

Emotional fireworks fly on Cherry Point flight line



Capt. Samuel Robinson, the detachment legal officer with Marine Aerial Refueler Transport Squadron 252, embraces his wife Suzy and son at an Independence Day homecoming celebration, July 4, after three months supporting the 24th Marine Expeditionary Unit. The 4th of July holiday is both Suzy's and their son's birthday, making their family reunion that much more meaningful, said Suzy.

24th MEU detachment returns home in time for Independence Day

CPL. GLEN E. SANTY
MCAS CHERRY POINT

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Though there were no bright balls of fire in the sky, fireworks were still going off in people's hearts as they reunited with their loved ones on the flight line here, July 4. A detachment of more than 40 Marines

and one Sailor with Marine Aerial Refueler Transport Squadron 252 returned to Cherry Point for a two-week operational pause from supporting the 24th Marine Expeditionary Unit to rest, spend time with family and conduct refresher training before returning to MEU operations.

For the Robinson family the return of their loved one was not a moment too soon. Both Suzy, wife of Capt. Samuel Robinson, the legal officer of the VMGR-252 detachment, and 3-year-old James were celebrating their

See HOME page A11

CNO recognizes VMR-1 for superior safety

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Marine Transport Squadron 1 received the Chief of Naval Operations aviation safety award at the VMR-1 hangar, June 27.

The squadron's guest of honor Brig. Gen. Thomas Gorry, commanding general of Marine Corps Installations East, presented the award to Lt. Col. Edward Lang, commanding officer of VMR-1, who accepted on behalf of the squadron.

"The aviation safety award is indicative of long-term commitment to safety and to flying excellence," said Gorry. "It's an award that the whole squadron contributes to on a day-to-day basis and it's indeed an honor and a privilege to present this prestigious award to such a professional organization."

The Chief of Naval Operations annual awards program recognizes Navy ships, Navy and Marine Corps installations and people for outstanding performance, according to the Navy's official website.

To receive the CNO award the recipient must be chosen from under an aircraft controlling custodian such as Marine Corps Installations East.

See AWARD page A11

Cherry Point library welcomes the iPad revolution

CPL. GLEN E. SANTY
MCAS CHERRY POINT

FOLLOW @CORYPOLON

This year the Marine Corps Air Station Cherry Point library introduced 30 new iPads into its inventory. The idea began with the successful introduction of four iPads at Marine Corps Air Station New River, N.C. Due to their success, Cherry Point gathered end-of-year funds from fiscal year 2011 to expand the range of technology in the station library. All of the iPads come with many popular applications for media and social media sites and an array of practical and work-related applications. Library director Suzanne Shell said the iPads give the library's patrons a chance to get to know the technology without having to go out and buy it. Shell said with the schools on summer break, most of the success with the iPads has been with the teens and tweens who have come in to escape the summer heat. She said that adults are starting to get into the iPads a little more but some skepticism still occurs for choosing between a desktop, laptop or iPad. "Most of the adults look surprised at the fact we even have iPads," said Shell. "We let them know that the iPads are synced with the printers, and if they do decide to get on Facebook or Twitter, all of the memory will be erased so others won't be able to look at their personal information." The iPads are for in-house use only and the library also has more than 90 eBook readers available for up to three-week rental. The eBooks have over 100,000 selections to choose from, many from the Commandant's Reading List.



Nineteen-year-old Pandora Van Orman plays with one of 30 new iPads at the Cherry Point library, June 6. The iPads are part of an initiative to modernize the library and help patrons.

Howard assumes command of support squadron, Rosenbloom bids farewell

LANCE CPL. STEPHEN T. STEWART
MCAS CHERRY POINT

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Lt. Col. Dan L. Howard assumed command of Marine Wing Support Squadron 271 from Lt. Col. Paul Rosenbloom during a ceremony, July 10, at the parade field aboard Cherry Point. Rosenbloom will move on to duties as the assistant chief of staff for the 3rd Marine Logistics Group in Okinawa, Japan. In his final address to his Marines, Rosenbloom praised their efforts during his tenure as commanding officer. "You can accomplish anything, and after one year I'm leaving kicking and screaming," said Rosenbloom. "I've never had a bad day in 12 months of being in command, and I thank you Marines." Howard comes to the squadron after serving as 2nd Marine Logistics Group's assistant chief of staff. He said he looks forward to commanding the "Workhorse of the Wing." "Marines, I look forward to leading you. Your reputa-



Lt. Col. Howard

tion precedes you and I've heard of your accomplishments for many

See COC page A11

NMCRS fund drive concludes Sunday

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Marines and Sailors at Marine Corps Air Station Cherry Point can extend a helping hand to their fellow service members by donating to the Navy-Marine Corps Relief Society Active Duty Fund Drive, until Sunday. Even though the drive concludes Sunday, donations are accepted year round. The total amount raised on record is currently \$11,500, said Vicki Wilson, director of Cherry Point Navy-Marine Corps Relief Society. In 2011, The Navy-Marine Corps Relief Society provided more than \$286,000 dollars to 2,152 families on Cherry Point and more than \$4 million dollars to North Carolina families in financial assistance including quick assist loans, emergency leave travel, disaster recovery assistance, and assistance to wounded warriors, widows and their families. Service members can donate online, identifying Cherry Point as their "Base or Station," at <http://bit.ly/nmcrsdonate>.

What's Inside

Summer Safety	A2	VMM Survey Land	A14
MAG-16 Celebrates	A6	Athlete of the Year	A15
MAGTF-13 Stands Up	A13	The Local Buzz	B3

In This Edition:



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and story



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Cherry Point personnel participate in annual Feds Feed Families Food Drive

JOINT PUBLIC AFFAIRS OFFICE
MCAS CHERRY POINT

Federal employees aboard Marine Corps Air Station Cherry Point are making a difference this summer by participating in the Office of Personnel Management’s annual Feds Feed Families Food Drive campaign, now until Aug. 31.

President Obama signed the Serve America Act into law and created “United We Serve” in April 2009, encouraging Americans to contribute to the nation’s economic recovery through service in their communities. Since then, federal employees throughout the country have displayed remarkable generosity, donating an astounding 8 million pounds of food and non-perishable goods. The federal-wide goal for the 2012 campaign is to collect another 2 million pounds. In the continuing spirit of being good neighbors to their fellow eastern North Carolinians, Cherry Point personnel will contribute toward the realization of that goal.

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

Donation locations include:

- Marine Dome
- Base theater
- Bowling alley
- MCAS Pass and ID Center
- Marine Corps Exchange and convenience stores
- DECA Commissary
- Child Development Center
- Cherry Tree House
- The Roadhouse
- Miller’s Landing

Five tips for a safer summer

DR. KEVIN RONNEBERG
TARGET ASSOCIATE MEDICAL DIRECTOR

Summer has arrived. As the weather heats up, it’s critical for beachgoers and outdoor fun-seekers to be sun-safe.

This begins with choosing the right sunscreen to protect yourself from harmful ultraviolet rays. Equally important are these five simple tips from the Skin Cancer Foundation, which also will help you mitigate sun damage and reduce the risk of skin cancer.

First, seek the shade. Simply minimizing exposure to UVA and UVB rays can go a long way toward protecting your skin. Taking a break from direct sun is especially important between the hours of 10 a.m. and 4 p.m., when rays are strongest. Remember, clouds don’t block UV rays.

Infants under 6 months should always be kept out of the sun – protected with clothing, an umbrella or a stroller hood. Children and adults should wear protective clothing, including wide-brimmed hats and UV-blocking sunglasses.

Second, use a broad spectrum sunscreen with a sun protection factor of 15 or higher. Regardless of the season, this kind of sun protection should be used on a daily basis. Most people understand the importance of sun safety during the summer months, but many underestimate the need for year-round protection. The temperature may drop, but UV rays remain strong. And the cooler temperatures may actually prevent people from realizing the extent of the damage the sun is doing to their skin.

Next year, new regulations from the Food and Drug Administration will help consumers know they’re getting the right protection by prohibiting manufactures from labeling their sunscreens as “broad spectrum” or making claims about protecting against skin cancer and aging unless they’re SPF 15 or higher. And sunscreens with lower SPF values will have to sport a warning that the product may not offer protection against the harmful effects of exposure to the sun.

Third, apply one ounce of sunscreen to the entire body 30 minutes before going

outside. According to the Skin Cancer Foundation, for full SPF protection, sunscreen must be applied half an hour before sun exposure. If you are average size, you’ll need a full ounce – or about two tablespoons – to adequately cover your skin. Studies show that most people apply less than half that amount, losing the full benefit of the SPF protection.

Reapplication is just as important as putting sunscreen on in the first place, as sunscreens tend to break down with exposure and can be rubbed off or washed off by sweat or water. So sunscreen should be applied every two hours, and immediately after swimming or exercise. During a full day at the beach, one person should expect to use at least a quarter of an 8 oz. bottle of sunscreen.

Fourth, do not let yourself burn. Sunburn is the most immediate and obvious sign of UV damage. When immune cells race to the injured skin site to start healing the damage, they produce the reddening and swelling.

Tanning is the skin’s response to this damage and may permanently affect skin cells. While many believe a “base tan” will prevent damaging burns, that’s not the case. There is no such thing as a healthy or base tan.

Finally, check your skin regularly and ask your doctor for a skin cancer exam annually. One in five Americans will develop skin cancer. Tans and burns can be the first step. Intermittent but intense UV exposure is more closely associated with melanoma, the most deadly variety of skin cancer, than chronic sun exposure. One blistering sunburn in childhood or five in a lifetime doubles the risk of melanoma.

To check yourself for signs of skin damage, inspect your skin from head to toe, looking for spots or sores that heal too slowly, new growths, and any moles or beauty marks that change in color, texture, or size. And once each year, be sure to ask your physician for a skin checkup.

Sunscreens are an essential part of a healthy lifestyle. They keep skin looking young and reduce the risk of many skin cancers. They must be used properly, however. These five suggestions will help keep you and your skin safe.

Chaplain’s Corner: Resolutions re dux

CMDR. PHIL KING
MARINE AIRCRAFT GROUP 14

Six months ago we thought about resolutions and what we hoped to achieve in the New Year. We discussed the difference between good intentions and well thought out and planned changes that are implemented into our daily schedules that should make our lives better.

So, how’s it going? For most people, the resolution wagon gets overturned early and often; our busy schedules crowd out the changes we tried to act on. This is where the rubber meets the road, and the disciplined warrior reaches down deep and finds the will to overcome those frustrations that undermine all of life’s best endeavors.

Back in January I mentioned that in classical

Greek culture, education or instruction was called paideia. Paidiea was more than just learning. It was the process whereby a human developed into his or her true or best form. We see this most prominently in athletes whose training gives them an advantage over other equally great athletes. With the approach of the Olympics, we are honored to witness amazing men and women whose focus and discipline can serve as inspiration to all of us.

For the ancient Greeks, this form of training required “ethos,” which in this case was defined as “habits.” The best “habits” were routinized behaviors that developed the man or woman into a capable citizen, who would serve the family and state honorably. This learning ultimately equipped the citizen not for an occupation, but for the responsible

exercise of freedom and honor. Just because we may have been frustrated about our resolutions does not mean we cannot continue to try and implement them.

As Marines, Sailors and military families, we have taken on arduous patriotic duty as a means toward living a better life. Some argue that taking as much as possible ensures happiness. I would counter that an ethic of excellence which embraces generosity is what distinguishes our misery from true joy. Many of you live with a creed of paidiea daily that drives you toward a life of noble service and self-improvement. Here at the halfway point of 2012, I encourage you not to be discouraged and give up. In aspiring to excellence we discover personal satisfactions that go far beyond any notion of the fleeting

happiness that any self-indulgence might bring.

As you reconsider the changes you have sought to impliment in 2012, continue to be honest with yourself and don’t just play with a wish list, or throw your hands up in frustration. Identify what will help you on the journey toward realizing your greatest potential, and then meticulously detail your plan – for establishing habits of excellence. What ultimately defines us as champions is not winning, but a will to win that rises from the bloody field of discouragement.

Never concede defeat. Semper Fi, and always be blessed.

– Erratum –

In the July 5 issue of The Windsock, the front page top story headline incorrectly identified the subject squadron. We are rerunning the article this week with the correct headline, due to our error.

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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REMEMBER TO RECYCLE



SGT. NATHANIEL P. WIEGNER

Job Title: Avionics Technician
Unit: Marine Tactical Electronic Warfare Squadron 1
Hometown: Amber, Pa.
Age: 32
Date Joined: Oct. 24, 2007

Sgt. Nathaniel P. Wiegner is the noncommissioned officer-in-charge of Marine Tactical Electronic Warfare Squadron 1’s avionics section, where he conducts and supervises the maintenance of communications, navigation and radar systems for the squadron’s EA-6B Prowlers.

“In this job you learn something new every day,” said Wiegner. “I am a seeker of knowledge and enjoy my job because I’m constantly learning.”

Wiegner finds that his biggest job challenge is finding time to balance maintenance duties and helping mentor his junior Marines.

“There has to be a balance between my job and family life,” said Wiegner. “The same has to be done between mentoring the young Marines in my shop and completing the unit mission. It is my duty as an NCO to pass on my knowledge to my junior Marines.”

Maintenance of the communications, navigation and radar systems is crucial to the successful completion of the VMAQ-1 mission, said Wiegner, “Without these three major systems, these aircraft cannot fly.”

Highlight Your Marine or Sailor Superstar

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LANCE CPL. CORY D. POLOM

Havelock celebrates Independence Day



PHOTOS BY CPL. SANTIAGO G. COLON JR.

Local residents enjoyed food, festivities and fireworks in celebration of Independence Day at the 9th annual Havelock Freedom Festival at Walter B. Jones park July 4, 2012.

The free event started at 5 p.m. and included activities for all ages including a hula-hoop contest, three-legged race, and pie-eating contests.

The 2nd Marine Aircraft Wing performed during the event and concluded the concert with their renditions of each military service song.

The event ended with a 30-minute fireworks display by Chris Montcourtois, local fireworks business owner. The display was paid for by the City of Havelock.



Reunion in Afghanistan



From left to right, Army Chief Warrant Officer 2 Jason M. Dexter, Gunnery Sgt. Eric M. Dexter, and Army Pfc. Richard M. Dexter reunite at Bagram Airfield, Afghanistan, June 27. The brothers had not seen one another in six years.

Deployed Marines, soldier brothers see each other in Afghanistan after years apart

CAPT. JOSEPH P. HAAS

MARINE TACTICAL WARFARE SQUADRON 1

BAGRAM AIRFIELD, AFGHANISTAN — It's hard enough for siblings in the military to see each other during holidays and family get-togethers, meeting up while deployed is nearly impossible. Three brothers serving in the Marine Corps and Army in Afghanistan got that chance the last week in June, their first chance to spend time together in six years.

Army Chief Warrant Officer 2 Jason M. Dexter and younger brothers Gunnery Sgt. Eric M. Dexter and Army Pfc. Richard M. Dexter had the opportunity to reunite at Bagram Airfield in Afghanistan. They had not seen one another since 2006, at a family reunion in the mountains of northern Georgia.

Eric Dexter currently serves with Marine Tactical Electronic Warfare Squadron 2, Richard Dexter is with

Company B, 1204th Aviation Support Battalion, both deployed here to Bagram Airfield. Jason Dexter, a Network Management Technician with the 230th Signal Company, is passing through on his way home after a nearly year-long deployment.

The three brothers come from a long line of civil service - their father, Robert Dexter, is a retired Police Officer, and mother Sylvia Dexter is a retired United States Postal Service employee. Another brother, Edward Dexter, is a Tennessee State Trooper while younger sister Jennifer currently attends college.

Each came to be in the military in their own way. Jason Dexter explained his path to the military, saying "I enlisted in the Marine Corps for 3 years [after high school] and got out. Eight years later, I decided to join the Tennessee Army National Guard."

Eric Dexter knew he wanted to join the military while

he was still in high school, following his brother into the Marines because "the Marine Corps was the most challenging."

Richard decided to enlist at the age of 32 in 2010 because "I always wanted to join the military and do my part. After 15 years as an electrician and starting my own business, I decided to join the Army National Guard."

The three brothers in uniform have a combined 32 years of service in the military, to include eight deployments in support of operations in Iraq, Afghanistan, and Libya.

The Dexter brothers all said that the time they spent together in Bagram was invaluable. They look forward to their return home, and plan on spending time with their families - Jason Dexter is married with two children, while Eric Dexter and Richard Dexter are each married with five children.



PHOTOS BY LANCE CPL. SCOTT L. TOMASZYCKI

Pfc. Issac N. LeBlanc, an ordnance mechanic with Marine Aerial Refueler Transport Squadron 252, scrubs down the flaps of a KC-130J Hercules.



Cpl. Aaron E. Johnson, an airframe mechanic with Marine Aerial Refueler Transport Squadron 252, washes down the underside of a KC-130J Hercules wing.

Plane wash

Corrosion control, over cosmetics key to preventative maintenance

Marines of Marine Aerial Refueler Transport Squadron 252 perform preventative maintenance on each aircraft every 35 days as a measure against corrosion. The exhaustive job includes washing the landing gear hydraulic systems, brushing off moving parts on the wings, and applying a new coat of grease to all the joints. These measures fight dirt, grime, and ocean salt that can collect and cause parts to fail.

Spending more than 400 man-hours a month to scrub and lubricate the aircraft can save taxpayers hundreds of thousands, if not millions. There is no point in losing a \$100,000 strut when it could have been maintained with a six-dollar can of grease, said Cpl. Derrick J. Holly, a tool room manager for the squadron.



Marine Aerial Refueler Transport Squadron 252 aircraft sit in rows on the flight line at Cherry Point, Friday.



Pfc. Issac N. LeBlanc, an ordnance mechanic with Marine Aerial Refueler Transport Squadron 252, cleans out a joint in the landing gear assembly of a KC-130J Hercules.



LANCE CPL. MICHELLE PIEHL

Three CH-53 Super Stallions with Marine Aircraft Group 16 fly in formation while retracing the historical path of the unit through southern California, June 28. Celebrating 60 years of assault support excellence, MAG-16 flew 12 aircraft to represent each of the 12 squadrons within MAG-16. Six MV-22B Ospreys took the lead, followed by the Super Stallions, to make a formation over the community.

Highlighting helicopter history: MAG-16 celebrates 60 years

LANCE CPL. MICHELLE PIEHL

MCAS MIRAMAR

MARINE CORPS AIR STATION MIRAMAR, Calif.

– Twelve aircraft flew a historical path along the California coast, highlighting the achievements of Marine Aircraft Group 16 aboard Marine Corps Air Station Miramar, Calif., for their 60th anniversary, June 28.

Each of the aircraft represents a squadron within MAG-16. Six MV-22B Ospreys and six CH-53 Super Stallions participated in the anniversary flight.

First established in 1952, MAG-16 was the first helicopter group in the Marine Corps.

“It is American history,” said Lt. Col. Kevin M. Duffy, the MAG-16 operations officer. “It is 60 years of serving the individual Marine, via helicopter transport. I think it’s a pretty momentous and significant event to think about.”

The 12 squadrons of MAG-16 share a robust daily interaction, describes Duffy.

MAG-16 consists of six Marine heavy helicopter squadrons and four Marine medium tiltrotor squadrons, as well as Marine Aviation Logistics Squadron 16 and Marine Wing Support Squadron 374.

“They work individually, but they also work together to make the mission happen,” said Duffy. “We have a term here that we use: HMM-West or VMM-West. Even though we have six VMM squadrons and four HMM squadrons, a lot of times we’ll accomplish the mission with equipment, aircraft and Marines from each of the units. All the commanders and units have a great working relationship.”

In the last quarter, MAG-16 participated in 22 community related events, most of which were air shows and static displays.

While air shows demonstrate the airborne capabilities of the aircraft, static displays serve as a unique opportunity for the community to have an up-close-and-personal view of the aircraft.

Duffy explained the significance and accomplishments of vertical envelopment since the Vietnam War. With the development of the MV-22B Osprey, the versatile aircraft slated to replace the CH-46E Sea Knight, the capabilities of these aircraft continue to advance.

“The history of the nation and what we have had to do to defend this nation walks in step with what we’ve done here at MAG-16,” said Duffy. “I think that it’s important that the community knows what the Marines of the local community have done to support the nation.”

Highlighting the achievements of MAG-16 took massive amounts of planning.

In addition to the hundreds of hours pilots spend planning and coordinating flight paths, air crew members must complete numerous hours training and preparing for each mission.

Ground crew members also contribute a mammoth number of hours before and after each flight.

Prior to any flight, anywhere from 28-50 hours of preparation work is done per mechanic, on each aircraft,



LANCE CPL. MICHELLE PIEHL

A formation of MV-22B Ospreys fly at a low altitude over Marine Corps Air Station Miramar, Calif., June 28. The flight commemorated the years of assault support excellence with Marine Aircraft Group 16. MAG-16 flew 12 aircraft, both MV-22B Ospreys and CH-53E Super Stallions, to represent each of the 12 squadrons within MAG-16 to celebrate their 60th anniversary. A formation of CH-53E Super Stallions joined the airborne Ospreys later in the flight.

explained Master Gunnery Sgt. Pete Reyes, the maintenance chief with MAG-16.

With five or six mechanics working on each of the 12 aircraft, the number of hours soars into the thousands.

“Every job is important,” said Reyes. “Every Marine is important. Most Marines believe what they are doing is truly important. It’s a sense of teamwork.”

A large number of cooperative efforts contributes to the success of MAG-16.

One of the biggest factors in the longtime vitality of MAG-16 is the variety of terrain located on the West Coast. This enables the pilots and air crew to have practical training for amphibious, desert, mountain and urban terrains, as well as long-range flights, cold-weather training and confined area landings.

“Allowing the pilots and aircrew to train in a dusty area prepares them for the actual terrain [in the Middle East],” said Reyes. “Being close to so many different types of terrains and environments gets us prepared. It’s the same thing we’ve done back here, just a different country.”

Another factor in the success of MAG-16 is the dependence on respect.

Reyes explained the reciprocal trust between the pilots

and crew members. Daily, the pilots put their lives in the hands of the mechanics who prepare the aircraft for safe flight. The mechanics in return trust the pilots will return safely with the aircraft. While in flight, the crew puts their lives in the hands of the pilots to safely fly them to their mission, while they ensure the equipment is functioning as it should in the back of the aircraft.

“Everyone knows their ranks, everyone knows who is an officer and who is enlisted,” said Reyes. “But when we get in the back of [an aircraft], it’s one team. There is no rank; the mutual respect is out there.”

Regardless of the outcome, Reyes said he believes every mission is a success, as long as two key points are remembered: no one is left behind and MAG-16 continues to keep flying.

Reyes recalled seeing a sign posted outside of Marine Corps Air Station New River.

“It says: ‘Pardon our noise, it’s the sound of freedom,’” said Reyes. “I firmly believe in that. When the community comes out for air shows and demonstrations, it’s a chance to say thank you to them. It’s a chance to show them what we’re about; this is what we’ve been doing.”



CONTRIBUTED PHOTO

Ten Marines, five from Marine Corps Base Camp Lejeune, re-enlist for at least another four years Oct. 30, 2011, at the Minnesota Vikings vs. Carolina Panthers National Football League Military Appreciation Day game at Bank of America Stadium in Charlotte, N.C.

MARADMINs detail bonuses, loss of incentive for FY13

CPL. GLEN E. SANTY

MCAS CHERRY POINT

FOLLOW @GESANTYUSMC

New regulations published in June could be good and bad news for Marines trying to reenlist in fiscal year 2013.

Administrative messages from Headquarters Marine Corps spell out detailed incentives for all those extending their careers, by cutting reenlistment points and offering bonuses to Marines renewing their contracts.

The first message, 357/12, applies to first-term and career Marines whose contracts end between Oct. 1, 2012, and Sept. 30, 2013.

In short, it lists by occupational specialty, the amounts each Marine approved for reenlistment will receive and how soon they will get it.

The bonuses will be paid at a flat rate over a period of

48 months. For Marines re-enlisting for a longer period, the bonuses will still be paid in the four-year period. Marines who reenlist for less than 48 months of obligated service will be approved on a case-by-case basis.

The pre-tax selective reenlistment bonus amounts are authorized based on the Marines reenlistment zone, their rank on the date of their reenlistment and military occupation.

Due to caps, no reenlistment bonus will exceed \$90,000.

An example given in the message is a sergeant, with 17 months to six years of military service, laterally moves from his current military occupational specialty into the 0372 critical skills operator MOS and reenlists for 60 months additional obligated service as required by current fiscal year retention guidelines. The enlistment bo-

nus authorized will be limited to the full bonus amount of \$69,750.

The second message, 358/12, states that effective June 30, Marines will no longer receive reenlistment points toward promotion composite scores.

Marines who currently rate or are awarded the points prior to July 1 will maintain the points until promoted to the next grade or until they leave active duty.

The message explains the program of awarding points was an incentive for reenlisting during the Corps' period of increasing active duty end strength, which is now no longer required.

For more information about these and other Marine Administrative Messages visit <http://www.marines.mil>.

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HOME from page A1

birthdays on Independence Day.

"Today is special to us because not only is it James's birthday but it's my birthday too, and it's the best birthday present we could have asked for," said Suzy.

With a baby girl due in August, Suzy has taken on the role of both mother and father in the house but said she has had constant support from the squadron to include frequent phone calls from other spouses and family.

"Of course (deploying) puts a strain on all of us," said Capt. James Robinson. "But the strength I have with my family helps me put aside my worries and remember why I do all of this, for my family and my country."

Lt. Col. Charles Moses, VMGR-252 commanding officer, said that though the detachment is home, they will still be on alert.

"I feel proud that they are home," said Moses. "But obviously the job is never done and their job is not done until November. This will give them the ability to reset in between their operational application of what we bring to the fight, but right now it's to get them back for the 4th of July. There's no better day to get them back home and safe."

The 24th MEU deployed in March as the Central Command theater reserve, and has participated in multilateral

exercises in Jordan and Morocco. It is expected to rotate with another MEU and return to the East Coast in November.

While attached to the MEU, the detachment is under the command of Marine Medium Tiltrotor Squadron 261 (Reinforced).

The detachment's return marks the first time the entire squadron has been at home together since September 2010. Before that, the whole squadron had not been in the same place at the same time since Sept. 11, 2001.

AWARD from page A1

MCI-East's subordinate commands and VMR-1's competitors included Marine Corps Air Facility Quantico, Va.; Marine Corps Air Station Beaufort, S.C.; Marine Corps Air Station Cherry Point, N.C.; Marine Corps Air Station New River, N.C.; Marine Corps Base Camp Lejeune, N.C.; Marine Corps Logistics Base Albany, Ga.; Marine Corps Support Facility Blount Island, Fla.; and Deployment Processing Command East.

According to the Office of the Chief of Naval Operations Instruction 1650.28A (OPNAVIST), Safety awards are given to recognize operational excellence, exemplary safety contributions and to further the Naval Aviation Safety Program. The awards serve to recognize economy of operations through safety.

This award is the squadron's 19th recorded safety

award, their first was in 1990.

The last CNO award received by VMR-1 was in 2009. The squadron consecutively received the award from 1995 to 2009.

Maj. Bryan Donovan, a search-and-rescue pilot who serves as the director of safety and standardization for VMR-1, said the squadron had recently taken a different approach to their operating procedures after identifying and addressing deficiencies.

"We adopted the 'back-to-the-basics' approach to redefine each Marine's job in the squadron, their individual responsibilities, and the publications that guide them in order to change the paradigm of 'that's the way we've always done it.'"

VMR-1's mission is to provide search-and-rescue sup-

port to Marine Corps Air Station Cherry Point, and short-to medium-range rapid response to the Air Station and the local Eastern Carolina area.

"This award is a result of a total team effort, hard work and doing things the right way all the time," said Donovan.

the squadron won't rest its laurels, said Donovan. It will keep striving to improve.

"The Marines will continue to fix and fly aircraft and do things by the book and seek innovative ways to improve squadron safety both on and off duty," said Donovan. "I'm extremely proud to be a part of a top notch organization working alongside true professionals."

COC from page A1

months before I had the opportunity to take command," said Howard. "I am grateful to the Marine Corps for giving me the opportunity to lead."

His career highlights include deployments to Panama and Haiti in support of Operation Secure Tomorrow and Iraq, in support of Operation Iraqi Freedom. He served as the

Battalion Executive Officer for 2nd Combat Engineer Battalion, 2nd Marine Division, at Camp Lejeune. In that billet he deployed to Helmand Province, Afghanistan, in support of Operation Enduring Freedom.

NEXT
UP...

SPRINT CUP
Race: LENOX Industrial Tools 301
Where: New Hampshire Motor Speedway
When: Sunday, 12 p.m. (ET)
TV: TNT
2011 Winner: Ryan Newman (right)



NATIONWIDE SERIES
Race: F.W. Webb 200
Where: New Hampshire Motor Speedway
When: Saturday, 2:30 p.m. (ET)
TV: ESPN
2011 Winner: Kyle Busch

CAMPING WORLD TRUCKS
Race: American Ethanol 200
Where: Iowa Speedway
When: Saturday, 8:00 p.m. (ET)
TV: SPEED
2011 Winner: Matt Crafton



NASCAR INSIDER

By RICK MINTER / Universal Uclick



Spice it up

Cars spin out in the last lap of the Sprint Cup Series Coke Zero 400 at Daytona International Speedway on Saturday. (NASCAR photo)

In search to add drama, NASCAR vows: ‘No gimmicks’

A trip back to Daytona International Speedway for the traditional start of the second half of the NASCAR season has become a time to reflect on the good and bad of the first half of the year.

And while Saturday’s Coke Zero 400 at Daytona had plenty of excitement late in the race due to multi-car crashes and cautions, the conversation at Daytona before the race was about the lack of such at many races this year. The first half of the 400 was relatively uneventful as well.

The week before at Kentucky Speedway, track owner Bruton Smith proposed mandatory caution periods or timeouts at certain intervals in the race, with the idea that the double-file restarts that followed those cautions would provide action and drama that has been missing in many races.

“Call it what you want, but you’ve got to have caution flags,” Smith told reporters at his Kentucky track. “That creates excitement. You can’t just sit there with nothing happening. It ruins the event. It’s damaging to our sport.”

NASCAR chairman Brian France said in his mid-season session with the press at Daytona that Smith’s ideas won’t fly.

“It’s a very clear line to us,” he said. “What we’re not going to do are gimmicky things. I’ve heard we ought to throw a caution every ten laps. That’s nonsense. We won’t do gimmicky things. But we’ll do things that incentivize performance, incentivize wins. That we are open to. The wild card does that. It does it in an authentic way.”

NASCAR has, in recent seasons, added double-file restarts, the free pass rule, green-white-checkered-flag finishes and even the Chase format and several modifications to it



Bobby Labonte, driver of the No. 47 Toyota, spins out in front of Bill Elliott, driver of the No. 50 Chevrolet, after an incident in Saturday’s Coke Zero 400 at Daytona International Speedway. (NASCAR photo)

in attempts to spice up the action.

Some say that many caution flags thrown for small pieces of debris on the track were actually displayed to break up dull stretches of racing.

Drivers asked about Smith’s mandatory caution idea generally said they were opposed to it.

“I just think when we start using cautions to make the race ‘more exciting,’ I think that’s going down a slippery slope,” Carl Edwards said. “I don’t think it’s good for the sport. That’s my opinion from where I sit. That doesn’t mean it’s right, that’s just my opinion.”

He said that auto racing, by its nature, isn’t going to have a “Game Seven” moment every time.

“That’s what makes some races great,” he said. “If you start affecting the competition like that, that is analogous to stopping a basketball game if the score gets too far apart and putting the score back even.

“That, to me, is not what auto racing is about. If you let these races play out naturally, and let the racing be racing, sometimes there are some wild things that happen, and things happen that are unexpected, and that’s what makes that true, real drama that happens every once in a while.”

And sometimes races don’t play out that way, and that’s OK, too, he said.

“If a guy wins by three laps, well, he was meant to win by three laps, and you don’t want to take that away from that guy and that team,” he said.

Edwards said that doing things any other way cheapens the sport.

“You can’t fabricate competition,” he said. “That’s what’s so great about our sport. There’s a whole other world there – politics and the real world – where everybody is changing the rules all the time to try and get an advantage. We might as well just leave sports alone, and may the best man win.”

NOTEBOOK

A.J. Allmendinger suspended

A.J. Allmendinger, temporarily suspended from NASCAR after he didn’t pass a random drug test, faces an uncertain future in the sport.

Allmendinger, who has a one-year deal to drive the No. 22 Dodge for Penske Racing, was suspended just hours before the Coke Zero 400 at Daytona. He was replaced by Sam Hornish Jr., who flew in from Charlotte, N.C., and arrived at the track just minutes before the race. Hornish finished 33rd after a blown tire took him out of contention.

NASCAR’s Vice President of Racing Operations Steve O’Donnell read a statement to members of the media at Daytona, but did not answer questions.

O’Donnell’s statement was: “Driver A.J. Allmendinger has been temporarily suspended from NASCAR competition based upon a notification of a positive ‘A’ test NASCAR received from the Medical Review Officer as stated in Section 19-11B (6, 7) of the NASCAR Substance Abuse Policy. Pursuant to the rule book, Allmendinger has the opportunity to request within the next 72 hours that his ‘B’ sample be tested.



A.J. Allmendinger (NASCAR photo)

“NASCAR will follow its policies and procedures set forth in the rule book in dealing with this matter.”

It’s not Allmendinger’s first problem of that nature. In 2009, while driving for Richard Petty Motorsports, he was cited with drunk driving after a late-night traffic stop in North Carolina.

He was given a suspended sentence, probation and community service after pleading no contest to a misdemeanor charge of driving while impaired.

Allmendinger’s Penske Racing team issued a brief statement. It read in part: “NASCAR notified Penske Racing this afternoon that A.J. Allmendinger was administered a drug test earlier this week, and those results tested positive. NASCAR has a strict drug testing program that Penske Racing fully supports. Penske Racing will work with NASCAR through this process and its next steps.”

Crash scuttles ‘Awesome Bill’

For a time during Saturday’s race at Daytona, 56-year-old Bill Elliott was looking a lot like the “Awesome Bill” of the early 1980s, the driver who once dominated races on NASCAR’s biggest and fastest tracks.

Elliott, driving the No. 50 Chevrolet for a Turner Motorsports team that was making its first Sprint Cup start, qualified seventh and ran third for a long stretch in the opening segment of the race.

He was still in contention when he was collected in a multi-car crash on Lap 123 of 160.

“We were just a victim of the circumstances,” he said. “But man, I was proud of all those guys on Turner Motorsports and Walmart. That’s the best I’ve run in a long time. The car drove so well. I could go anywhere on the race track and just wait around biding my time and just seeing where we’re going to play out at the end.”

He said the current rules make it much harder to race than it was back in the day.

“You could hardly pass, man,” he said. “I mean when I was running third there early on in the race, I ran every lap wide open and never came off the bottom. And that’s kind of where you were.”

Elliott, who has made just one other start this season, at Talladega, said his opportunities to race are becoming less frequent, and any start could be his last.

Stewart: Team ‘looking good’

Tony Stewart’s fourth career victory in the July race at Daytona, the 47th of his career and the third this season, have him looking like a driver who could repeat as Sprint Cup champion, which would give him four Cup titles.

Stewart said in his winner’s interview that he’s been very pleased with his team’s performance over the first half of the season.

“I think there were some races that we lost some opportunities on, but I think there were races that we capitalized on that we haven’t been able to in the past,” he said. “I think on the average, we’re really looking good right now ...

“On the average, I feel like we’re making gains.”

He said he was especially proud of his team’s performance in qualifying at Daytona, even though his time was disallowed because a hose came loose. He had to start the race from 42nd position instead of on the outside pole where he originally qualified. His



Tony Stewart (NASCAR photo)

Stewart-Haas Racing teammate Ryan Newman was third, just a fraction of a second behind him.

“I think qualifying was what I was most proud of for the weekend, and even though we lost our time, having those two cars come here and be second and third separated by only eight thousandths of a second shows how good a job the guys did at our race shop,” he said.

Newman went on to finish fifth in the 400, breaking a string of disappointing runs that saw him finish no better than 12th in the 11 races between his win at Martinsville and his top-five at Daytona.

“It was big for us, especially with the stretch coming up,” Newman said, adding that he’s especially looking forward to this week’s race at New Hampshire Motor Speedway.

He said the Loudon track “is a place which we at Stewart-Haas have done an awesome job at in the past.”

And he said that while he left Daytona trailing Joey Logano by one point in the race for a wild-card Chase berth, he’s optimistic going forward.

“We are still in plenty of contention there with the No. 20 car right now,” he said.



Kurt Busch (NASCAR photo)

Busch happy to deliver win for Finch

One of the feel-good stories from Daytona was Kurt Busch’s victory in Friday’s Subway Jalapeno 250 Nationwide Series race. It came in James Finch’s unsponsored Chevrolet.

It’s the same owner and crew that Busch drives for in Sprint Cup.

“That’s what James Finch is all about,” Busch said. “He loves Daytona, and I’m happy that we were able to deliver. All of [the crew] came out to the start/finish line to be a part of the celebration. It’s all about heart, and it’s all about passion with these guys, and I couldn’t be more proud of this team effort tonight.”

Pole-sitter Ricky Stenhouse Jr. finished second, followed by Michael Annett.

The race saw a Nationwide Series track record 42 lead changes among 16 drivers.

SPRINT CUP POINTS

- | |
|---|
| 1. Matt Kenseth
676; Leader |
| 2. Dale Earnhardt Jr.
651; behind -25 |
| 3. Greg Biffle
632; behind -44 |
| 4. Jimmie Johnson
618; behind -58 |
| 5. Tony Stewart
592; behind -84 |
| 6. Kevin Harvick
586; behind -90 |
| 7. Denny Hamlin
585; behind -91 |
| 8. Martin Truex Jr.
584; behind -92 |
| 9. Brad Keselowski
575; behind -101 |
| 10. Clint Bowyer
572; behind -104 |

NUMERICALLY SPEAKING

- | |
|---|
| 849 Laps led by Tony Stewart in the past 14 races at New Hampshire, the most of any driver |
| 193 Laps led by Mike Skinner in the past three Truck Series races at Iowa, tops among all drivers |
| 4 Points positions gained by Tony Stewart at Daytona, to fifth, the most of any driver |
| 300 Laps led by Jeff Burton in winning the 2000 Dura Lube 300 at New Hampshire, a track record (he started 2nd, passed pole-sitter Bobby Labonte on the start and led every lap) |

Marine Air-Ground Task Force 13 stands up



CPL. DANIEL WULZ

Maj. Gen. W. Lee Miller, Jr., Marine Air-Ground Task Force - 13 commander and Sgt. Maj. Paul A. Berry, MAGTF-13 sergeant major uncasing the colors at the activation ceremony for MAGTF-13, held aboard Marine Corps Base Camp Lejeune, June 29. MAGTF-13 is scheduled to deploy to southern Afghanistan and assume operational control of Regional Command Southwest in early 2013.

COURTESY STORY

II MARINE EXPEDITIONARY FORCE

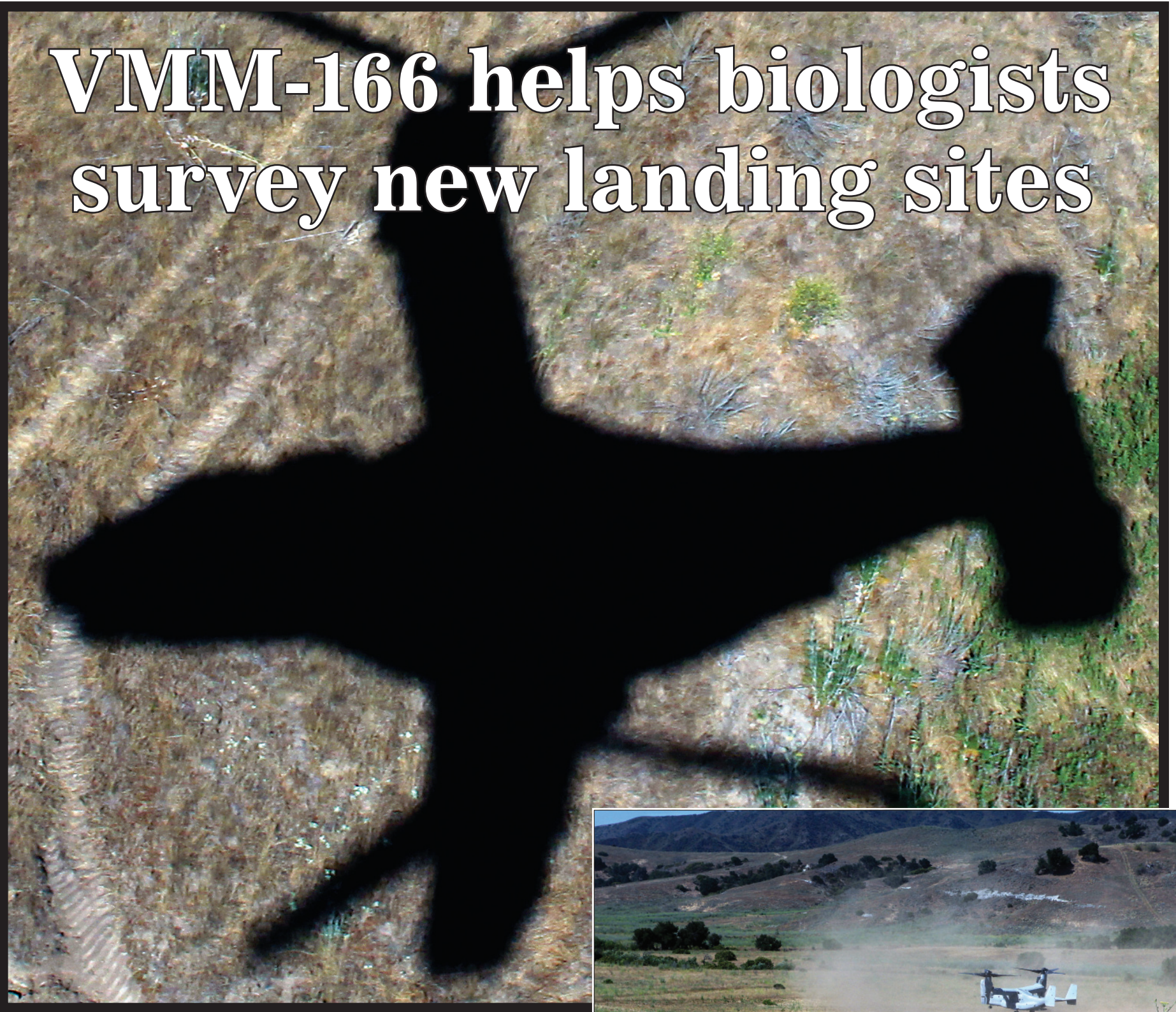
MARINE CORPS BASE CAMP LEJEUNE, N.C. – A ceremony took place today officially activating Marine Air-Ground Task Force-13 which is scheduled to deploy to southern Afghanistan and assume operational control of Regional Command Southwest in early 2013.

Maj. Gen. W. Lee Miller, Jr., MAGTF-13 commander, will deploy his unit as a task-

organized Marine Air-Ground Task Force, with elements from 2nd Marine Division, 2nd Marine Logistics Group and 2nd Marine Aircraft Wing totaling more than 6,000 Marines and Sailors. Miller will also assume command of all NATO forces in the region.

MAGTF-13 now begins a strenuous pre-deployment training program designed to prepare its warfighters for the rigors of a combat deployment as the nation's primary force-in-readiness. MAGTF-13 will replace Camp Pendleton, Calif.-based I MEF (Fwd) as the Corps' fighting MAGTF in Helmand and Nimroz provinces, Afghanistan.

VMM-166 helps biologists survey new landing sites



PHOTOS BY PFC. MELISSA ESCHENBRENNER

The shadow of a MV-22B Osprey glides across the landscape during a site survey aboard Marine Corps Base Camp Pendleton, June 27. Marine Medium Tiltrotor Squadron 166 landed in different sites on Camp Pendleton to help biologists determine if using the sites for training would hurt the environment.

PFC. MELISSA ESCHENBRENNER

MCAS MIRAMAR

MARINE CORPS BASE CAMP PENDLETON, Calif. – Marine Medium Tiltrotor Squadron 166 teamed up with biologists to certify new landing sites aboard Marine Corps Base Camp Pendleton, Calif., June 27.

VMM-166 landed on three different locations aboard Camp Pendleton while biologists observed the animals and environment surrounding it.

“It gives us more options and flexibility to have more landing zones on Camp Pendleton,” said Capt. Russell Maben, a pilot with VMM-166. “Especially when

working with ground troops, we can have a place to load and unload troops easily.”

Three sites were investigated by pilots to see if the sites would be safe and worthwhile to use. All of the sites, if approved, will be used for confined area landing training.

“You can never have too much practice for anything,” said Lance Cpl. Evin T. Haines, a crew chief with VMM-166. “If the pilots land on the same zones all the time, the pilots can become complacent with them. No two places are exactly the same.”

Biologists from Camp Pendleton studied how wildlife would react to the aircraft



An MV-22B Osprey with Marine Medium Tiltrotor Squadron 166 lands for an environmental survey aboard Marine Corps Base Camp Pendleton, June 27. To approve new landing areas for training, VMM-166 and biologists surveyed how landing would affect the surrounding environment.

landing to ensure that the environment and animal species would not be hurt while the zones were in use. Zones must be looked at not only for legal reasons, but the base is protected land for wildlife.

If training in new landing zones had any detrimental effect on the environment or the animals that live in it, the biologists wouldn’t allow it to happen, said Haines.

Running with a purpose



CONTRIBUTED PHOTO

Cpl. Jordan Freking, a 22-year-old Le Mars, Iowa native, ran in more than 40 races in 2011 and placed in the top three in every race. Freking said he recalls his aunt, Maggie, running a marathon in honor of his mother who had passed away and he uses that memory as motivation in every run since.

Family roots inspire Cherry Point Athlete of the Year

CPL. GLEN E. SANTY

MCAS CHERRY POINT

FOLLOW @GESANTYUSMC

A 22-year-old, Marine Air-Ground Task Force planner with Marine Aircraft Group 14, received Cherry Point's 2011 Male Athlete of the Year award, June 29.

Running more than 40 races in 2011, Cpl. Jordan Freking never missed the podium.

From mud-runs to triathlons Freking has involved himself in a wide variety of races throughout the area. He's set course records in races like the "Run on the Beach Series" in Atlantic Beach, N.C., and the "Stephen Siller Tunnel to Towers Run" in Jacksonville, N.C.

In 2010 Freking, then 20-years-old, competed in the Marine Corps Marathon and finished in the top 400 of more than 20,000 participants, putting him in the top one percent.

Freking finished the race in 3 hours, 12 minutes and

30 seconds.

The high school track and cross country star said he has been passionate about running for most of his life and currently maintains a perfect score on the running portion of his semi-annual Marine Corps fitness tests.

Freking explained that his brother, Keaton, always set the bar for him and Jordan worked throughout high school to beat his brother on the track.

Freking described his brother as the football star in high school who was always bigger and stronger than he was, which might be the reason Freking learned to run away so fast.

Freking and his wife Rebekeh, are expecting a baby girl in September. The runner said he is excited about what will become of the family legacy, and hopes with a mix of seriousness and levity his expected daughter will keep the pace of her father.

"Of course I'm going to make her run," said Freking.

"I'll never force her to do anything she doesn't want to do, but she's going to be an athlete," he said jokingly.

Receiving the Cherry Point Athlete of the Year award has made Freking a finalist for the Marine Corps Athlete of the Year award. The nominees wait til late July for winners to be announced.

Bryant Searcy, the Semper Fit athletics director for MCAS Cherry Point, said each installation throughout the Marine Corps will submit their top candidates for the award. If Freking wins he will be invited to Quantico Va., for the United States Marine Corps Sports Hall of Fame Ceremony, in which he will be inducted into the Hall of Fame along with prior service members, professional athletes and Olympians.



CPL. GLEN E. SANTY

Col. Andrew Shorter, the commanding officer of Marine Aircraft Group 14, Cpl. Jordan Freking, a Marine Air-Ground Task Force planner with MAG-14, Rebekeh Freking and Col Philip Zimmerman, the commanding officer of Marine Corps Air Station Cherry Point, present Freking with Cherry Point's 2011 Male Athlete of the Year award, June 29.



MICHAEL D. JACKSON

Marine test pilot Lt. Col. Fred Schenk begins his last scheduled F-35 test flight, June 26, at Patuxent River, Md. Schenk concluded his tour as government flight test director, June 29, and was the first pilot to land the short takeoff and vertical landing version of the F-35B Lightning II on USS Wasp (LHD 1) in October 2011. The F-35B is undergoing test and evaluation at NAS Patuxent River prior to delivery to the fleet.

Trailblazing Lightning II test pilot hits the road

COURTESY STORY

HEADQUARTERS MARINE CORPS

NAVAL AIR SYSTEMS COMMAND, PATUXENT RIVER, Md. – The senior F-35 military test pilot who ensured the safe execution of flight tests from the delivery of the first F-35B Lightning II in 2009 and sea trials on USS Wasp (LHD 1) last year is moving on.

Lt. Col. Fred “Tinman” Schenk, or “Lightning 8,” left the F-35 Integrated Test Force and Air Test and Evaluation Squadron (VX) 23 at Naval Air Station Patuxent River, June 29.

Schenk has poured his heart and soul into this team for nearly four years,” said Navy Capt. Erik Etz, government director of testing for F-35 naval variants. “He consistently provided outstanding leadership and guidance for our team of more than 800 personnel, and he’s been a vocal advocate for always doing the job right.”

As the government flight test director, and one of the first test pilots qualified to fly the F-35B at NAS Pax River, Schenk can list a number of “firsts” under his name,

including the first vertical landing aboard USS Wasp.

“My time here [at Pax River] has been a real privilege,” Schenk said. “All test pilots dream about working on the newest aircraft and being a part of the first sea trials. It has been the pinnacle of my career, and I am truly honored and humbled to have been a part of such a professional team.”

One of his teammates and former commanding officers praised him.

“I have been extremely fortunate throughout my career to work with truly incredible people and Tinman ranks high on that list,” said Col. Art Tomassetti, former commanding officer of VX-23 and current vice commander of the 33rd Fighter Wing at Eglin Air Force Base, Fla. “He has been the kind of Marine, the kind of officer, the kind of pilot and the kind of human being that you want on your team, on your wing and as your friend.”

Schenk’s achievements at the F-35B ITF belie the intense program scrutiny he withstood during his tour, evidence of which is visible with one visit to his relatively spartan office.

A handful of the military coins on his desk yield a constellation of stars and top military brass, including the secretary of defense, the Commandant of the Marine Corps and the chief of naval operations.

In addition to the coins, Schenk received a personal letter from the Commandant upon his departure, congratulating him on his “monumental” contributions to Marine aviation.

“The contributions he made to the team will never be forgotten,” Etz said. “I’m sure we’ll be reading about his leadership on the team and test pilot capabilities in the air in Navy and Marine Corps history books yet to be written.”

Each test pilot qualified to fly the F-35B Joint Strike Fighter gets a “Lightning number,” a distinction currently held by only 40 pilots. The F-35B and F-35C naval variants of the Joint Strike Fighter are undergoing test and evaluation at NAS Patuxent River prior to delivery to the fleet.

SMP flourishes through command participation



LANCE CPL. CORY D. POLOM

Cherry Point Marines cheer for the New York Yankees at a home game, Aug. 13. The Cherry Point Single Marine Program facilitated the trip to New York.

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

FOLLOW @CORYPOLOM

The leaders of Marine Aviation Logistics Squadron 14 are among many supporters who encourage their Marines to take advantage of the Single Marine Program.

Each squadron aboard Cherry Point has SMP representatives whose job is to be the voice of the single members of that unit. The Marines and Sailors designated to be representatives attend monthly meetings and inform the SMP council of what their units would like to see offered.

MALS-14 representative Sgt. Simon Price said the SMP has gained its strength from the support of the command groups aboard the air station. He feels the SMP benefits the single Marines on a day-to-day basis by introducing fun events and volunteer opportunities.

Price said the SMP is an escape for single Marines with his squadron and aboard Cherry Point and is important in getting them out of their barracks rooms and into the community.

Lt. Col. Ryan G. Goulette, the commanding officer of MALS-14, believes involvement in the program is important and feels it helps prevent disciplinary issues in the unit.

“The single Marines are a very important demographic of the Marine Corps and they should get recognition for their hard work,” said Goulette. “I tell all my sections if we have a Marine who wants to go to an event then they will be allowed to go. I’d rather have a large group of my Marines out at a free concert in Raleigh for a work day, than run the risk of losing these Marines to poor decisions.”

Over the last six months, the involvement of Marines and Sailors in the SMP has tripled and Jen Krivohlav, the SMP coordinator for Cherry Point, credits a lot of that to the support from the command groups all over the air station.

“I just started attending these events through the SMP and it has been more than I could have asked for,” said Lance Cpl. Todd Lamb, an aviation electrician with MALS-14. “The SMP coordinator pushes to get us Marines and Sailors the opportunities we want. They have something for everyone throughout the program.”

The SMP offers many events every week to include, Texas Hold’em Poker tournaments, pool tournaments, weekly volunteer opportunities with Bangert Elementary School and the New Port, N.C. animal shelter.

For its next event, the SMP will return to Morehead City, July 17 to attend a Morehead City Marlins game.



LANCE CPL. CORY D. POLOM

Tony J. “The Sniper” Crosby, right, a professional billiard player, gives advice to Cpl. Benjamin F. Smith about his shot during the clinic he taught at the Roadhouse, April 23-24. Cherry Point SMP invited the world-renowned player to offer a class for single Marines.



LANCE CPL. CORY D. POLOM

Country music artist Kenney Chesney performs for thousands of people in attendance at the 2012 Brothers of the Sun Tour at the Bank of America Stadium in Charlotte, N.C., June 24. A group of more than 70 Single Marine Program Marines loaded up two busses and made the trip to see the concert, which featured Jake Owen, Grace Potter and the Nocturnals, Tim McGraw and Kenney Chesney.

– Upcoming SMP events –

- Morehead City Marlins baseball game, July 17
- Busch Gardens amusement park trip, July 21-22
- Beach clean-up, July 23
- Washington, D.C., trip. July 27

– Weekly SMP events –

- Monday – Movie night at the Roadhouse
- Tuesday – Volunteer with local schools
- Wednesday – Gamer tournament at the Roadhouse
- Saturday – Volunteer with local animal shelters

For more information on upcoming events, contact Jen K. at 466-3027 or

visit <http://www.facebook.com/SMPCherryPoint>



COURTESY PHOTO

Marines from Cherry Point celebrate in New York City before the new year, Dec. 31, 2011. The group spent three days and two nights in the Big Apple, visiting places like the Empire State Building and the Statue of Liberty.



LANCE CPL. CORY D. POLOM

Steve Smith (center) signs autographs for a line of kids and Marines during the fifth day of the 2011 Carolina Panthers Training Camp at Wofford College in Spartanburg, S.C., Aug. 2. Five Marines from the Cherry Point Single Marines Program took the trip down to see and talk to the players on the Panther’s roster.

CHERRY POINT MESS HALL

HOURS OF OPERATION

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-12:45 p.m.,
Dinner 4-6 p.m.

Saturday-Sunday/ Holiday Hours

Breakfast/Lunch 8:30-11 a.m.,
Dinner 3-5 p.m.

FAST FOOD LINE

Monday-Friday

Breakfast 6-8 a.m., Lunch 11 a.m.-1 p.m.,
Dinner 4-6 p.m.

Breakfast Menu

Assorted fresh fruit, assorted hot and cold cereals, fried eggs and omelets to order, scrambled eggs and hard cooked eggs, grill special, pancakes, French toast or waffles, breakfast potatoes, breakfast meats, creamed beef or sausage gravy, assorted muffins, breads and breakfast pastries

Specialty Bar Menu

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 bowl, toasted garlic bread and breadsticks

Tuesday - Mediterranean pesto chicken salad, classic grilled chicken caesar salad, classic chef salad, garlic bread sticks

Wednesday - Chicken enchiladas, taco beef filling, burritos, Mexican rice, refried beans with cheese, Mexican corn, shredded lettuce, diced tomatoes, chopped onions, sliced jalapeno peppers, taco shells, flour tortillas, taco sauce, salsa, sour cream

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

Friday - Wings of fire, honeyed BBQ 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 12

Lunch - Cream of broccoli soup, Jamaican jerk chicken, Creole macaroni, cilantro rice, succotash, balsamic roasted potatoes

Dinner - Chicken and orzo soup, pork scallopini with herbed tomato sauce, baked stuffed shells, rice pilaf, marinara sauce, stewed chick peas with zucchini, mixed vegetables

Friday July 13

Lunch - New England clam chowder, maple glazed salmon, turkey pot pie with baking, powder biscuits, long grain and wild rice, green beans, cauliflower polonaise

Dinner - Turkey vegetable soup, mambo pork roast, lasagna, candied sweet potatoes, marinara sauce, steamed broccoli, Mexican corn

Saturday July 14

Lunch - Beef barley and onion soup, vegetable and black bean enchiladas, chicken and broccoli casserole, confetti rice, Spanish style beans, steamed vegetable medley

Dinner - Cream of chicken soup, java molasses pork loin, Swiss steak with mushroom, gravy, lyonnaise potatoes, buttered egg noodles, stewed tomatoes, peas

Sunday July 15

Lunch - Vegetable beef supreme soup, baked citrus herb crusted fish, fried chicken, brown rice pilaf, red bliss smashed potatoes, cream gravy, green bean casserole, corn

Dinner - Turkey noodle soup, creamy cajun shrimp penne, meat loaf, roasted garlic mashed potatoes, brown gravy, Louisiana style smothered squash, okra melange

Monday July 16

Lunch - Beef short ribs, chicken and vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots, minestrone soup

Dinner - Braised pork chops, turkey meatloaf, buttered egg noodles, islander's rice, lyonnaise wax beans, broccoli polonaise, brown gravy, chicken gumbo soup

Tuesday July 17

Lunch- Salmon with tomato cucumber, relish, chicken fried chicken, rice pilaf, mashed potatoes, sausage gravy, succotash, Southern style greens, cream of potato soup

Dinner - Roast beef, baked ziti with Italian sausage, parsley buttered potatoes, peas, vegetable stir fry, toasted garlic bread, navy bean soup, horseradish sauce

Wednesday July 18

Lunch - Santa Fe glazed chicken, baked smoked chicken, southwest orzo pasta, whipped sweet potatoes, corn on the cob, simmered mustard greens, raison sauce, chunky beef noodle soup

Dinner - Swedish meatballs, spicy shrimp with cheesy grits, rice pilaf, French fried cauliflower, French cut green beans, brown gravy, chicken noodle soup

Stressed out? Learn to react in a healthy way

MARK UNDERWOOD

QUINCY BIOSCIENCE

When the news reports an unexpected snow storm headed your way, how do you react? When you go to the dentist and learn you'll need a series of dental treatments that will interrupt your work schedule and have a high price tag, how much do you fret over it? And when your adult daughter, who is going through difficult times, wants to move back home for awhile, does it keep you from sleeping soundly?

These types of circumstances can happen in a person's life at any time. But have you ever noticed how some people take the news of the unexpected with graciousness and ease while others panic and try to solve problems that they can't fully control?

Let's face it. You can't control the weather, turn back the clock or make your children's problems go away. But you can react to life's hits and misses in a healthy way. Everyone has stressful events in their lives. Sometimes they occur in clusters and it seems like there's never going to be a sunny, 'ordinary' day ahead. Then other times a big piece of bad news comes along and you can't sleep or get it off your mind.

When you feel like you'll never get all the things done in a day that you should, or you can't balance your checkbook because you forgot to enter a couple of checks or you're running late to an important meeting, you will likely feel excessive stress from your internal alarm system.

Think of your alarm system this way. Your hypothalamus, a tiny area at the base of the brain, starts the alarm process through nerve and hormonal signals that prompt a surge of hormones to be released. These hormones include adrenaline and cortisol, the main stress hormone.

Cortisol is a complex natural alarm system that talks to the brain and controls mood, motivation and fear. When your stress alarm system is activated long-term—and you haven't found long lasting ways to relax and enjoy peace of mind, you are at risk. Did you know that an inordinate amount of stress can disrupt all of your body's processes? Long-term activation of the stress-response system and overexposure to cortisol and other stress hormones can put you at increased risk for numerous health problems.

Admittedly, some people cope with life's stressful situations better than others. But you can learn healthy ways to cope with what life throws your way.

If you think too much stress is just about feeling agitated, think again. The typical demands of day-to-day living can be stressful for anyone. The driver

in front of you weaves from lane to lane, the check-out lines at the grocery store are long, but how you react to these challenges can make a difference in your health.

Make a commitment today to find new health strategies to use when life is difficult. If you don't, you're at risk for health problem like these:

- Heart disease
- Depression
- Memory problems
- Obesity
- Sleep problems
- Digestive problems
- Skin conditions like eczema

So what can you do to improve your ability to deal with stress? Start by identifying what stresses you out the most. Is it the unexpected or changes in your schedule that will mean you have to learn new skills or lose time doing things you like to do?

Here are some ways you can put yourself in the driver's seat and take better care of yourself physically and emotionally in the face of stressful situations:

- Eat a healthy diet
- Get regular exercise
- Get plenty of sleep
- Make sure you have healthy feel-good friendships
- Keep your sense of humor even during trying times
- Practice relaxation techniques

If you can learn to manage stress, you'll enjoy peace of mind and possibly a longer, healthier life.



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. - 6p.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.

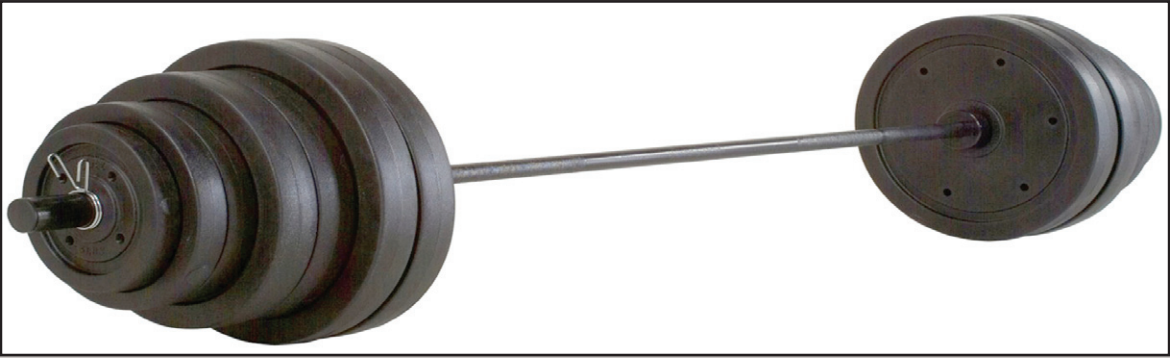
Weekends and holidays: 1 - 5 p.m.

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



MCAS Cherry Point

STATION THEATER

E Street

Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

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

NOW SHOWING

Thursday, July 12

6:00pm - Safe House R

Friday, July 13

5:00pm - Men In Black 3 PG 13

7:30pm - Safe House R

9:30pm - Snow White and the Huntsman PG 13

Saturday, July 14

2:00pm - Snow White and the Huntsman PG 13

4:30pm - Men In Black 3 PG 13

7:00pm - Snow White and the Huntsman PG 13

Sunday, July 15

2:00pm - Snow White and the Huntsman PG 13

4:30pm - Men In Black 3 PG 13

Tuesday, July 17

6:00pm - Beauty and the Beast G

MOVIE SYNOPSIS

Men In Black 3 - Starring: Will Smith, Tommy Lee Jones, Josh Brolin. Agents J and K are back... in time. J has seen some inexplicable things in his 15 years with the Men in Black, but nothing, not even aliens, perplexes him as much as his reticent partner. But when K's life and the fate of the planet are put at stake, Agent J will have to travel back in time to put things right.

Safe House - Starring: Denzel Washington, Ryan Reynolds, Brendan Gleeson. For the past year, Matt Weston has been frustrated by his inactive, backwater post in Cape Town. A "housekeeper" who aspires to be a full-fledged agent, the loyal company man has been waiting for an opportunity to prove himself. When the first and only occupant he's had proves to be the most dangerous man he's ever met, Weston readies for duty.

Snow White and the Huntsman - Starring: Kristen Stewart, Chris Hemsworth, Charlize Theron. Snow White is the only person in the land fairer than the evil queen, who is out to destroy her. But what the wicked ruler never imagined is that the young woman threatening her reign has been training in the art of war with the huntsman who was dispatched to kill her.

Beauty and the Beast - Starring the voices of: Paige O'Hara, Robby Benson, Rex Everhart. Belle is a bright and beautiful young woman who's taken prisoner by a hideous beast in his castle. Despite her precarious situation, Belle befriends the castle's enchanted staff -- a teapot, a candelabra and a mantel clock, among others -- and ultimately learns to see beneath the Beast's exterior to discover the heart and soul of a prince.

Movies are subject to change without notice

Civilian Life Ahead?

Get Assistance With

- Employment
- Education
- Benefits
- Life Goals

MARINE FOR LIFE

CONNECTING MARINES WITH OPPORTUNITY

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The Local Buzz

Announcements

► Indicates new announcement

► Broadway After Dark

Debbie's Angels Productions will host the Broadway After Dark musical Friday-Sunday in Jacksonville, N.C., where some of Eastern North Carolina's best performers will perform songs from multiple musicals like Chicago, Cabaret and many more.

For ages 18 or older. \$5 at the door. Doors open at 8 p.m.

For more information call 910-333-6717.

History Summer Day Camp: Civil War Days

Tryon Palace will host a history summer day camp focusing on the Civil War, July 23.

Campers will start their journey in the early 1800s and see how life changed for families as the war began. The event will include crafts, games, demonstrations, reenactments and more.

The camp is for children grades 3 through 5. Admission will be \$90. Advance registration is required.

For more information or to register, call 639-3524.

Little Women Portrayed in Current Times

The New Bern Civic Theatre presents the play "Little Women" Friday and Saturday.

The play is an updated and contemporary portrayal of the classic tale. The March sisters struggle to maintain the house and family while their father is away during the Iraq/Afghanistan war.

Admission prices are \$14 in advance and \$16 at the door. Student and active duty military tickets will be \$10.

For more information and to purchase tickets, visit <http://bit.ly/MQgLab>.

► African American Lecture Series

Tryon Palace will host LeRae Umfleet, a North Carolina historian, as she presents her lecture "Differing Views, N.C. Women on the Homefront 1860 - 1865" at 7 p.m. July 19, at the North Carolina History Center's Cullman Performance Hall.

For more information, call Sharon Bryant at 639-3592.

Virtual Job Fair for Marines

The Marine Executive Association will host a nationwide Virtual Job Fair, focused on Marines transitioning after

their first tour, July 18 and 19.

This Virtual Job Fair is for Marines only, regardless of location, including overseas.

To sign up, visit <http://bit.ly/Mzri9S>.

Piranha Pit Fun Run

The Semper Fit program aboard Cherry Point will host a Piranha Pit run, July 28.

Medals will be given to all participants that cross the finish line. Check-in begins at 6:30 a.m. and the race begins at 7:30 a.m.

Registration is required. Admission will be \$5 for active duty military, reservists and retired military members and \$10 for all others.

For more information, contact Berna Crosby at 466-2208.

► Cape Fear Flounder Classic

There will be a flounder fishing tournament for all ages July 28, at the Southport Marina in Southport, N.C.

Registration will be from 10 a.m.-4 p.m. Monday-Friday, July 11-27, or 5-7 p.m. July 27, at Southport Marina. The entry fee is \$100 per boat.

The tournament will start at 7 a.m. Saturday, July 28. Weighing the fish will be from 3-5 p.m. Awards ceremony at 6 p.m.

For more information, call 457-6964.

Morehead City Saturday Market

Morehead City will host a market on the second Saturday of every month now through December.

You may find quality, local, handmade or homegrown farm products, arts, crafts, food, fun, educational opportunities, music and entertainment rain or shine.

For more information or to become a vendor, go to <http://MHCSaturdayMarket.com> or call 723-0311.

► Coastal Photo Club

The Coastal Photo Club will meet on Saturday at 9:30 a.m. at the Centenary United Methodist Church in New Bern, N.C.

Guests are welcome. The club is a nonprofit group dedicated to developing appreciation for photography and member skills through educational programs, outings, and community activities.

For more information, call 514-6748.

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.

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 7 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.

Enlisted Spouses Club

The Cherry Point Enlisted Spouses Club meets the first Thursday of every month in building 3452 at 7 p.m. 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>

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.

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. Registration is required.

For more information call the chapel at 466-4000.

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.

Cycle Classes

Cycle classes are held every Tuesday and Thursday at the Semper Fit Center aboard the air station at 11 and 11:50 a.m.

For more information, call 466-1147.

Basic Budgeting

Learn basic financial management skills in room 159 of the Training and Education building.

The classes for 2012 will be held today, Aug. 9, Sep. 6, Oct. 11, Nov. 6, and Dec. 6, at 9:00 a.m.

For more information, call 466-4201.

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.

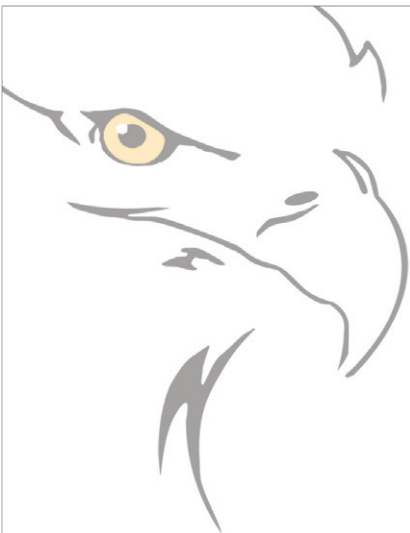
Severe Weather and Force Protection Information

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

Procedures testing

Be aware of any attempts to penetrate physical security or test procedures at the air station.

If you notice anyone involved in described activities, contact the Provost Marshal's Office at 466-4366.



OPERATION EAGLE EYES

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
LAIRDS AUTO & TRUCK CENTER
MILITARY CIRCUIT OF JACKSONVILLE
MOE'S MART
NASH MARKET
ONE STOP SHOP
PAR TECH
PLAYHOUSE
PLEASURE PALACE
PRIVATE PLEASURES (AKA CARRIAGE HOUSE)
RACEWAY AUTO PARTS
REFLECTION PHOTO
REID'S MART
SMOKERS POST
SOUTHERN COMFORT
SMITTY'S R&R
SPEED MART
TALK OF THE TOWN II
TENDER TOUCH (AKA BABY DOLLS)
TOBACCO ALLEY
TOBACCO AND MORE
TOBACCO CLUB
TOBACCO FOR LESS
TOBACCO HOUSE CIGARETTE CENTER
TOBACCO LEAF
VERONA QUICK STOP
VETERANS AFFAIRS SERVICES