

MARINE AVIATION
CENTENNIAL

1912

2012

Celebrating 100 Years of Marine Aviation

Vol. 70, No. 17

www.cherrypoint.marines.mil



May 3, 2012

Cherry Point, local response teams first on scene during training exercise

LANCE CPL. ANDREA C. DICKERSON

MCAS CHERRY POINT

@ACLEOPATRAUSMC

More than seven military and civilian organizations joined forces at Marine Corps Air Station Cherry Point as emergency operations personnel orchestrated a mass casualty exercise on the MCAS Cherry Point flightline April 24, in preparation for the MCAS Cherry Point Air Show scheduled May 4-6.

"The exercise will help the installation be more prepared to protect spectators and active duty service members working at the air show in the event an accident occurs," said Rick Scott, the lead exercise planner.

At the beginning of the exercise, more than 20 Aircraft Rescue Firefighting Marines, two fire trucks and a water tanker fought a controlled aircraft fire. In the event a fire happens during the air show, ARFF will be the first responders.

See EXERCISE page A7



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Marine Corps Air Station Cherry Point crash fire rescue Marines and local emergency rescue workers render aid to a Marine role-player of a simulated casualty during a training exercise on the air station flight line April 24.



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Sgt. Nathaniel Duarosan, a mission assurance noncommissioned officer in charge at Marine Corps Air Station Cherry Point, rehearses a Tahitian dance routine on the air station's flightline April 25, in preparation for his performance in the multicultural heritage portion of the 2012 MCAS Cherry Point Air Show. MCAS Cherry Point will "Celebrate the Heritage" May 4-6 by commemorating 100 years of Marine Corps aviation, the 70th anniversary of the air station and multicultural diversity.

Marine rehearses for Air Show performance

Duarosan will display his culture with a traditional Polynesian dance Sunday

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

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Clad in traditional Tahitian warrior attire on the flightline at Marine Corps Air Station Cherry Point, Sgt. Nathaniel Z. Duarosan channeled his inner warrior April 25 and perfected his Polynesian dance preparing to perform in front of thousands of people at the 2012 Cherry Point air show, May 6.

The air show runs May 4-6 celebrating the heritage of 100 years of Marine aviation. Duarosan said he looks forward to celebrating Tahitian heritage at the event, as well.

"When I dance it comes from my heart," said Duarosan, a mission assurance noncommissioned officer in charge at Marine Corps Air Station Cherry Point.

The Hawaii native said he had a good rea-

son to begin learning Tahitian dance in high school when he was 17. He wanted to impress a girl he had a crush on.

"She invited me to learn how to dance, and I said yes," said Duarosan. Shortly thereafter, he became a part of the Tahitian dance group she was in, and danced with the group for two

See TAHITIAN DANCE page A7



LANCE CPL. STEPHEN T. STEWART

Sgt. Drew M. Hurst, a quality assurance chief with Marine Unmanned Aerial Vehicle Squadron 2, holds his 4-day-old daughter at the squadron's hanger April 30, aboard Marine Corps Air Station Cherry Point.

Unmanned aerial systems deploy to Afghanistan

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

More than 50 Marines and Sailors with Marine Unmanned Aerial Vehicle Squadron 2 departed Marine Corps Air Station Cherry Point for Southwestern Afghanistan, April 30.

VMU-2's seven - 12 month mission is providing aerial surveillance for coalition and Afghan forces conducting counter insurgency and count-terrorism operations.

"We will provide asset overwatch around the clock," said Lt. Col. Mikel R. Huber, VMU-2's commanding officer.

Once in Afghanistan, the squadron will split into multiple detachments.

See DEPARTURE page A7

and two Certificates of Commendation.

"Sgt. Cody's performance is beyond reproach," said Lt. Col. Paul M. Melchior, commanding officer for CNATT. "She handles a variety of tasks and is well balanced both in and out of work."

Cody started volunteering in 2010, and since then has volunteered more than 500 hours for various causes such as Toys for Tots and the Special Olympics.

"I don't know how she finds the time to

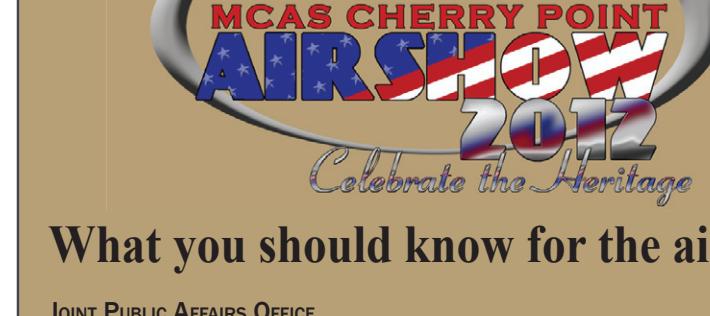
See VOLUNTEER page A7

LANCE CPL. STEPHEN T. STEWART

FOLLOW @STSTEWARTUSMC

For outstanding service accumulating more than 260 hours volunteering in 2011, Sgt. Jesse T. Cody, was named Marine Corps Air Station Cherry Point's volunteer of the year during an awards ceremony April 26, at Cunningham's aboard the air station.

Cody, a course curriculum model manager for the Center for Naval Aviation Technical Training, was presented the awards by her commanding officer and sergeant major. She received a Certificate of Appreciation,



What you should know for the air show

JOINT PUBLIC AFFAIRS OFFICE

MCAS CHERRY POINT

If you are planning to join the nearly 150,000 people that are expected to attend the 2012 Marine Corps Air Station Cherry Point Air Show this weekend there are some things you should know about tightened security measures. Below is a list of items that are approved and some that are not approved to bring to the air show.

Approved items for the Air Show:

- Umbrellas
- Pagers/ cell phones: You might be asked to turn them on and off to validate their authenticity.

• Cameras: Please do not load them with film. Security personnel might ask you to open them. Digital cameras might have to be turned off and on to validate their authenticity. Film can be loaded after clearing security.

• Video cameras: Security personnel might ask you to open them to validate their authenticity.

• Camera bags: Small camera bags will be allowed, but might be searched.

• Diaper bags, baby strollers, wheel chairs and lawn chairs: All items might be searched.

• Prescribed medications.

Prohibited items for the Air Show:

• Knives: No matter the size of the knife, you will be asked to return it to your vehicle prior to being allowed entry.

• Firearms: Anyone found with a firearm will be immediately apprehended and turned over to local authorities.

• Walking sticks: Only exception is handicap use.

• Transmitters or walkie-talkies of any kind. For security and safety reasons you will be asked to return these items to your vehicle prior to entry.

• Pets: Only guide dogs are allowed.

• Other items not allowed: scanners, Pepper spray/mace. Stun guns, scissors, box cutters, throwing stars, nun-chucks, coolers, picnic bags/baskets, duffle bags, briefcases, bicycles, skateboards, scooters, skates. You will be asked to return any of these items to your vehicle prior to entry.

For more info visit www.cherrypointairshow.com

INSIGHT INTO

THE LIFE OF A

HMLA-467

MARINE

See A3 for photos

and story



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

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In This Edition:



Chaplain's Corner : God under one nation

CMDR. CARL P. KOCH

MCAS CHERRY POINT

I was walking across a few parking lots the other day and came across this personalized plate. So I took a picture. The way it is written caught my attention. I'm guessing not the way the owner of the car intended. At least I hope not.

With the 61st annual National Day of Prayer on May 3, my observations about this plate may offend some of you. I'd prefer you be offended by how the plate says what it says. It offends me.

The personalized plate reads, "One nation under God." But, the fact is, it really says "God" in big, red, white and blue letters, beneath the words, "One nation under." So, the reality is, according to this plate, GOD is under one nation!

A red, white and blue, "GOD" at that. A real American flag waving god. Or, a real American made god. Made in America. Look closely. That's exactly what the plate says at the bottom. It seems as though the

god of this plate was made in America. For all I know, the plate was made in China!

Before you accuse me of being anti-chapel and anti-America remember I didn't make this plate. I just took a picture of it. And, I'm not anti-chapel or anti-American. But I am anti-red, white, and blue God! and, if your god is red, white and blue, best to keep him under your nation and not over it.

The only nation the God of the Bible identifies himself with is Israel. And while He still may do so, from the book of Acts, chapter 2, forward, He identifies himself with his church. Last I checked, His Church wasn't bound by borders or flags. Or license plates. And it isn't red, white and blue.

I believe this plate identifies an American problem. Not that it's the problem of the car owner. I believe it's a problem with many in our country. Somehow, they've grown to believe the USA is God's chosen nation. Somehow they believe God loves red, white and blue. That He's honored by such

license plates.

Somewhere, they believe that God, the Bible, the cross and the American flag are all wrapped up together. One beautiful package. One blessed group of people all believing the same thing. And may God heap judgment on those who don't agree! Those who don't, you see, are really screwing up America! I just don't buy that! I don't think God does either.

If God, the Bible, the cross and America are one neat package for you, I have five words for you: "Your God is too small." Way too small. Okay, five more words: "Your nation is too big." And your small God is not the God who reveals himself clearly in the Bible you claim to believe.

The National Day of Prayer is May 3. If you were involved in some celebration of the National Day of Prayer, I hope you had a great time. If you listened to some hot-shot speaker, remember, it was the National Day of Prayer, not the national day of listening to hot shots. So, now that it's over,

feel free to start praying.

And, if you are praying, don't be surprised. God isn't only listening to your prayers. He's listening to prayers from around the world. Even when other nations don't have a national day of prayer. National borders don't matter to Him. Flags don't. License plates don't. All people, however, do.



CMDR. CARL P. KOCH

Celebrating 100 years of Marine aviation



OFFICIAL USMC PHOTO

A Navy C-130G Hercules aircraft, dubbed "Fat Albert", assigned to the Blue Angels Aerial Demonstration Team, executes a jet assisted take off during the 2003 Marine Corps Air Station Cherry Point Air Show April 2, 2003. The 2012 air show will focus on multi-cultural heritage, 100 years of Marine Corps aviation and MCAS Cherry Point's 70-year anniversary.

The Windsock

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

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Flyby

Highlighting Cherry Point's Warriors



Cpl. Jason A. Corbin

Job Title: Power Line Mechanic
Unit: Marine Attack Training Squadron 203

Hometown: Russell Springs, Ky.

Age: 23

Date Joined: May 29, 2007

Cpl. Jason A. Corbin, a power line mechanic with Marine Attack Training Squadron 203, spends every day launching AV-8B Harriers and getting hands-on experience with the aircraft.

Corbin explained that the main part of his job is conducting inspections on the Harrier, which he helps inspect before and after every flight.

He said he loves to work on the aircraft, working with his hands and learning more about the Harrier every time he works on it.

The squadron that he is a part of is the only squadron in the American military that has a two seated Harrier, said Corbin.

"I love being a part of this unique squadron," he said. "I love working on the Harriers, and I get to watch them fly all the time."

"I couldn't be happier to be a power line mechanic with this squadron."

Highlight Your Marine or Sailor Superstar

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REMEMBER TO RECYCLE



LANCE CPL. STEPHEN T. STEWART

“Lance Cpl. Wright is the junior Marine every shop hopes to have.”

— Sgt. Steven M. Salinas, a crew chief with HMLA-467.



PHOTOS BY LANCE CPL. CORY D. POLOM

Lance Cpl. Jay R. Wright, a crew chief with Marine Light Attack Helicopter Squadron 467, talks to the pilot using his communication system during a training exercise April 30.

Huey crew chief reveals passion for flying

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

A UH-1N Huey touches down in a landing zone as a young lance corporal with a confident grin steps out to help embark a Marine.

If you ask the crew or pilots aboard the aircraft about this Marine they will tell you, he is confident both on the ground and in the air.

Lance Cpl. Jay R. Wright is a dual-qualified crew chief with Marine Light Attack Helicopter Squadron 467, where he works on Hueys and Cobras. It is his job to maintain the aircraft and be an extra set of eyes in the helicopter during missions and testing.

Wright, a Wasilla, Alaska, native, stepped on the yellow footprints Sept. 15, 2008, at Marine Corps Recruit Depot San Diego, Calif.

“I knew right out of high school I wanted to join the military,” said Wright. “My father was in the Air Force, and I told myself I wanted to join a more rugged branch. I also made it clear that I wanted to be in the air. I wanted to fly, and that was it.”

Wright said his recruiter gave him two options; either go to college and become an officer or enlist as a crew chief. Choosing the latter, Wright completed his military occupational school and arrived at HMLA-467 where his supervisors say he thrived immediately.

“Lance Cpl. Wright is the junior Marine every shop hopes to have,” said Sgt. Stephen M. Salinas, a crew chief with HMLA-467. “Wright has learned so much about both the Hueys and the Cobras. He has qualifications under his name that some corporals do not. Wright could be a sergeant with the amount of weight he carries in both knowledge and leadership abilities.”

Some of Wright’s aerial duties as a crew chief include making sure the rotor blades are free of debris, monitoring gauges, communicating with pilots, and keeping a 360-degree watch around the helicopter.

Each morning he goes out with other crew chiefs to conduct fuel sample testing.

A fuel sample test is conducted by looking for any foreign debris or water inside the fuel itself said Wright. If he or another crew chief finds anything of the sort, they have to drain and replace the fuel in order to prevent damaging the engine.

“On the ground, the biggest variable is the weather,” he said. “In the air it is a whole new ball game. So many different things could go wrong, from an engine failing to a dust storm coming upon us. Also, when we are operating the guns there is a possibility of jams and other weapon malfunctions.”

While in flight, Wright said he has to be able to make a quick judgment call and pass to the pilot whether he feels a situation is safe to proceed or if he feels it is unsafe to land.

“In the sky we are an extra set of eyes for the pilots,” said Wright.

The 22-year-old Alaskan said he enjoys what he does and credits his work ethic to the influence and mentorship of Salinas, but said his first taste of Marine Corps motivation about his job field came at boot camp.

“One of my drill instructors was a crew chief, and the best thing he did for me was tell me I would never make it in his job field,” said Wright. “Those words still motivate me today to be the best I can be as a crew chief.”

A few months after Wright arrived at the squadron, he was able to show and test his skills as a crew chief during a six-month deployment with the 31st Marine Expeditionary Unit.

“On the MEU, Wright spent his off time studying or lifting weights instead of playing video games like some of his peers,” said Salinas. “He is constantly trying to better himself as a person and a Marine.”

“I love flying on these birds.” said Wright.



Lance Cpl. Jay R. Wright, a crew chief with Marine Light Attack Helicopter Squadron 467, scans the horizon for any possible threats to the UH-1N Huey he is flying in during a training exercise April 30. Threats to an airborne Huey are anything from tall trees and birds to other aircraft in the area.



Lance Cpl. Jay R. Wright, a crew chief with Marine Light Attack Helicopter Squadron 467, sits inside a UH-1N Huey before taking off for a training exercise April 30.

Flight operations aboard USS Makin Island



CPL. GENE A. AINSWORTH III

A CH-53E Super Stallion with the 11th Marine Expeditionary Unit's aviation combat element, Marine Medium Helicopter Squadron 268 (Reinforced), prepares to lift an engine off the deck of USS Makin Island at sea, April 25. The unit is deployed as part of the Makin Island Ready Group, a U.S. Central Command theater reserve force. The group is providing support for maritime security operations and theater security cooperation efforts in the U.S. Navy's 5th Fleet area of responsibility.

The satisfaction of another successful mission



PHOTOS BY CPL. GLEN E. SANTY

Lance Cpl. Anthony DiCola, center, a crew chief with Marine Transport Squadron 1, spots potential landing zones from the side window of the HH-46E Sea Knight, commonly dubbed Pedro, during a three-hour training flight April 27. Cpl. Kyle Smith, a rescue swimmer with VMR-1 and Sgt. Zachary Wood, a crew chief and noncommissioned officer in charge with VMR-1, right, assisted DiCola with his training flight, which spanned from Morehead City to New Bern, N.C., pointing out different landing zones used during their emergency response efforts.

CPL. GLEN E. SANTY

MCAS CHERRY POINT

Seven Marines and Sailors with Marine Transport Squadron 1 clambered into the HH-46E Sea Knight, dubbed Pedro, and within minutes the visually distinct, orange and black, search and rescue aircraft had taken to the skies. The group began their expedition heading west down the Carolina coast snapping photos and observing the hustle and bustle below them.

The three-hour journey April 27, took the Marines from Morehead City, to New Bern, N.C. and throughout the local area as Cpl. Orlando Perez, a combat photographer with Headquarters and Headquarters Squadron here took photos of landing zones used by the unit for quick response emergencies.

Maj. Andrew Smith, the assistant operations officer with VMR-1, said the Marines conducted a morning range sweep to ensure fishermen, duck season hunters and recreational boaters maintained appropriate clearances from the off-limit targets used for military training.

"Additionally, this morning's mission included follow-on training involving an (area familiarization) for one of our new crew chiefs," said Smith.

Lance Cpl. Anthony DiCola, a crew chief with VMR-1, used the time to gain insight on approach paths for the landing zones and potential obstacles at night.

DiCola recently transferred to Marine Corps Air Station Cherry Point from Marine Corps Base Camp Pendleton, Calif., where he was a crew chief in a tactical CH-46. He said that, as of late, he's spent a lot of time in the air learning the ins and outs of what it takes to be in a search and rescue squadron.

"We're a unique unit compared to the other squadrons here," said DiCola. "Our job

isn't only to support the other units, but also go out and help the civilians in the area here too."

Smith said though the day was of a more routine nature, the search and rescue mission is always exciting and keeps them on their toes with an endless number of possible scenarios.

"The most enjoyable aspect of the SAR mission is the satisfaction that comes after a successful mission," said Smith.

Much like a Marine Expeditionary Unit prepares for a diverse range of possible missions we also prepare for a wide range of potential situations that include over-water searches, recoveries, boat rescues, over-land searches, hoisting, high-angle recoveries, scene-medical evacuations, patient transfers and aerial firefighting, said Smith.

Exiting Pedro the Marines and Sailor walked away from another successful day in the air, taking with them tools to be better prepared for missions to come.



Pedro, the HH-46E Sea Knight search and rescue aircraft, waits for its next mission on the Marine Corps Air Station Cherry Point flight line April 27. Earlier that day the aircraft was hard at work conducting a variety of missions.

EXERCISE from page A1

Emergency medical personnel from Havelock and Cherry Point responded to cries for help, treating approximately 31 casualties with simulated injuries ranging from sprained ankles to life-threatening lacerations.

While on the scene, emergency response teams responded to different scenarios to make sure they effectively triaged, treated and transported patients to various predetermined medical treatment facilities throughout the area.

"We timed the emergency response teams to see how long it took them to respond because we want to ensure they minimize the time it takes to treat victims," said Maj. Adam L. Bush, the station mission assurance director.

"It is important to be prepared. Anything could happen," said Bush.

Emergency response personnel manned an active mobile command post and emergency operations center on the flightline to direct and assist military and civilian emergency response teams with patient transport, tracking and accountability, and communications.

The air station is expecting more than 150,000 spectators at the air show. Because the turnout is expected to be so large, other outside organizations such as the Red Cross, Salvation Army and the North Carolina State Medical Assistance Team have been brought in to provide assistance.

Headquarters Marine Corps contracted a third party exercise planning team from the Camber Corporation to observe and grade the air station's plans, policies and procedures emergency response teams would use during the air show. The planning team confidentially scripted the scenario to ensure response teams would not know what to expect and supervised overall operations on the flightline during the exercise.

The results of the training exercise will be used as an air show planning tool not only for the upcoming air show, but for future air shows as well, said Scott.

"The biggest learning point we took away from the exercise was the importance of communications in the command operations center," said Bush.

It is important that personnel in the crisis center receive and relay information quickly so response teams can do their jobs and ensure proper crowd control, Bush explained.

"We want to keep ourselves in a position where we can stay calm, cool and collected," he said.

TAHITIAN DANCE from page A1

years.

Though he didn't get the girl, Duarosan's passion for the dance remained and his fellow Marines have taken notice.

When the Marines in his shop learned of his unique talents, they signed him up to perform in the multicultural portion of the Cherry Point air show, said Staff Sgt. Arvin L. Manning, Duarosan's staff noncommissioned officer in charge.

"We thought that putting him on the spot like that would embarrass him, but surprisingly it didn't," Manning said.

His fellow Marines encourage him to dance in the office and have even posted videos of him on YouTube, said Manning.

"My staff sergeant knows how to get anything out of anybody," said Duarosan. "If you have a hidden talent, he has a knack for being able to bring it out of you."

Duarosan also played a part in the planning process for the air show. During downtime he will be on the flightline assuring Cherry Point Marines and emergency response teams are ready to respond in the event of an incident.

Duarosan says he is excited to perform in this year's air show.

"With all the excitement surrounding me, I will be nervous because I am introducing people to a style of dance they might not have seen before," he said. "I will be focused on having fun during my performance, so I'm sure my nervousness will fade."

DEPARTURE from page A1

ments and spread out to forward operating bases in Helmand province explained Huber.

Huber said the squadron plans to employ unmanned aerial systems to conduct surveillance and cargo transport.

Critical to the squadron's success is providing support to families, Huber added.

"We have been preparing for this deployment for about a year," he said. "We have been preparing both at work and at home."

Some Marines had more to prepare for than others.

Sgt. Drew M. Hurst, a quality assurance chief for the squadron, said his wife gave birth to a baby girl just four days before the departure.

"It will be tough being away from him with the kids," said Hurst's wife, Amy. "We've spent the last several days taking a lot of photos and spending as much time as possible together."

"No one likes leaving their families behind," said Huber. "But we have a mission to do and we are ready to accomplish that mission."

VOLUNTEER from page A1

volunteer," said Sgt. Maj. William R. Sweet, CNATT sergeant major.

"She works normal hours, stands duty like any other Marine, but she still finds the time, and is a very well-balanced Marine." Sweet said he could not be happier for his Marine.

"A friend actually made me go to the first volunteer work I did and it made me feel great, so I kept doing it," said Cody. "I love giving back to the community, and I think every Marine should."



LANCE CPL. STEPHEN T. STEWART

Sgt. Jesse T. Cody, course curriculum model manager with the Center for Naval Aviation Technical Training, is presented three awards by Lt. Col. Paul M. Melchior, commanding officer for CNATT, and Sgt. Maj. William R. Sweet, CNATT sergeant major, April 26, at Cunningham's aboard Marine Corps Air Station Cherry Point.



Exercise Balikatan 2012



A CH-46E Sea Knight helicopter waits on the flight line of Antonio Bautista Air Base in Puerto Princesa, Palawan, Philippines, April 15. Multiple CH-46Es with Marine Medium Helicopter Squadron 262 arrived as a part of Exercise Balikatan 2012. BK12, in its 28th iteration, is an annual bilateral training exercise between the U.S. and the Republic of the Philippines that builds both nations interoperability during joint planning, contingency, humanitarian and disaster relief operations. HMM-262 is with Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.

LANCE CPL. ALYSSA HOFFACKER

All Marine swimming team practices for warrior games



PHOTO BY LANCE CPL. DANIEL WETZEL

Marine veteran Sgt. Robert "Strong Leg Bull" Norman prepares to push off the wall for the backstroke during swimming practice for the 2012 Warrior Games in Colorado Springs, Colo., April 24. Norman, a native of Shawnee, Okla., was injured in a motor vehicle accident. He is competing in both track and swimming events. The Warrior Games is a competition between wounded warriors from all military branches and includes swimming, track and field, cycling, shooting, archery, sitting volleyball, and wheelchair basketball. The 2012 Warrior games will run May 1-5.

LANCE CPL. CHELSEA FLOWERS

HEADQUARTERS MARINE CORPS

Swimming requires a certain amount of grace and poise under the water that can be a challenge for many people. The Marines at the 2012 Warrior Games, however, show speed and agility even though many are without one or both legs, an arm, or their eyesight. These differences do not hold them back as they compete against other wounded service members for the gold medal.

The swimming competition is divided into categories based upon injury and consists of the 50-meter freestyle, the 100-meter freestyle and the 50-meter backstroke for both males and females in addition to a combined 200-meter free-style relay. The winner from each event will be awarded the gold medal.

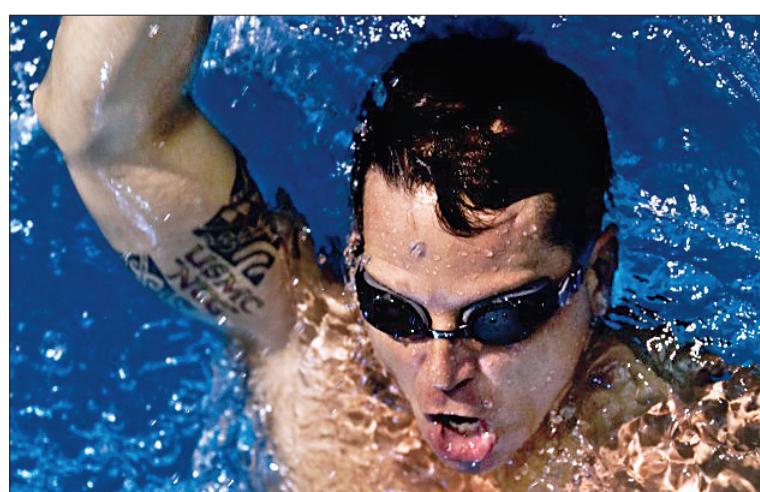


PHOTO BY SGT. AARON HOSTUTLER

Veteran Master Sgt. Dionisios Nicholas takes a breath during swim practice for the 2012 Warrior Games in Colorado Springs, Colo., April 26. Dionisios will also compete in the shooting competition at the Games.



PHOTO BY LANCE CPL. CHELSEA FLOWERS

Marine veteran Cpl. Travis Greene, native of Boise, Idaho, swims the breast stroke during swimming practice for the 2012 Warrior Games in Colorado Springs, Colo., April 24. Greene, a bilateral above-knee amputee, was injured in a secondary improvised explosive device blast Dec. 2005. Green will be competing in sitting volleyball, wheelchair basketball and swimming during the Warrior Games.

Life&Times

Facebook.com/MCASCherryPoint

May 3, 2012

Spreading the word

Marines, students talk 21st Century job skills

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

FOLLOW  @CORYPOLOM

NEW BERN, N.C. — Five Marines with 2nd Marine Aircraft Wing units visited H.J. MacDonald Middle School to support the school's "Future Skills for the 21st Century" program in New Bern, N.C., Friday.

"We are trying to build our students for success in the future," said Valerie Nasser, a school counselor at H.J. MacDonald. "We have started teaching our students about different job criteria the future will likely hold, and we have had colleges and community business owners come out to talk to our students. We then thought of the Marines, whose children attend the school, and we couldn't think of a more appropriate branch of service to come speak to our students about the military opportunities."

The Marines spoke about their jobs in the Marine Corps and the benefits a Marine career could provide for the students' futures with more than 20 students from the school.

"The Marines were our first choice to come out because a lot of our students have parents in the Marine Corps," said Nasser. "We have been trying to teach them all about the different technology used in different jobs and the Marines hit on that topic a lot."

According to Donna Bagley, the school liaison officer for Marine Corps Air Station Cherry Point, this event presented the students with optional career paths that will benefit them in the 21st century.

"This event also gives the Marines a chance to showcase their pride in their jobs and the Corps itself," said Bagley.

For the Marines, sharing experiences with the students was rewarding.

"I think this event was a great chance for us Marines to give back to the community," said Cpl. Nicholas R. Garcia, an embarkation chief with Marine Wing Support Squadron 274. "It also gives these kids a chance to hear about the different occupations available to them in the military. A lot of these children are military dependants and might be considering enlisting in the military, and this opens their eyes to more job opportunities for their future."



PHOTOS BY LANCE CPL. CORY D. POLOM

H.J. MacDonald Middle School students listen to a Marine from 2nd Marine Aircraft Wing talk about his job at the school media center in New Bern, N.C., Friday.



Cpl. Nicholas R. Garcia, an embarkation chief with Marine Wing Support Squadron 274, describes ribbons he has earned while in the Marine Corps, to H.J. MacDonald Middle School Students inside the school media center in New Bern, N.C., Friday.



H.J. MacDonald Middle School students raise their hands to answer a question asked by Cpl. Nicholas R. Garcia, an embarkation chief with Marine Wing Support Squadron 274, at the school media center in New Bern, N.C., Friday.

CHERRY POINT MESS HALL

HOURS OF OPERATION

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-12:45 p.m.,

Dinner 4-6 p.m.

Saturday-Sunday/Holidays

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

Monday - Grilled Polish sausage, grilled bratwurst, grilled Italian sausage, grilled frankfurters, rolls, French fries, tater tots, baked beans, corn on the cob, chili, cheese sauce, coleslaw, potato chips, corn chips, pretzels

Tuesday - Popcorn shrimp, steamed shrimp, buffalo chicken fritter, grilled chicken strips, sizzlin Caesar salad

Wednesday - Beef taco meat, chicken enchiladas, bean burrito, Mexican rice, refried beans, Mexican corn, shredded lettuce, shredded cheese, diced tomatoes, chopped onions, sliced jalapenos, taco shells

Thursday - Chinese egg rolls, chilled pineapple chunks, teriyaki beef strips, steamed shrimp, grilled chicken strips, pork fried rice, steamed rice, vegetable lo mein with oyster sauce

Friday - Ziti/linguine/fettuccine, spaghetti rigatoni, pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, penne/rigate/rotini, baked Italian sausage meatballs (ground beef), meat sauce, marinara sauce, alfredo sauce

Weekly Menu

Thursday May 3

Lunch - Green chili and corn stew, Indian spiced roast, chicken long grain and wild rice, steamed broccoli, Harvard beets, chicken with rice soup **Dinner** - Lemon chicken, salisbury steak, oven brown potatoes, Spanish rice, sauteed mushrooms and onions, southern style greens, brown gravy, bean with bacon soup

Friday May 4

Lunch - Baked fish with spinach topping, chicken and cheese enchiladas, golden jewel multigrain blend, Yucatan style rice, steamed vegetable medley, herbed green beans, New England fish chowder **Dinner** - Stuffed green peppers, grilled bratwurst, steamed rice, lyonnaise potatoes, sauteed zucchini, German sauerkraut, Louisiana seafood gumbo

Saturday May 5

Lunch - Mesquite roasted pork loin, chicken provencal, red beans with rice, Italian roasted potatoes, mixed vegetables, broccoli pononaise, lentil vegetable soup **Dinner** - Grilled steak, Asian BBQ turkey, baked macaroni with cheese, baked potatoes, steamed baby carrots, asparagus, mulligatawny soup

Sunday May 6

Lunch - Honey BBQ chicken, vegetable lasagna, fraconia potatoes, Italian vegetable blend, simmered pinto beans, Minnesota wild rice soup **Dinner** - Beef and corn pie, French fried shrimp, French fried fish, tater tots, turnips and bacon, vegetable stir fry, cabbage and white bean soup

Monday May 7

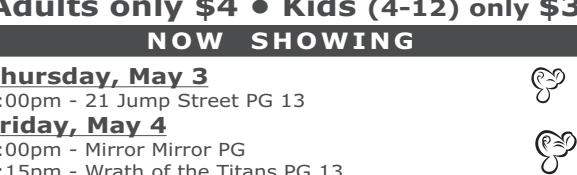
Lunch - Open faced steak sandwich, Cajun lightning chicken, rice pilaf, green beans nicoise, sauteed summer squash with tomato **Dinner** - Vegetarian split pea soup, spaghetti with meat sauce, barbecued spareribs, scalloped potatoes, steamed broccoli

Tuesday May 8

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, oven browned potatoes, steamed rice, brown gravy, corn on the cob, sweet sour greens

Wednesday May 9

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 BBQ beef brisket, baked tuna and noodles, baked macaroni and cheese, vegetable stir fry, beans fiesta



Movie Hotline: 466-3884

Visit us at www.mccscherpoint.com

Adults only \$4 • Kids (4-12) only \$3

NOW SHOWING

Thursday, May 3

6:00pm - 21 Jump Street PG 13



Friday, May 4

5:00pm - Mirror Mirror PG



7:15pm - Wrath of the Titans PG 13



Saturday, May 5

2:00pm - Mirror Mirror PG



4:00pm - Mirror Mirror PG



6:15pm - John Carter PG 13



8:00pm - Wrath of the Titans PG 13



Sunday, May 6

2:00pm - Mirror Mirror PG



Tuesday, May 8

6:00pm - The Reef



MOVIE SYNOPSIS

Mirror Mirror - Starring: Julia Roberts, Lily Collins, Armie Hammer. Seven courageous rebel dwarfs join forces with Snow White as she fights to reclaim her birthright and win her Prince in this magical comedy filled with jealousy, romance, and betrayal that will capture the hearts and imaginations of audiences the world over.

Wrath of the Titans - Starring: Sam Worthington, Ralph Fiennes, Edgar Ramírez. The epic battle between the Titans and the gods continues in this sequel set ten years after the events in "Clash of the Titans," as Perseus descends into the underworld on a mission to rescue Zeus from the clutches of Hades, Ares, and Kronos.

The Reef - Animation - Starring the voices of: Freddie Prinze, Jr., Fran Drescher, Evan Rachel Wood. Pi, orphaned when his parents are caught by a net off of Boston harbor. Adopted by a family of porpoises, Pi later swims a great distance to a tropical reef to live with his Aunt Pearl, a psychic fish. She agrees to wed the shark if he resists the urge to kill Pi. We won't be spoiling the fun or ruining any surprises to reveal that Pi soon hatches an elaborate rescue plan.

John Carter - Starring: Taylor Kitsch, Lynn Collins, Thomas Haden Church. War-becomes reluctantly embroiled in a conflict of epic proportions amongst the inhabitants of the planet, including Tars Tarkas and the captivating Princess Dejah Thoris. In a world on the brink of collapse, Carter rediscovers his humanity when he realizes that the survival of Barsoom and its people rests in his hands.

21 Jump Street - Starring: Jonah Hill, Channing Tatum, Ice Cube, Ice-T, Michael Cera, Jason Sudeikis, Andy Samberg, Steve Buscemi, David Koechner, Ken Jeong, and Nick Swardson. Behind the police force and the secret Jump Street unit, they use their youthful appearances to go undercover in a local high school. As they trade in their guns and badges for backpacks, Schmidt and Jenko risk their lives to investigate a violent and dangerous drug ring. But they find that high school is nothing like they left it just a few years earlier - and neither expects that they will have to confront the terror and anxiety of being a teenager again and all the issues they thought they had left behind.

Movies are subject to change without notice

May 4 - 6

TICKETS AVAILABLE FOR SALE AT THE MCX, TROOP STORE, MARINE MART & CONVENIENCE STORES

See the AIRSHOW Up Close & Personal from the Flightline

2 GREAT PREMIUM SEATING OPTIONS TO CHOOSE FROM:

Bleacher Seating:

Friday Night / Saturday & Sunday Shows:

\$12 (advanced)

\$17 (Day of Show)

Afterburner Chalet:

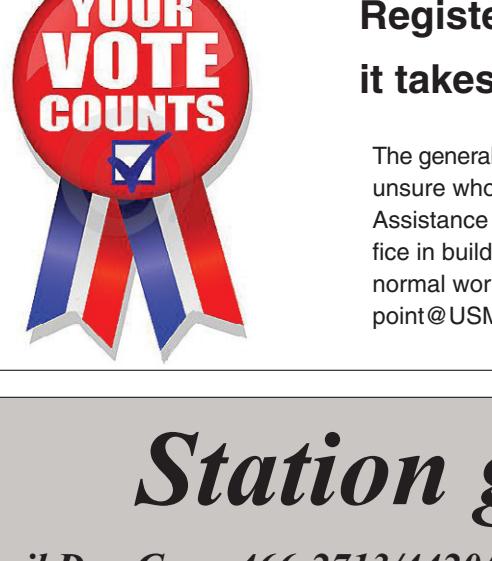
An exclusive chalet which includes outside & shaded seating, lunch and 3 beverages. Ticket prices are for ages 3 & up.

\$45 - Friday Night; \$55 (Day of Show)

\$55 - Saturday; \$75 (Day of Show)

\$45 - Sunday; \$55 (Day of Show)

For information on Box Seating and the Goulian Experience, please visit the website at cherrypointairshow.com



Registering to vote takes less time than it takes to fill your vehicle gas tank

The general election is Nov. 6. Contact a voting officer today! If you are unsure who your Unit Voting Officer is, contact the Installation Voter Assistance Office. The office is located inside the DEERS/RAPIDS office in building 298. Cpl. Kent Holtberg is available to assist you during normal working hours at 466-3243, and via email at vote.mcasherpoint@USMC.mil. Your vote counts!

Station gym hours

Devil Dog Gym: 466-2713/4420/4192

Monday - Thursday: 3:30 a.m. - 10 p.m.

Friday: 3:30 a.m. - 8 p.m.

Saturday: 8 a.m. - 6 p.m., Sunday: 9 a.m. - 5 p.m.

Marine Dome: 466-2566

Monday - Thursday: 5 a.m. - 9 p.m.

Friday: 5 a.m. - 6 p.m.

Weekends and holidays: 1 - 5 p.m.

Hancock Fitness Center: 466-4018

Monday - Thursday: 5:30 a.m. - 7 p.m.

Friday: 5:30 a.m. - 5 p.m.

Closed weekends and holidays



When love hurts, Your brain feels the pain

MARK UNDERWOOD

QUINCY BIOSCIENCE

Have you ever been in a relationship that came to an abrupt end? If so, you fully understand why heartbreak is an appropriate description of what you felt. You don't have to be left at the altar to feel intense feelings of rejection. Maybe a friendship fades away or ends in misunderstanding or a 'falling out.' Heartbreak takes many forms when love appears to be lost. The worst part can be living with the pain of rejection.

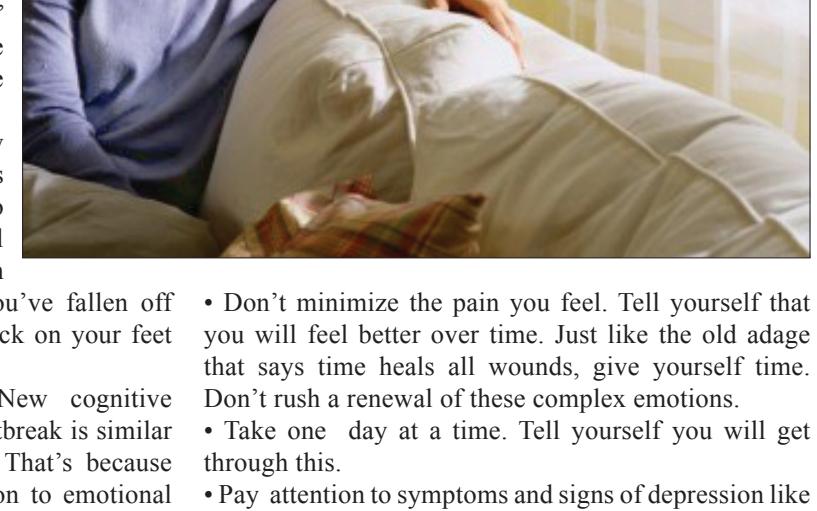
If you've known heartache you know that emotional pain feels as "real" as physical pain even though there are no physical injuries, conditions or visual scars to contend with. So why can emotional pain make you feel like you've fallen off a horse and don't know how to get back on your feet again?

The answer is in your brain. New cognitive neuroscience research tells us that heartbreak is similar to experiencing actual physical pain. That's because our brain triggers sensations in reaction to emotional heartbreak that make our body feel like it has been subjected to physical pain. Researchers who have analyzed people who suffered from an intense rejection say that rejection is so painful it appears to be similar to how people feel when they've been physically hurt.

One reason for the pain is that intense emotions that are present with a broken relationship are hard to let go. It's easy for people to want to review every event leading up to a lost relationship, over and over again. They feel compelled to find out how they could have done things differently. Sad memories only make them feel worse.

Neuroscience researchers have found that when participants whose brains were scanned were asked to think about heartbreak or were shown a photo of the "one that got away," their brain reacted as if their body was feeling physical pain.

What can we learn from heartache knowing how our brains react to emotional pain? Here are some ideas:



- Don't minimize the pain you feel. Tell yourself that you will feel better over time. Just like the old adage that says time heals all wounds, give yourself time. Don't rush a renewal of these complex emotions.
- Take one day at a time. Tell yourself you will get through this.
- Pay attention to symptoms and signs of depression like insomnia or a loss of appetite. If these signs persist, talk to someone who is experienced in treating depression.
- Take time to be good to yourself. Make certain you put something on your calendar every day that you can look forward to. It could be as simple as reading a new book or inviting a friend over to watch TV and chat.
- Make sure you get a good night's sleep. Quality sleep will help you greet each day with renewed optimism.
- Don't isolate yourself. Build your confidence by connecting with people. After a rejection, reach out to new friends as well as people who you haven't seen in a while.
- Look for opportunities to build self-esteem by accomplishing something new. Maybe you wanted to take a woodworking class or learn a new language. Start searching for activities that interest you. You'll feel good about yourself when you take that first step toward a new beginning.

THE LOCAL BUZZ

Announcements

► Indicates new announcement

Annual Havelock Salute to Veterans

The Havelock Chamber of Commerce and the Havelock Military Affairs Committee will hold their annual Salute to Veterans at 6 p.m. Tuesday.

The average annual attendance for this event is more than 450 veterans and their families.

The event includes military appreciation programs for all wars and all military branches, dinner, traditional cake cutting, silent auctions and entertainment.

Free tickets are now available to veterans and active duty military.

For more information, call Vanessa W. Lawrence at 447-2531.

► New Bern Remembers Civil War Veterans

Four local groups will come together in New Bern, N.C., May 12 to recognize those who fought and died 150 years ago during the Civil War.

A coalition of the Climbers Club, the Earl of Craven Questers, The Family History Society of Eastern North Carolina and the New Bern Historical Society invites the public to gather to remember Union and Confederate soldiers alike.

A 2 p.m. ceremony at the Attmore Oliver House will feature music and light refreshments. The gathering will also honor Mr. Luke Martin, who is the son of a Civil War soldier. His father was a member of the U.S. Colored Troops.

Following the ceremony, the participants will proceed to the Cedar Grove, Greenwood and National Cemeteries. A wreath will be laid at each location honoring Confederate, Union and U.S. Colored Troops. A Marine color guard will be on hand to honor the veterans and the New Bern Fire Department Pipes and Drums will also participate.

The event is free and open to the public. For information, call 638-8558 or visit [https://www.NewBernHistorical.org](http://www.NewBernHistorical.org).

Discover artist community around Weaverville

Celebrate spring in the mountains and discover the thriving artist community in and around Weaverville, N.C., during the Weaverville Art Safari May 12-13.

The event is free and features more than 40 artists of national and regional acclaim.

Saturday and Sunday from 10 a.m. - 6 p.m. the artists

Monthly and Weekly Events

Courage to Change

Cherry Point and Havelock Courage to Change support group is for friends and families of people who suffer from alcoholism. Meetings are held at St. Paul's Lutheran Church in Havelock, Tuesdays at 8 p.m.

For more information, call 241-6155 or 670-6236.

AA Beginners Meeting

Alcoholics Anonymous meetings aboard the air station are held Wednesdays and Thursdays at 8 p.m. The meetings take place in Room 208 of Building 229, next to the Cherry Tree House.

For more information, call 447-2109.

Al-Anon Family Group Meeting

Al-Anon family group meetings are held Tuesdays 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 or 447-2109.

Together For Life

The "Together for Life" one-day premarital seminar is held for active duty personnel age 26 and under, within 90 days of marriage.

For more information call the chapel at 466-4000 for more information.

Domestic Violence Victims

Support groups for victims of domestic violence are provided by the Carteret County Domestic Violence Program. The group meetings are held every Wednesday at 6 p.m.

For more information, call 728-3788.

Marine Corps League Meetings

Cherry Point's detachment of the Marine Corps League meets the third Tuesday of each month at Miller's Landing at 7 p.m.

For more information, call 515-1175.

Disabled Veterans

Chapter 26 of the Disabled American Veterans meets the third Tuesday of each month at the Senior Center in Havelock at 7 p.m.

For information, contact Cris Young at 259-3427.

Enlisted spouses club

The Cherry Point Enlisted Spouses Club meets the first Thursday of every month in building 3452. The club is a social/ service organization open to the spouses of enlisted service members.

For information call 626-4319 or visit <http://www.cherrypointesc.org>

Friday, Saturday Night Events for Children

The Bridge Youth Center on Harker's Island is for children 6-18 to participate in recreational activities Friday and Saturday evenings. For more information contact Patrick J. Tivnan at 843-709-0732.

Sexual Assault

This procedure is not to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7. The person answering the call will help you decide the next steps to take. You may remain anonymous.

Severe Weather and Force Protection Information

Cherry Point personnel call 466-3093. FRC East personnel call 464-8333. DDCN personnel call 466-4083.

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.

This line's automated answering service is available 24/7.

Sexual Assault

This procedure is not to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7. The person answering the call will help you decide the next steps to take. You may remain anonymous.

Severe Weather and Force Protection Information

Cherry Point personnel call 466-3093.

FRC East personnel call 464-8333.

DDCN personnel call 466-4083.

In the wake of the most devastating storm to hit the New Orleans area in more than 200 years, a group of Marines and Sailors from Marine Forces Reserve demonstrated the quick response synonymous with the Navy/Marine Corps team. Within 24 hours of being called, Marines assisted in the evacuation of 2,500 civilians, and Navy corpsmen treated scores of flood victims.

AP Photo/JOE ROSENTHAL

will open their studies to the public for a glimpse of their creative processes.

A preview party at Reems Creek Golf Club May 11 marks the beginning of the event.

Event tickets are \$10.

For more information, visit <http://www.weavervilleartsafari.com>.

► Cape Lookout Lighthouse to Open

The Cape Lookout Lighthouse is scheduled to open for the season May 16.

For more information, call 728-2250 or contact Elizabeth Barrow at 726-8148.

► Motorcycle Poker Run

Havelock Pop Warner will sponsor a motorcycle poker run May 19 at the Havelock Recreation Center.

Sign ups are at the recreation center at May 19 at 9 a.m. and the run starts at 11 a.m. Registration is \$15 per person.

For more information visit their Facebook page at <http://on.fb.me/havelockpopwarner>.

Hope for the Warriors

Hope for the Warriors is announcing early registration for the 7th annual Run for the Warriors.

The race will be held at Jacksonville High School May 19. Early registration prices for the half marathon are \$45 and \$20 for the 10K, 5K and one mile walk/run.

For more information, visit their website at <http://bit.ly/hopeforwarriors>.

Advanced Riders Courses

Advanced Rider Track Day is coming to Marine Corps Air Station Cherry Point, May 19-20 and June 23-24; and at Marine Corps Auxiliary Landing Field Bogue Aug 4-5, Sept. 15-16 and Oct. 20-21.

Advanced Motorcycle Operators School will be at the air station May 10-12 and Aug 9-11.

Both courses are free, open to any age or rank and consist of all aspects of rider awareness from knowing motorcycles' limits to increasing confidence and safety.

For more information, contact your motorcycle mentorship program president or installation safety office, or register at <http://bit.ly/cherrypointtrackday>.

Marine and Family Programs

Marine, Family Programs Office Numbers

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

- Child Development Resource and Referral – 466-3595.

Now in Building 87

- Exceptional Family Member Program – 466-3305.
- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.

Library – 466-3552.

LifeLong Learning – 466-3500.

Military Family Life Consultant – 876-8016.

Retired Activities – 466-5548.

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.

OFF Limits MCAS CHERRY POINT AREA

98 CENT ONLY STORE

(BIG DADDY) WESLEY'S GROCERY

COASTAL SMOKE SHOP

EXPRESSIONS

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 & GIFTS (BEAUFORT AND NEW BERN)

TOBACCO TOWN

TOBACCO SHOP (NEWPORT, N.C.)

TWIN RIVERS (NOT THE MALL)

WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

BELFAST QUICK MART

BELL AUTO SALVAGE II

BOTTA BOOMS

CASH-N-ADVANCE

CJ'S QUICK MART

CLUB MICKEY'S

COASTAL SMOKE SHOP

DASH-IN

DISCOUNT TOBACCO

D'S DRIVE THRU

D'S QUICK MART

DOLL HOUSE

EASY MONEY CATALOG SALES

EXPRESS WAY

FANTASIES

HIP HOP AND HOOKAHS

ILLUSIONS

JACKSONVILLE SPEEDWAY AUTO PARTS

KINGS DRIVE THRU

KWIK STOP MART

LAIRD'S AUTO & TRUCK CENTER

MILITARY CIRCUIT OF JACKSONVILLE

MOE'S MART

NASH MARKET

ONE STOP SHOP

PAR TECH

PLAYHOUSE