.

The Windsock

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Remember to recycle

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will provide aviation support to troops on the ground including close-air support, troop transport, assault transport and medical evacuations.

2nd MAW has contributed combat-ready units to our nation's conflicts and has consistently established air superiority throughout its long history.

"Rest assured, we will continue to do so for many years to come," said Hedelund.

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aircraft," said Wright. "It gives them a sense of what our capabilities are and how they can request our support in country to positively affect their own missions."

Twentynine Palms is an isolated base located in the Mojave Desert. It is the Marine Corps' primary desert warfare training center. As such, it provides a realistic, austere environment where the maintenance Marines can practice their profession.

"It will definitely prepare you for any overseas deployments or detachments that you're going to go on," said Cpl. Blake Allan Moore, an airframes mechanic with the squadron. "It gets you used to being out of the normal working and living conditions so you can maximize your efficiency outside of the United States."

VMR-1 from page A1

gether, I think it helps bring us together as one big family to complete the ultimate mission," said Smith. "From maintainers to aircrew everyone in our squadron is there for each other."



SOCIAL MEDIA from page A1

mand Inspector General and MCAS Cherry Point Command Inspector office. To submit a complaint online or to download a complaint form, visit www.2ndmaw.marines.mil/Offices/CommandInspectorGeneral.aspx for 2nd MAW-related complaints and www.cherrypoint.marines.mil/Resources/StationInspector.aspx for air station-related complaints. Both offices maintain 24-hour telephone hotlines: 252-466-5038 (2nd MAW) and 252-466-2016 (air station).

Complaints received through either office are reviewed based on the information provided. If personnel are identified in the complaint, the respective inspector office will address the complaint with the individual's organization and require feedback on the action taken. Action may include an internal investigation, investigation conducted through criminal law enforcement and punitive actions.

Anyone who observes offensive, derogatory or threatening material on a website is encouraged to report the offense through the offices listed above.

Rudisill reminds Marines and Sailors that they will be held responsible for their actions both on and off duty, including online activities.

Additional Social Media tips:

• Do not violate operational security by posting information like the date and time of a unit deployment or return.

• Protect personally identifiable information like your social security number.

• Be careful how much information you share online. Little pieces of information can be gathered and used to exploit you. Example: "My spouse just left me and the kids for a six-month deployment." This tells criminals one member of the household is gone and identifies that the children may be more vulnerable. "Check out photos of the kids playing in their pool." If this was taken at home with a smart phone and the GPS feature was not deactivated, you have now given everyone the exact location of your home. "Going home to Alabama to visit family for two weeks." After this third post you have identified that one member of the household is gone for a long period of time, shared the exact location of your home and announced that the home will likely be vacant for two weeks.

• Know who you are "friending" on social media. No matter how long you have been talking to that person online, if you have not shaken their hand and looked them in the eye, you really don't know who they are.

• If you feel you are being bullied, threatened, offended or just unhappy with the content of a website, block the offender and contact that website administrator to address your concern. If any personnel aboard the air station are involved or you suspect their involvement, contact one of the two local inspector offices.



Photos by Cpl. Codey Underwood

An MV-22B Osprey with Marine Medium Tiltrotor Squadron 265 (Reinforced), 31st Marine Expeditionary Unit, takes off from the flight deck during deck landing qualifications here June 28. This deployment marks the first time the 31st MEU has deployed with the Osprey, which recently replaced the CH-46E Sea Knight helicopter. The 31st MEU is the only continuously forward-deployed MEU and is the Marine Corps' force in readiness in the Asia-Pacific region.

Osprey begins inaugural deployment with 31st MEU

Cpl. Codey Underwood
31st Marine Expeditionary Unit

USS BONHOMME RICHARD, At Sea – The 31st Marine Expeditionary Unit began its first deployment with the MV-22B Osprey June 28.

Operating in the Asia-Pacific region as the Marine Corps' force in readiness, the 31st MEU has demonstrated the capability to rapidly project forces anywhere in the region. With the addition of the Osprey, the "9-1-1 force" can now reach much farther and move much faster.

The Osprey provides a broader range of capabilities than its predecessor, the CH-46E Sea Knight helicopter. The Osprey is twice as fast, can carry triple the payload, and can travel four times as far because of its greater fuel efficiency, air-to-air refueling capability and unique tank system.

"With the Osprey we have a much greater range, which allows us to get to the objective faster and with more Marines on board," Capt. Samuel A. Richard, an Osprey pilot.

The aircraft's increased capabilities come from its ability to rotate its rotors forward once airborne, transitioning from helicopter mode to plane mode. Tearing through the skies at up to 316 miles per hour, the Osprey provides a 242 nautical mile mission radius.

"The Osprey provides exceptional flexibility, speed, range and increased payload, all of which will provide the MEU with more options during any exercise or operation we may be tasked with," said Lt. Col. William L. Depue Jr., the commanding officer of the VMM-265 (REIN). "The operational reach of the Osprey also allows us to plan and conduct missions in ways that we weren't able to do previously."

While the Osprey brings numerous advantages to the 31st MEU, operating from the sea bring challenges to the aircraft's pilots. When landing an Osprey on the ground during the daytime, it has a motionless target area of 180 feet by 160 feet. When landing on a ship, however, the pilot must hit a much smaller and more specific spot on the flight deck.



MV-22B Ospreys from Marine Medium Tiltrotor Squadron 265 (Reinforced) take off and land on the flight deck during deck landing qualifications here, June 28.

"When landing the Osprey on the flight deck of the ship, it is not only moving forward, but also pitching side to side," said Richard. "It is a precision landing, unlike landing on a large landing zone (ashore)."

The pilots of VMM-265 (REIN) recently concluded deck landing qualifications, ensuring their ability to support the many missions of the 31st MEU.

The 31st MEU is currently conducting its summer patrol embarked aboard the ships of Amphibious Squadron 11 in support of theater security operations and scheduled exercises.

The 31st MEU is the only continuously forward-deployed MEU and is the Marine Corps' force in readiness in the Asia-Pacific region.



Photos by Lance Cpl. Steve Acuff

A Marine with Marine Transport Squadron 1 exits an HH-46E Sea Knight and search and rescue helicopter, commonly known as "Pedro," during search and rescue training July 9. The squadron crew resource management and emergency egress procedures training in the Neuse River was part of the squadron's annunal training requirements.

VMR-1 conducts mock mass search, rescue

Lance Cpl. Glen E. Santy
MCAS Cherry Point

Marine Transport Squadron 1 conducted crew resource management and emergency egress procedures training in the Neuse River as a part of annual training requirements July 9.

The training covered what squadron personnel are supposed to do after exiting an aircraft in an emergency. Each aircraft took one swimmer and a group of six other Marines to exit the aircraft into the water.

Two Cherry Point emergency services boats, two Navy boats from the Cherry Point Navy boat docks and Aquatic Survival Training Center personnel were on hand at the drop zone as observers, safety standbys and equipment facilitators.

The squadron employed an HH-46E Sea Knight search and rescue helicopter to drop personnel into the water in a maneuver called a five-and-five, where the aircraft moves at five nautical miles per hour, five feet above the water.

Once the Marines and Sailors entered the water, rescue swimmers organized and directed personnel to one of two safety rafts.

While the first team of Marines and Sailors clambered aboard the safety rafts, the helicopter returned to Cherry Point retrieve the second. The Marines and Sailors rotated through six teams. Each team had one rescue swimmer to guide them through the scenario.

When the third team dropped into the water, first team re-entered the water under the powerful rotor wash of Pedro's propellers to practice live hoisting training before returning to Cherry Point.

"We don't get to do as many swimmer operations as we would like to," said Cpl. Kyle Smith, a search and rescue swimmer with VMR-1. "We do it more than a typical Naval operating squadron, but swimmer operations and boat operations are one of the more dangerous and most difficult things we do. So the more we do it and more proficient we are, the more we are able to assist the community and downed aviators."

Smith was one of the primary observers during the training scenario. In the last year, Smith has personally helped double the number of rescue swimmers in the Marine Corps from three to six with one in training.

Smith said the training benefited all facets of operations. The rescue swimmers, crew chiefs, pilots and teams in the water all got the feeling of what it is like to be a part of a search and rescue endeavor. Having experience, hands-on training and being properly educated gives search and rescue personnel a solid foundation to apply to future real-world experiences.



VMR-1 Marines and Sailors swim toward an HH-46E Sea Knight search and rescue helicopter during a mock search and rescue mission July 9.



Sgt. Maj. Larry J. Harrington, sergeant major of VMR-1, and Chief Petty Officer Richard W. Hubbard, chief hospital corpsman with the Marine Wing Headquarters Squadron 2 safety office, tread water during search and rescue training.



A Marine with VMR-1 is hoisted up to "Pedro" during search and rescue training in the Neuse River July 9.

NCO's leadership, innovation inspires

Pfc. Mike Granahan
MCAS Cherry Point

Sgt. Fernando Hernandez Jr. takes pride in his job and influences his peers and subordinates to strive for excellence.

Being able to adapt and overcome is a quality revered by Marines throughout the Corps, a quality Hernandez demonstrates irrefutably, according to Marine Transport Squadron 1 maintenance control chief Gunnery Sgt. Jed James.

Hernandez, a VMR-1 maintenance controller, is most familiar with the KC-130J Hercules. However, after arriving at the squadron, he was put in charge of phase inspections for both C-9B Skytrains and HH-46E Sea Knights.

"Not having any experience on these two platforms and being responsible for all phase inspections proved to be difficult," said Hernandez.

The average completion time for phase inspections prior to Hernandez's arrival was 30 days or more, but he did not let previous completion times dictate his pace. In less than a year, he radically improved efficiency, completing two phases in a record-breaking 20 days, allowing the squadron to exceed the Marine Corps Flying Hour Programs expectations for the first time in six years.

"I am grateful and fortunate because I have always had a good team of Marines to work with so I reflect the credit to them," said Hernandez.

Hernandez is exceptionally trustworthy and always ensures extreme care is taken to ensure work is done right the first time, said Sgt. Steven J. Budd, a close friend and coworker of Hernandez.

"Hernandez is the type of Marine who you always want on you team," said Budd, an airframe mechanic with the squadron. "He takes his job very seriously. With what we do, we are the last line of defense before an aircraft takes off to conduct a training flight or fly an actual mission. He always ensures safety is a priority, and that each aircraft we have is ready for whatever mission we are tasked with."

Having the ability to identify specific traits of individual Marines is an important quality that facilitates the appropriate adjustment of leadership style, said Hernandez.

"My ability to recognize how Marines respond to certain types of leadership has allowed me to get through to Marines more so than if I stuck to a single style for everyone," said Hernandez. "Knowing your Marines is extremely important."

Hernandez is able to balance troop welfare and mission accomplishment very efficiently, creating an atmosphere in which Marines are inspired to complete the tasks assigned to them, said Budd.

"I think his best quality is how hard of a worker he is, and that he is fair but firm with the Marines," said Budd. "He believes in troop welfare but when a mission or job needs to get done, it's time to go to work no matter the time of day or time of year. This quality is important because it creates a kind of respect from the Marines that you don't always see. It makes Marines want to work hard for you."

Leading by example is a sought-after characteristic of leadership that Hernandez embodies, said Budd.

"The hard work he does influences the younger Marines in only positive ways making them want to get the job done as much as he does in a safe and correct way," said Budd. "If I could be stationed with him again I would. He is a great Marine and friend. I've learned a lot about my job from his past experience and I'd like to continue that."



Photos by Pfc. Mike Granahan

Sgt. Fernando Hernandez Jr. lays out the plan of the day with his Marines on the Cherry Point flight line July 10. Hernandez is a maintenance controller with Marine Transport Squadron 1.



Sgt. Fernando Hernanadez Jr. directs Marines from VMR-1 on the Cherry Point flight line July 10. As a maintenance controller, Hernandez manages maintenance for the squadron's aircraft.

NEXT UP...

SPRINT CUP
Race: Camping World RV Sales 301
Where: New Hampshire Motor Speedway
When: Sunday, 1 p.m. (ET)
TV: TNT
2012 Winner: Kasey Kahne (right)



NATIONWIDE SERIES
Race: CNBC Prime's "The Profit" 200
Where: New Hampshire Motor Speedway
When: Saturday, 3:30 p.m. (ET)
TV: ABC
2012 Winner: Brad Keselowski

CAMPING WORLD TRUCKS
Race: American Ethanol 200
Where: Iowa Speedway
When: Saturday, 8:30 p.m. (ET)
TV: SPEED
2012 Winner: Timothy Peters

NASCAR INSIDER

by RICK MINTER / Universal Uclick

Jimmie Johnson dominates Coke Zero 400; team among 'best ever' in NASCAR history

Whether Jimmie Johnson's dominating win in the Coke Zero 400 at Daytona International Speedway on Saturday is a sign he's on track to win a sixth Sprint Cup title is debatable. What's for sure is that he and his No. 48 team, with 64 career Cup victories to date, are showing the strength that has made them among the best ever in NASCAR.

Johnson's crew chief Chad Knaus said in the winner's interview at Daytona that his driver's talents are the key to the team's success.

"The cold, hard fact of the matter is we could have the best race car out there, but if we had some schmuck driving it, it wouldn't get the job done," he said. "I think we've got what is the best race-car driver ever to sit in a Cup car behind the wheel."

Johnson, who leads second-place Clint Bowyer in the Cup standings by 49 points, put on a display of those talents at Daytona on Saturday, leading 94 of the 161 laps, including the final 31. In the past six races, he's won just twice, but has led 565 laps. He was in position to win several more, but was undone in large part by issues on late-race restarts.



Harold Hinson for Chevrolet

Jimmie Johnson in Victory Lane at the Coke Zero 400.



Brian Lawdermilk for Chevrolet

Johnson celebrates his Coke Zero 400 victory with a burnout at the finish line.

Johnson said that a big part of his success over the years is not to let the frustrations of one week affect his performance the next.

"Every race team in the garage area leaves the track with could-have, would-have, should-haves, and we've had a couple of those, but we don't let it linger, we don't let it last," he said. "We dig in and we go to work and we come back to the race track and do the best we can.

"We know what we're capable of when we go out and do our jobs."

In that same way of thinking, he's also not saying his success so far — his dominating runs and four victories so far this season — is a sure sign that he's on track to win a sixth title, which would put him just one behind the sport's all-time titleholders, Richard Petty and the late Dale Earnhardt.

That's in large part because of the Chase format, which resets the standings after the 26-race regular season for the 10-race finale.

"The Chase is so different," Johnson said. "Those 10 races, we've entered the Chase with a ton of momentum. ...

"When we get in the Chase, there are certain feelings that seem to come around, but right now it's really about managing your team, managing your car, developing the car and things like that."

But he does feel good about where he and his team are right now.

"As we get later in the summer and a week or two out, if we're winning races then, the right feeling will start to come along," he said. "It's still a little early, and we're obviously trying to get every point we can to carry into the Chase with bonus points. But we have a little time before we focus in on that feeling."

In the meantime, Johnson said his and his team's performance does send a signal to his competitors that he expects to be the one to beat when it comes to the 2013 Cup championship.

"I think that what we've done over the course of the year, leading the points like we have with a big margin, I think probably sends the biggest message that we're buttoned up and ready and in a position to win a sixth championship," he said. "But there's a lot that can take place between now and Homestead."

Johnson sweeps Daytona Sprint Cup races in 2013

Jimmie Johnson's win on Saturday at Daytona, coupled with his Daytona 500 victory in February, gave him a sweep of the points-paying Cup races at Daytona, something that hasn't been done since NASCAR Hall of Famer Bobby Allison did it back in 1982.

Johnson said he didn't realize that until it was pointed out to him in Victory Lane, but he said it was a special accomplishment, especially in light of his respect for Allison and his late son Davey.

"I always admired Bobby and Davey and thought it was so cool that a father and son were on the race track racing against one another," he said. "I remember watching the Daytona 500 where they duked it out."

He said he also has vivid memories of other moments involving the Allisons.

"Some people remember where they were when Princess Diana passed away," he said. "I know where I was, where I was standing, where I was working — I was working in an engine shop in Santee, Calif. — when I heard on the radio that Davey crashed his helicopter.



Jared C. Tilton/ Getty Images for NASCAR

Nationwide Series Firecracker 250 Grand Marshal Bobby Allison.

"I also know where I was when I heard that Bobby had his crash at Pocono."

He said one of the things that drew him to the Allisons was the special relationship between Bobby and his son, Davey, which reminded him of his shared experiences with his own father.

"I had a great relationship with my dad growing up from a racing standpoint," he said. "Going to the local tracks, my dad was a guy that I looked at. We'd go out in the desert and ride, and he'd teach me things and teach me how to drive a car.

"So there's that connection that I had, that it would be cool to race against your dad. I never had that chance, that opportunity, but it helped me build a fondness for both of them, and to do anything that Bobby has done is really, really special."

SPRINT CUP STANDINGS

1. Jimmie Johnson, 658
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4. Kevin Harvick, 585
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7. Kyle Busch, 533
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NOTEBOOK

Team owner Michael Waltrip enjoys part-time driving gig



Todd Warshaw/Getty Images for NASCAR

Michael Waltrip at Daytona

Team owner Michael Waltrip is enjoying a quite successful gig as a part-time driver.

When the Cup series visits Daytona and Talladega, Waltrip takes the wheel of one of his team's Toyotas. In three starts so far, he has two top-five finishes, a fourth at Talladega in May and a fifth at Daytona on Saturday.

"I had a ball," said Waltrip, who got all four of his career Cup victories at Daytona and Talladega.

Waltrip, who has a TV announcing job in addition to his car-owner duties, said he was looking forward to watching a replay of the race.

"It's going to be fun to watch back on TV," he said. "I wasn't having any fun doing it. I was too nervous ...

"Why don't I just watch all of the time? I've got that option. I don't know what's wrong with me."

Earnhardt Jr. happy to see late father's No. 3 return

During an interview at Daytona, Dale Earnhardt Jr. reiterated his long-standing thought that he'll be happy to see his late father's iconic car number return to the track.

It's possible that Austin Dillon, the grandson of Dale Earnhardt's longtime car owner, Richard Childress, will move to the Cup series next year and bring with him the famous No. 3 that he's used since his first short-track race.

The No. 3 was already being used by Childress before he turned his car over to Earnhardt back in 1981.

"I think it will be great," Earnhardt Jr. said of Dillon running the No. 3. "It was an iconic number for my father, and it means a lot to a lot of his fans."

Earnhardt Jr. pointed out that NASCAR doesn't have a practice of retiring numbers.

"The No. 3 is no different," he said. "[Dillon] has earned the right to run that number as long as he wants. It could have been anybody, but it's Austin. He wants to run it; I think it's not really fair to deny somebody that opportunity.

"I'm OK with it. I know that might not be the way a lot of people feel or some people feel, but I'm sure it's the minority that feels that way. I think that a lot of people will be telling Austin positive things about it."

Earnhardt Jr. also said he likes watching Childress shepherd the careers of his grandsons Austin and Ty Dillon. Austin is racing in the Nationwide Series and Ty is in the Camping World Truck Series, both in No. 3 Chevrolets fielded by their grandfather.

"I think it's exciting to see Richard [Childress] have something new to kind of keep the fire going in him and keep RCR [Richard Childress Racing] excited about their future," he said. "That rests squarely on those two kids' shoulders."

Earnhardt Jr. said he believes both Dillons have promising futures.

"They were raised really well," he said. "They've got great manners, and every time I've been around them I've been impressed. Obviously, they do a lot of good things on the race track, too. I'm excited for both of them."

Veteran motorsports journalist Chris Economaki receives Squier-Hall Award



Getty Images archive photo

Chris Economaki

Chris Economaki, the legendary journalist and broadcaster who died last year at 91, has been named the third recipient of the Squier-Hall Award for NASCAR Media Excellence.

Economaki spent almost his entire life working in motorsports. He started selling racing papers at tracks when he was 14, and was the editor, publisher and columnist for National Speed Sport News for more than 60 years. He also worked as a broadcaster with ABC and CBS.

For years, his notes column in National Speed Sport News was one of the most popular reads for participants and fans of all forms of motorsports.

"Chris Economaki dedicated his life to covering motorsports, and his exceptional talent for storytelling brought NASCAR to millions of readers and viewers for more than 60 years," Brian France, NASCAR chairman and CEO, said in announcing Economaki's selection.

Economaki will be honored during the NASCAR Hall of Fame Induction Ceremony in Charlotte, N.C., on Jan. 29, 2014, and will be featured in an exhibit in the Hall.

Sprint Cup points standings tighten after Coke Zero 400

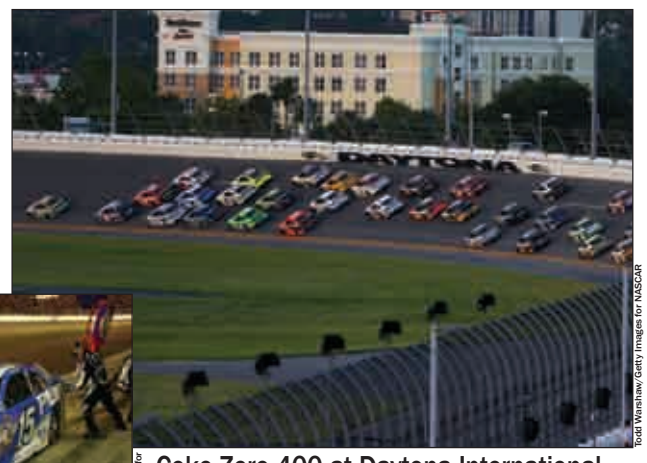
Strong finishes in the Coke Zero 400 at Daytona by some Chase contenders and poor finishes by others tightened the points standings with eight races remaining before the start of the 10-race run to the title.

Daytona runner-up Tony Stewart was the big mover, advancing six spots to 10th in the standings. The top 10 in points after the 26th regular-season race, at Richmond, automatically make the Chase field, along with two wild-card entries.



Tom Pennington/Getty Images for NASCAR

Clint Bowyer pits during the Coke Zero 400.



Todd Warshaw/Getty Images for NASCAR

Coke Zero 400 at Daytona International Speedway.

Kurt Busch also moved into the elite group, jumping five spots to ninth on the strength of his sixth-place finish at Daytona.

Clint Bowyer took second place in points with a fourth-place finish, displacing Carl Edwards, who saw a late-race incident drop him to 29th in the finishing order.

Among those who saw their Chase hopes take a Daytona hit were Joey Logano, who blew a tire and hit the wall, leaving him 40th and dropping him from 10th in points to 15th. Kasey Kahne wrecked late, finished 32nd and dropped one spot to 12th in the standings.

Sonoma winner Martin Truex Jr. finished 41st after being collected in a crash at Daytona, which dropped him three spots in the standings, to 11th.

And defending series champion Brad Keselowski continues to struggle points-wise. He finished 21st at Daytona and now sits 13th in points, with no race victories so far this season.

The race for the final Chase berths is far from over, as the points standings are close from 10th place to 16th place. Ryan Newman, who finished 10th at Daytona, is just 17 points out of the top 10.

NUMERICALLY SPEAKING

4 Sprint Cup victories by Jeff Burton at New Hampshire Motor Speedway, tops among all drivers. But he hasn't won there since the fall of 2000, when he led every lap of the Dura Lube 300.

10 Consecutive Cup races at New Hampshire without a repeat winner heading into this weekend.

5 Finishes of 23rd or worse in the past six Sprint Cup races by Denny Hamlin.

887 Laps led in the past 16 Sprint Cup races at New Hampshire Motor Speedway by Tony Stewart, the most of any driver.



Photos by Cpl. Ali Azimi

Marines with 2nd Battalion, 1st Marine Regiment, exit MV-22B Ospreys at the Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Range 400, June 21.

'The Professionals' assault Combat Center by air

Cpl. D. J. Wu
Marine Corps Air Ground Combat Center Twentynine Palms

MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, Calif. – Marines with 2nd Battalion, 1st Marine Regiment stormed the Marine Corps Air Ground Combat Center Twentynine Palms, Calif., Range 400 in 35 CH-53E Super Stallions and MV-22B Ospreys in a helicopter-borne raid as part of 1st Marine Expeditionary Brigade's Exercise Dawn Blitz June 21.

Dawn Blitz 2013 is a multinational exercise designed to enhance amphibious expeditionary tactics, techniques and procedures. The bilateral exercise represents the Navy and Marine Corps' ongoing efforts to meet the challenges of future conflicts, overseas contingency operations, humanitarian assistance, disaster response and homeland defense. Canada, Japan and New Zealand units are also participating in the exercise.

Hundreds of Marines based out of Marine Corps Base Camp Pendleton, Calif., crammed into aircraft and performed one of the largest mock air assaults in recent history. More than 35 aircraft transported 300 Marines from Camp Pendleton to the Combat Center.

"I think this is the first time a battalion helo lift or air assault has happened since about 2004," said Lt. Col. Cory Moran, 2nd Bn., 1st Marines commanding officer. "This is something that I have been looking forward to since it's been on the radar screen. It's a great capability to do. Not that many people can say that they've been able to accomplish a battalion air assault."

Assaults like this give the ground combat element a surge of manpower that can turn the tide in a battle. It gives the Marine Air Ground Task Force the ability to project power anywhere on the battlefield. The infantry combines with the air combat element to make this kind of attack possible.

"MAG-16's participation in Dawn Blitz 2013 is significant on multiple levels," said Col. Patrick A. Gramuglia, MAG-16 commanding officer. "This type of mission is the foundation of Marine Corps aviation and provides realistic and relevant training necessary for effective global crisis response."

The landings were conducted by a continuous stream of aircraft, delivering a battalion-sized assault force to the point of friction in just one wave.

The battalion traveled to the Combat Center to work on offensive operation skills. The unit landed in the Range 400 series of the Combat Center's training area. There, they worked their way up from platoon-sized live-fire attacks to company-sized attacks.

"One of our essential tasks is to be able to execute supported company attacks and this is a great opportunity to do that," Moran said. "It allows us to project a battalion's worth of firepower anywhere within the (I Marine Expeditionary Force) area of influence. This will get us into a good point when we go to (the Integrated Training Exercise) in a couple of months."

The integration of the ground and aviation assets is integral in the performance of a MAGTF of this caliber.

"MAG-16 and all their squadrons that supported us, did a great job," said Moran. "Every one of those guys are professional, capable and they happen to fly aircraft."



Photos By Cpl. Scott L. Tomaszycki

Chief Warrant Officer 3 Ben Bartholomew, director and officer in charge of the 2nd Marine Aircraft Wing Band, conducts the band during an Independence Day celebration at Lawson Creek in New Bern. Hundreds of community members attended the event. Jim Leroy, a Marine veteran who served 12 years during the 1970's, said he was glad to see the Marines entertaining those they serve and protect. He also enjoyed the experience with his son, Lance Cpl. Christopher Leroy, a motor transportation mechanic currently serving with 1st Battalion, 8th Marine Regiment.

Wing band inspires public on Independence Day

Cpl. Scott L. Tomaszycki
MCAS Cherry Point

The 2nd Marine Aircraft Wing Band performed at Lawson Creek Park in New Bern playing patriotic tunes for Independence Day. The free community performance became a scene of flag-waving celebration.

"It's great to see the public come out," said Master Sgt. Shawn D. Stewart, the staff noncommissioned officer in charge of the band. "They're not just supporting the Marine Corps, they're supporting the military and the country as a whole."

Hundreds of people came to watch the event, including a number of veterans who were pleased to see the Marine Corps represented at the event.

"It's always a little heartwarming to watch the service that's considered the toughest, meanest guys in the world to come out and entertain the people who they sign on the line to protect," said Jim Leroy, a Marine veteran who served 12 years mostly in the 1970's. "They're out in the public eye and they're not afraid to be in the public eye."



The 2nd Marine Aircraft Wing Band plays at Lawson Creek Park during a free Independence Day concert in New Bern.



(Right) A drummer keeps up the beat during a free performance by the 2nd Marine Aircraft Wing Band at Lawson Creek Park in New Bern July 4. Patriotism filled the air as spectators cheered on patriotic songs and waved American flags. The Marines felt it was a good way to interact with the public. "We've been told a number of times that the reason why we have a Marine Corps is because the American public wants one," said Master Sgt. Shawn D. Stewart. "We feel good about coming out and connecting with them. This stirs up patriotism for all of us, not just for the audience but for the Marines themselves."



Sgt. Steve Frigiola, a bass guitar player with the 2nd Marine Aircraft Wing Band, lays down the bass line during a public performance at Lawson Creek Park in New Bern July 4. The Marines played a mix of popular mainstream hits and patriotic marching tunes.



The 2nd Marine Aircraft Wing Band performs at Lawson Creek Park in New Bern, celebrating Independence Day with patriotic tunes at a free public performance. John Philip Sousa, who served in marching bands in both the Marine Corps and the Navy during the late 1800s and early 1900s, wrote many of the patriotic songs. His marches included Semper Fidelis, the official march of the Marine Corps, and Stars and Stripes Forever, the official march of the United States.

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 jalapeño 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 July 11

Lunch - Chicken and dumplings, pasta toscano, steamed rice, steamed vegetable medley, Harvard beets, cream of spinach soup
Dinner - Mediterranean herb-roasted chicken, herb-roasted pork loin, mashed potatoes, dirty rice, glazed carrots, steamed broccoli, brown gravy, American bounty vegetable soup

Friday July 12

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

Saturday July 13

Lunch - Baked ziti with four cheeses, arroz con pollo, club spinach, corn O'Brien, toasted garlic bread, smoked ham and cabbage soup
Dinner - Three bean chili, apple glazed corned beef, shrimp curry, cilantro rice, parsley-buttered potatoes, vegetable stir fry, savory summer squash

Sunday July 14

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

Monday July 15

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 July 16

Lunch - 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 ***Dinner*** - Bean with bacon soup, country fried steaks, baked turkey and noodles, mashed potatoes, brown gravy, squash and carrot medley, peas

Wednesday July 17

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

Thursday, July 11
6:00pm - The Purge R
Friday, July 12
5:00pm - Man of Steel PG13
8:20pm - This is the End R
Saturday, July 13
2:00pm - Man of Steel PG13
5:00pm - Man of Steel PG13
8:00pm - This is the End R
Sunday, July 14
2:00pm - Man of Steel PG13

movie synopsis

The Purge - A family is held hostage for harboring the target of a murderous syndicate during the Purge, a 12-hour period in which any and all crime is legalized.

Man of Steel - A young boy learns that he has extraordinary powers and is not of this Earth. As a young man, he journeys to discover where he came from and what he was sent here to do. But the hero in him must emerge if he is to save the world from annihilation and become the symbol of hope for all mankind.

This is the End - Six friends are trapped in a house after a series of strange and catastrophic events devastate Los Angeles. As the world unravels outside and dwindling supplies they are forced to leave the house, facing their fate and the true meaning of friendship and redemption.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Healthy tips for new school year

Contributed Article

www.hnfs.com

With children nationwide soon to start a new semester, many parents will begin stocking up on school supplies and mapping out carpool schedules. Health Net, Inc. is reminding moms and dads that their back-to-school to-do lists should include an inventory of their children's health, particularly as it relates to childhood obesity. In fact, the seriousness of this issue was underscored just last month, when the American Medical Association approved a policy stating that obesity should be called a disease and not simply a condition.

While obesity negatively affects people of all ages, the medical impact on children and adolescents – because it can carry over into adulthood – is particularly alarming. "According to the American Heart Association, one in three U.S. kids and teens are now overweight or obese," says Patricia Buss, M.D., medical and health care services operations officer for Health Net, Inc. "We know that childhood obesity is causing a broad range of health problems that previously were considered adult health issues. The Centers for Disease Control and Prevention also reports that children and adolescents who are obese are likely to be obese as adults, so these health issues can last a lifetime."

The immediate health effects of childhood obesity:

• Obese children and teens are more likely to have risk factors for cardiovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5 to 17-year-olds, 70 percent of obese youngsters had at least one risk factor for cardiovascular disease.
• Obese adolescents are more likely to have pre-diabetes, a condition in which blood glucose levels indicate a high risk for development of diabetes.
• Youngsters who are obese are at greater risk for bone and joint problems, sleep apnea, and social as well as psychological problems such as stigmatization and poor self-esteem.

Long-term health effects of childhood obesity:

• Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as heart disease, type 2 diabetes, stroke and osteoarthritis.
• Being overweight or obese is associated with increased risk for many types of cancer, including breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix and prostate cancers, as well as multiple myeloma and Hodgkin's lymphoma.

Resources:

As Buss points out, "The key to avoiding the negative health impacts of childhood obesity is for parents to help their kids – from an early stage in their lives –maintain the appropriate weight for their height." Buss explains it was with this goal in mind that Health Net created its Fit Families for Life – Be in Charge! Program. This five-week, home-based family intervention program guides participants toward making better food choices and increasing physical activity. Participants receive a workbook, cookbook and a DVD that provides nutrition information and easy-to-follow exercise routines.

Buss said that members ages 6 through 20 who have a body mass index at or above the 95th percentile additionally can receive personalized telephonic support from nutrition nurses or registered dietitians who will help them achieve a healthy weight.

Teens nationwide, both Health Net members and non-members, can access T2X. T2X is a health-literacy social website established through a partnership between Health Net, the UCLA School of Public Health, and EPG Technologies that motivates teens to make healthy nutrition, fitness, stress management and substance abuse choices.

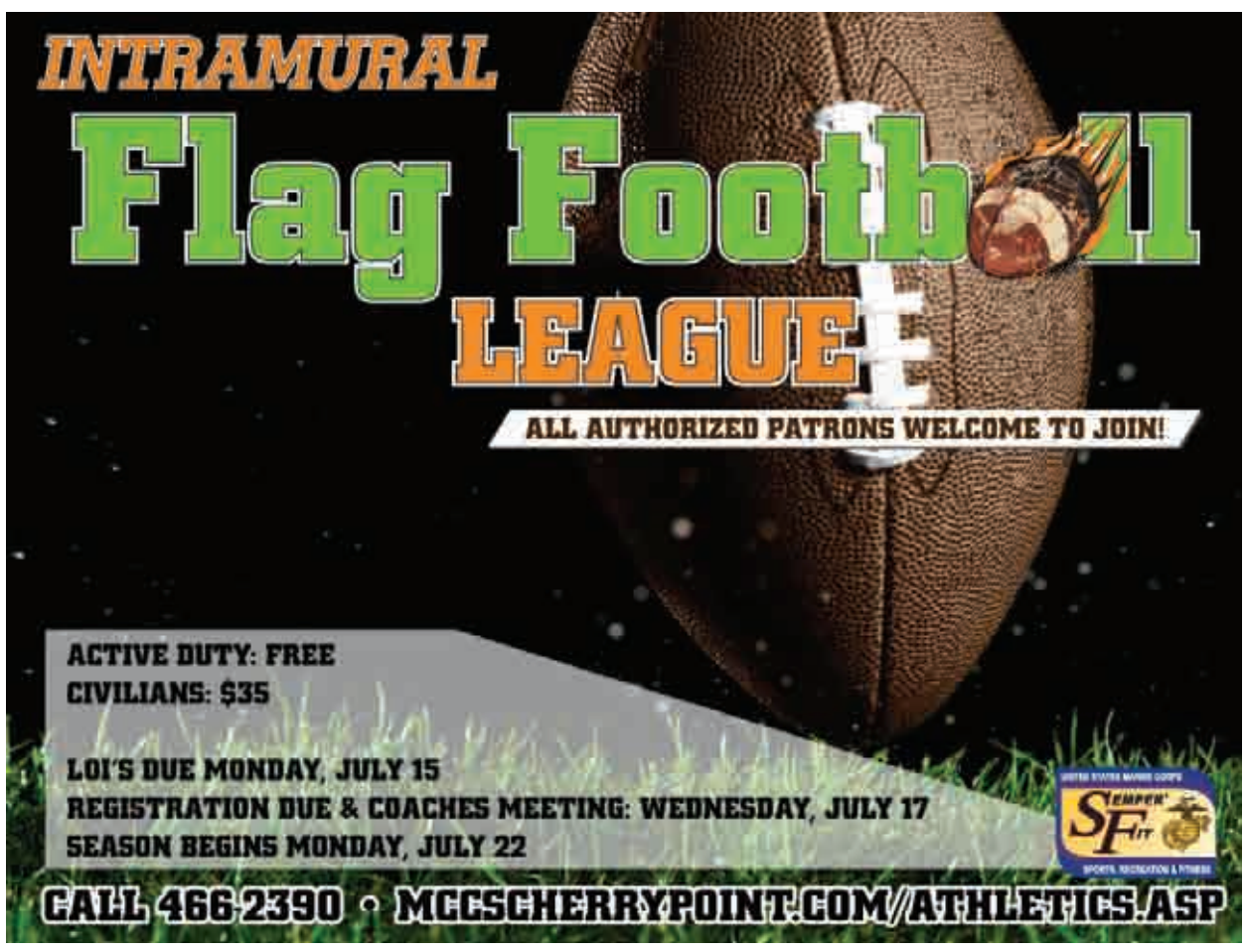
To help its providers care for kids and teens who are at risk for being overweight or obese, Health Net developed the Pediatric and Adolescent Overweight Assessment and Management Guidelines flip chart. This resource outlines the latest tools and practice recommendations for providers who are treating youngsters who are overweight or obese.

Tips for Parents:

Experts at the Mayo Clinic offer the following tips for parents who want to help their children reach and maintain a healthy weight:

• When buying groceries, opt for fruits and vegetables. Always have healthy snacks available, and never use food as a reward or punishment.
• Limit sweetened beverages, including soda, energy drinks and those containing fruit juice. Healthier choices are water, 1% or fat-free milk, and 100% fruit juice.
• Sit down together for family meals. Avoid eating in front of a television, computer or video game.
• Decrease the number of times you eat out, especially at fast-food restaurants.
• Limit recreational computer and TV time to no more than two hours a day. Other sedentary activities, including playing video and computer games or talking on the phone, also should be limited.
• Emphasize activity, not exercise. Structured exercise programs aren't necessary, as the goal is simply to get your youngster moving, and that can be accomplished through traditional childhood activities such as playing hide-and-seek or jumping rope.
• If you want an active child, be active yourself. Find fun activities that the whole family can do together; consider swimming, hiking or gardening.





Announcements

► Indicates new announcement

► 2013 Feds Feed Families Food Drive

Cherry Point kicked off the 2013 Feds Feed Families Food Drive Wednesday.

Donation boxes are located at the Marine Corps Exchange and convenience stores, the Commissary, the Child Development Center, the Cherry Tree House, Cunningham's, Miller's Landing, the Marine Dome, the air station theater and the Pass and ID Center.

Most wanted food items include: canned fruits, canned vegetables, multigrain cereals, grains, canned proteins and soups.

For more information, call Gunnery Sgt. Adam Baker at 466-4276.

Beaufort Inlet Beach Closure

The Beaufort Inlet Beach on Shackleford Banks is closed to swimmers. "No swimming" signs mark the closed area along the beach.

Strong currents have made the closure necessary for visitors' safety. Other beaches away from the inlet remain open to swimming.

For more information, call 728-2250.

Blood Glucose Screening

The Semper Fit Program will host a free blood glucose screening today outside the commissary from 10 a.m.–1 p.m.

For more information, call 466-6474.

► Intramural Flag Football League

The Semper Fit Program will host the Intramural Flag Football League beginning July 22.

The league is open to authorized personnel.

Active duty registration is free; civilian registration is $35.

A letter of intent from your command approving your team to participate are due by Monday.

Registration is due on Wednesday. A coaches meeting will also be held Wednesday.

For more information, call 466-2390.

Hook a Kid on Golf

Professional Golfers' Association pro Jim Ferree will host a Hook a Kid on Golf program for children ages 8–15 at the Cherry Point Sound of Freedom Golf Course.

The sessions will be held from Monday–July 19 from 8:30 a.m.–noon.

Registration is $155 and includes a set of clubs, golf shirt, hat and golf goodie bags. Participants with their own clubs pay a reduced fee of $65.

For more information, call 466-5493.

To register, visit the Cherry Point Sound of Freedom Golf Course.

Civil War Reenactment

Fort Macon State Park will host a free Civil War Reenactment July 20 from 10 a.m.–4 p.m.

The First North Carolina Volunteers will perform events such as flag talks, musket firing and drills throughout the day.

For more information, call 726-3775.

► 8th and I Evening Parade

Cherry Point personnel can sign up with Crystal Coast Travel and Leisure for a trip to Washington, D.C., to see "The Evening Parade" Aug. 2 at the Marine Corps War Memorial near Arlington National Cemetery.

The parade is put on to remember and honor the Marines who have given their lives since Nov. 10, 1775.

The cost is $250 per person and includes transportation, two nights lodging, tickets to the parade and a day to sight see.

For more information, call 466-2172 or 466-2197.

Sergeants Major Golf Tournament

The Cherry Point Sound of Freedom Golf Course will host the Cherry Point Sergeants Major Golf Tournament Aug. 9 at noon.

The tournament will be in four-player superball format and will give service members an opportunity to meet Cherry Point sergeant major, Sgt. Maj. Benjamin L. Pangborn, and 2nd Marine Aircraft Wing sergeant major, Sgt. Maj. Christopher G. Robinson.

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.

For more information, call 466-3044.

► MCAS Cherry Point's Sprint Triathlon and Relay

Marine Corps Forces Special Operations Command will host Cherry Point's 10th Annual Sprint Triathlon and relay Aug. 17.

The event is open to the public.

Registration for active duty, retirees and reservists before July 27 will be $20 or $70 for a team.

All others before July 27 will be $40 or $115 for a team.

Registration for active duty, retirees and reservists from July 28–Aug. 3 will be $35 or $95 for a team.

All others from July 28–Aug. 3 will be $50 or $140 for a team.

A $20 fee will be added from Aug. 4–7.

Register at http://bit.ly/CPSprint or in the Marine Dome.

For more information, call 466-2208.

Free Museum Admission

Blue Star Museums is a partnership with the National Endowment for the Arts, Joining Forces, MetLife Foundation and nearly 2,000 museums across the country that offers free admission to more than 1,800 museums for active duty military and up to five dependents from May 27 through Sept. 2.

For more information, visit http://bit.ly/bluestar13.

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.

Baby Boot Camp

New Parent Support Program hosts a free Baby Boot Camp at the Training and Education Building every month.

The next Baby Boot Camp is Aug. 21-22 from 8:30 a.m.–3:30 p.m.

Parents with children one year old or younger will receive a hands-on experience learning to adjust to parenthood.

Reservations are required.

To register, call 466-3651.

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.

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 Wednesday at 9 a.m.

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

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 July 26.

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

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

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

The next class is Wednesday from 7 a.m.–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 – Thursdays

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

Signs of Terrorist Activity:



Dry Run

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

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

OPERATION EAGLE EYES

Hotlines

2nd MAW Command Inspector General
466-5038

Station Inspector
466-3449

Fraud, Waste and Abuse
If you know of or suspect any fraud, waste or abuse aboard MCAS Cherry Point, call 466-2016.

Suicide/Stress
To talk to someone at the National Suicide Hotline, call 1-800-273-8255.
To seek confidential counseling with personal battles, call the DSTRESS line at 1-877-476-7734.

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

Severe Weather and Force Protection
Cherry Point personnel call 466-3093.
FRC East personnel call 464-8333.
DLA personnel call 466-4083.

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