



Sgt. LISA R. STRICKLAND

Sgt. Corey Norman, an ordnance Marine with Marine Heavy Helicopter Squadron 366 embraces his wife, Jo, after an eight-month deployment to Djibouti Jan. 20. Corey returned with nearly 30 other HMH-366 Marines, who comprised a detachment deployed as part of Combined Joint Task Force – Horn of Africa.

Christmas in January: HMH-366 Marines return from Djibouti

Sgt. LISA R. STRICKLAND
MCAS CHERRY POINT

Nearing the end of January, a Christmas tree still stands at the Norman residence.

The man of the house, Sgt. Corey Norman, was gone for eight months on deployment with Marine Heavy Helicopter Squadron 366, which returned Friday with nearly 30 Marines.

Norman missed spending Halloween – a big one in their home – Thanksgiving, Christ-

mas and New Year's with his family.

Nicole Jo Norman, known by all who have ever met her as Jo, put up an evergreen pencil tree after Christmas this holiday season. This was the fourth consecutive Christmas the married couple has been apart since Corey joined the Marine Corps in 2008. And though Corey was gone during Christmas again this year they agreed to celebrate Christmas together, even if it's a month later.

"I think it's great," Corey said of celebrat-

ing Christmas late. "This is our way of having our own Christmas and doing it our way."

Three red and green stockings hung from the wall, one for each one of their "children"; Shasha, a Rottweiler and Shepherd mix; Vegas, a chocolate Labrador; and Kuma, a small black Pomeranian. Kuma, a name meaning "bear" in Japanese, was a surprise present for Corey when he came home from his last deployment to Iraq in 2009.

"Kuma was making so much ruckus that he

ruined the surprise," Jo said of trying to surprise Corey upon his return from Iraq. "Corey was like, 'What is that upstairs? So I brought him down and he became part of the family.'"

Although Corey adores Kuma, he warned Jo during this deployment not to have another pet surprise this time.

"It was nice to come home to the three dogs we already had and not to another addition to

See RETURN page A7

Sergeant major of Cherry Point's largest squadron passes his NCO sword

CPL. TYLER J. BOLKEN
MCAS CHERRY POINT

Sgt. Maj. Thomas Sherwood passed on his duties as sergeant major of Marine Corps Air Station Cherry Point's Headquarters and Headquarters Squadron to Sgt. Maj. Holly C. Prafke Friday during a relief and appointment ceremony at the air station parade field.

Marines, friends and family joined Sherwood and Prafke for the 10 a.m. ceremony, enduring a minor Carolina chill for the traditional passing of the squadron's sword, symbolizing the duties of the outgoing sergeant major being passed off to the incoming.

"The fact is nothing on this base would get accomplished without H&HS Marines," said Sherwood, who served as the squadron's sergeant major for nearly two years.

"He's undertaken the burdensome task, but the great task, the important task of getting to know each and every one of the elements of H&HS – made up of about 900 members," said Lt. Col. Samuel P. Mowery, H&HS commanding officer.

The squadron has elements throughout the air station, from the Marines on the flight line at aircraft rescue firefighting and air traffic control, to

See SHERWOOD page A7



CPL. TYLER J. BOLKEN

Sgt. Maj. Thomas E. Sherwood, former sergeant major of Headquarters and Headquarters Squadron, Marine Corps Air Station Cherry Point, speaks to guests at his relief and appointment ceremony Friday, on the MCAS Cherry Point parade field. Sherwood was relieved by Sgt. Maj. Prafke, former sergeant major of Marine Tactical Electronic Warfare Squadron 3, an EA-6B Prowler squadron aboard the air station, and she has previously served with H&HS as the director of the Corporal's Course leadership school.

Dinner for heroes



LANCE CPL. ANDREA CLEOPATRA DICKERSON

2nd Marine Aircraft Wing commanding general Maj. Gen. Jon M. Davis and his wife, Carol, entertain Marines and their spouses from throughout the wing during a heroes dinner at his residence Thursday. Before dinner was served, the Marines went around the table and introduced themselves to the group. See B1 for story and additional photos.

New DoD initiatives bolster battle against sexual assault

LANCE CPL. GLEN E. SANTY
MCAS CHERRY POINT

Sexual assault can affect any Marine, negatively impact an entire unit and if overlooked, can cause problems of indefinable measure.

To curb sexual assault across the entire military, the Department of Defense released a series of initiatives Jan. 18.

"Our men and women in uniform put their lives on the line every day to try to keep America safe," Defense Secretary Leon Panetta said in a release. "We have a moral duty to keep them safe from those who would attack their dignity and their honor."

Military officials received 3,191 official reports of sexual assault last year, but the estimate is that the actual number is closer to 19,000, said Panetta.

The Marine Corps has Uniform Victim Advocates in place across the Corps to directly deal with sexual assault, and the billet was recently made mandatory in non-deployable units.

"My sole purpose is to support the victims and get them the assistance they need or want and not to judge them," said Staff Sgt. Racheal Benezette, UVA for Headquarters and Headquarters

Squadron. "I am there by their side until they no longer need me, and then I ensure that they are still receiving follow on support from counseling or whatever it may be."

Benezette added that she understands that defining sexual assault can be the most difficult part.

Department of Defense Directive 6495.01 Enclosure 1 details that sexual assault is intentional sexual contact characterized by use of force, threats, intimidation, or abuse of authority or when the victim does not or cannot consent. Sexual assault includes rape, forcible sodomy (oral or anal sex), and other unwanted sexual contact that is aggravated, abusive, or wrongful (including unwanted and inappropriate sexual contact), or attempts to commit these acts.

"I think the hardest struggle for being the uniformed victim advocate is getting the word out and gaining the Marines' attention," said Benezette. "Victims must get the help they need." A certain difficulty that Benezette fully considers with her job is the sensitivity of sexual assault cases.

See UVA page A7

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MACS-2 rehearses combat skills at Camp Lejeune training complex

See page A3-5 for photos and story



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

Chaplain's Corner : Carpe Diem

LT. CMDR. WESLEY MYHAND

MCAS CHERRY POINT

Greetings! I hope and pray everyone had a great start to a new year. 2011 seemed to go by rather quickly and already we are half way through January. I tried to make a few New Year's resolutions, but I don't want to quit before I start. On the other hand, have you all ever watched the movie "The Dead Poets Society?" It did come out a few years ago, a good flick never-the-less. Well in the movie they resurrected an obscure Latin phrase, carpe diem, which means seize the day. I kind of like that, and it makes me wonder how can I seize the day? I realize there are deadlines, commitments, problems, priorities, distractions, obstacles...and a lot of other things thrown in for good measure, and it can be hard to seize the day without the day seizing everything.

I believe we all want to make the best of our lives, and most of us don't want to get so caught up in the details of our day that we miss out. So let me encourage you to make the most of the new year ahead.

There are a lot of opportunities out there.

I would like to share a story with you. A young soldier and his commanding officer got on a train together and sat across from a very attractive woman who was traveling with her grandmother.

As the soldier and commander were engaged in conversation, the soldier and young woman kept eyeing one another... the attraction became obviously mutual.

Suddenly the train went into a tunnel and the car became pitch black. Immediately two sounds were heard: the smack of a kiss, and the whack of a slap across the face.

The grandmother thought, "I can't believe he kissed my granddaughter, but I'm glad she gave him the slap he deserved!"

The commanding officer thought, "I don't blame the boy for kissing the girl, but it's a shame that she missed his face and hit me instead."

The young girl thought, "I'm glad he kissed me, but I wish my grandmother hadn't slapped him for doing it."

And as the train broke into the sunlight, the soldier could not wipe the smile from his face.

He had just seized the opportunity to kiss a pretty girl and slap his commanding officer and had gotten away with both! Now that guy knew how to seize the day!

May we all have a blessed new year and may we all seize the days! Blessings!



Semper Fit hosted a Health Fair at the Cherry Tree House Thursday. Marines, Sailors, government contractors, and their family members were in attendance. Several offices and organizations from across the air station came out to participate including the Military Order of the Purple Heart, the Physical Therapy Clinic, and the Office of Safety and Standardization.

Semper Fit Health Fair

PHOTOS BY
LANCE CPL. ANDREA CLEOPATRA
DICKERSON



Seaman Analiza R. Gordy, a religious specialist with Headquarters and Headquarters Squadron, attempts to walk a straight line with drunk goggles on at Semper Fit's Health Fair hosted at the Cherry Tree House Jan. 19. Assisting Gordy is Patti A. Raymond an event volunteer with Safety and Standardization. "When people put the goggles on, they are able to simulate what impairment would feel like if they were intoxicated and attempted to perform any kind of activity," said Raymond.

The Windsock

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REMEMBER TO RECYCLE



Highlighting Cherry Point's Warriors



LANCE CPL. JENNA L. HERRAN

Job Title: Airframes mechanic
Age: 22
Unit: Marine Attack Squadron 542
Hometown: Charlotte, N.C.
Date Joined: Oct. 2010

"My job is to repair and replace parts of the jet that deal with flight controls, hydraulics and landing gear," Herran said. "It's testing and trouble shooting if something goes wrong and inspecting the aircraft to make sure it runs correctly."

Herran fixes AV-8B Harrier aircraft. She said the jet itself is a challenge because there's so much to know and remember. While Herran arrived in the fleet several months ago, she is still learning new things every day. She fixes the flight controls, which she says is one of the most important parts for flying the aircraft.

For Herran, completing a job and knowing it's done right is the best part of her work.

"The precautions we take are to make sure the pilots are safe," Herran said.

"Also, every shop is key. Without one, the others can't function and we all have to work together to keep the pilots safe."

Highlight Your Superstar

Have a Marine, Sailor or civilian you would like to highlight? Let the Windsock know. Email us at cherry.point.windsock@gmail.com or call 466-3542.

'Eyes of the MAGTF' return to rifleman roots



PHOTOS BY LANCE CPL. CORY D. POLOM

Sgt. Jacob R. Ruggles, an assistant data clerk with Marine Air Control Squadron 2, moves to contact during the second day of a field exercise MACS-2 at Combat Town aboard MCB Camp Lejeune, N.C., Jan. 18. Combat Town is a training facility used to increase proficiency while patrolling through urban environments.

MACS-2 demonstrates rifleman abilities on field ops



Lance Cpl. Steven P. Taroma, an administrative clerk with MACS-2, sights in while his squad conducts enemy contact drills on the first day of MACS-2 field exercise at Combat Town aboard MCB Camp Lejeune, N.C., Jan. 17.



Marines of squad 8 patrol in the woods during the second day of the Marine Air Control Squadron 2 field exercise at Combat Town aboard Marine Corps Base Camp Lejeune, N.C., Jan. 18.



Lt. Col. Darryl W. Grossnickle, the commanding officer of Marine Air Control Squadron 2, talks to his Marines about what he expects from them during the three-day MACS-2 Field Exercise at Combat Town aboard Marine Corps Base Camp Lejeune, N.C., Jan. 17.

LANCE CPL. CORY D. POLOM
MCAS CHERRY POINT

MARINE CORPS BASE CAMP LEJEUNE, N.C. — Marines with Marine Air Control Squadron 2 refreshed their basic rifleman skills during a field operation at Combat Town, here, Jan. 17-19.

More than 100 Marines divided into 12 squads to work through classes ranging from land navigation to hand and arm signals. They spent the first day setting up their camp and conducting rehearsals in preparation for the days to come.

"The first day of training is the building block for the next few days," said Staff Sgt. Brandon R. Morrison, a squad leader for the field exercise. "We are operating a crawl-walk-run operation. The hand and arm signals we teach them help communicate when hearing is impaired due to inclement weather or if bombs are going off around you."

After the Marines went through their first day of classes and training, they woke and began a series of scenarios. The squads worked on several focus areas including patrolling through the woods and room clearing using blank rounds.

"Being able to put the training we are taught into action instead of just sitting in a classroom has been a great opportunity and a great experience," said Pfc. LeeAnna L. Longhini, an embarkation clerk with MACS-2. "This training gives us an opportunity to sharpen our skills. This exercise gives us training on skills we might need while deployed and things we can use in everyday life, such as leadership skills."

The main focus of the training evolution gave the noncommissioned officers and junior Marines the opportunity to get out there and lead their peers, said 2nd Lt. Brian Chwalisz, the officer in charge for the MACS-2 field exercise.

"They get a chance to get out of their normal routines and embark on a secondary mission

they might have to conduct while deployed in combat," said Chwalisz.

The training also focused on basic tactical and survival skills.

"This is critical training that allows you to deploy at any time and be able to provide support or clear a room if needed," said Chwalisz. "It also breaks up the monotony of the work day, builds camaraderie among the Marines and helps prove the MACS-2 team can operate in any job they need to complete and accomplish."

The training concluded with the Marines using rifles loaded with simunitions to clear Combat Town of role players acting as aggressors.

"Every part of this training we conducted is extremely important," said Chwalisz. "I can't stress the importance of noncommissioned officer leadership. During this training the staff noncommissioned officers and officers were just support personnel. The sergeants and below made the decisions of how the mission was going to be accomplished and what each Marine's individual mission would be.

"This mission was a success," he added. "No matter what their job or specialty is they all have a common trait and bond; they are all basic riflemen, and I hope they all took away some traits to help them become great leaders."

After the shooting stopped, the Marines of MACS-2 cleaned up all the spent rounds and packed up their gear. They traveled back to their headquarters where they were debriefed and returned to their work sections.

"We have spent three days getting to do the job all Marines are trained to do," said Longhini. "We got to be riflemen for a few days and get out of the normal routine of our work days. It showed us junior Marines that we do have the ability to lead."

"We got to be riflemen for a few days and get out of the normal routine of our work days. It showed us junior Marines that we do have the ability to lead."



For additional photos see pg. A5.



Capt. Alejandro C. Perez, the headquarters detachment commander with Marine Air Control Squadron 2, rushes out of one door toward another while squad 8 Marines work on clearing buildings during the second day of MACS-2 field exercise at Combat Town aboard MCB Camp Lejeune, N.C., Jan. 18. The aggressors for the exercise wore desert camouflage utilities to distinguish themselves as the opposing force.

Additional photos from MACS-2 field ops pg. A3



Pfc. LeeAnna L. Longhini, an embarkation clerk with Marine Air Control Squadron 2, calls her squad to a halt during a patrolling exercise on the second day of a field exercise at Combat Town aboard Marine Corps Base Camp Lejeune, N.C., Jan. 18. "This is something new and exciting we get to do," said Longhini. "We have spent three days getting to do the job all Marines are trained to do. We got to be riflemen for a few days and get out of the normal routine of our work days. It showed us as junior Marines that we do have the ability to lead and taught us a few tricks for when we are placed into a leadership position."



PHOTOS BY LANCE CPL. CORY D. POLOM

Marines with MACS-2 work hard to set up their two-man tents where they slept over during a three day MACS-2 field exercise at Combat Town aboard Marine Corps Base Camp Lejeune, N.C., Jan. 17-19. The three day event gave the noncommissioned officers and below a chance to plan and execute missions while using basic rifleman skills they learned at recruit training and Marine Combat Training.



Pfc. LeeAnna L. Longhini, an embarkation clerk with MACS-2, works on her land navigation skills during a class on the second day of MACS-2 field exercise at Combat Town aboard MCB Camp Lejeune, N.C., Jan. 18.



Squad 8 Marines of MACS-2 listen to their squad instructor during the first day of a field exercise at Combat Town aboard MCB Camp Lejeune, N.C., Jan. 17.

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Ospreys fly near Mount Etna, Italy



COL. ERIC STEIDL

Two MV-22B Ospreys, with Marine Medium Tiltrotor Squadron 263 (Reinforced), 22nd Marine Expeditionary Unit, fly near Mount Etna, Italy during flight operations, Jan. 12, 2012. The 22nd MEU is a multi-mission, capable force, comprised of an aviation combat element, Marine Medium Tilt Rotor Squadron 263 (Reinforced); a logistics combat element, Combat Logistics Battalion 22; a Ground Combat Element, Battalion Landing Team, 2nd Battalion, 2nd Marine Regiment; and its command element.

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SHERWOOD from page A1

the Marines of the provost marshal's office who man the gates.
 "This squadron has its DNA on just about everything that happens on this station," said Sherwood. "We run this base, as well as the air space."
 This was Sherwood's first tour serving the aviation community, and he credits all of the squadron's success to the staff noncommissioned officers in each section and the Marines they support.
 "These are Marines performing the mission they were assigned, and they're performing it magnificently," he said. "It doesn't matter where you are – the wing, the infantry – they're all warriors at heart and want to serve their country."
 Sherwood is moving on to 2nd Marine Aircraft Wing, where he will serve as the sergeant major of Marine Aviation Logistics Squadron 29 at MCAS New River.
 "We're going to miss your physical presence," said Mowery. "Today just reminds us that we have to embrace change."
 Prafke comes from serving as the sergeant major of Marine Tactical Electronic Warfare Squadron 3, an EA-6B Prowler squadron aboard the air station, and she has previously served with H&HS as the director of the Corporal's Course leadership school.
 "It's good to have you back and we welcome you with open arms," said Mowery. "Your professional reputation precedes you."
 Prafke said she is excited to pick up where Sherwood left off and looks forward to the unique challenges the station's biggest squadron presents.
 "It's going to be fast-paced but I'm ready to go," she said. "I'm ready to work for and serve the Marines of this squadron."

RETURN from page A1

the family," said Korey lightheartedly.
 Korey also missed two of three dogs' birthdays so one Christmas gift was a giant cup cake pan already planned for a doggy birthday cake to celebrate all three of their "children's" birthdays.
 The job Korey is called away to do on deployment and here at Marine Corps Cherry Point is ordnance with HMH-366, nicknamed the Hammerheads. This last deployment, Korey was part of a small detachment of fellow Hammerheads in Djibouti for about eight months. There the HMH-366 Marines were part of Combined Joint Task Force – Horn of Africa preventing conflict, promoting regional stability and protecting coalition interests.
 Korey worked night shift the whole time and both Jo and Korey said it really helped them because they were on the same schedule.
 "The overall mission is important for the United States, which is why I do what I do," Korey explained of his sacrifices. "Going on deployment is part of what I signed up to do. She has been very supportive of me being away six to seven months at a time to basically fend for herself."
 Korey started dating Jo in October of 2007 and joined the Marine Corps in 2008. With his deployment to Iraq in 2009 and to Africa for

the second half of 2011, Korey has been away for nearly half of his enlistment and marriage. Even though they both admitted that the times apart are tough, Jo and Korey said there is truth in the cliché, "absence makes the heart grow fonder."
 "People start to take little things for granted when they don't realize it," said Jo. "Once your loved one is deployed you notice the little things they do that mean the world to you."
 Absence can cause couples to do special things for each other, like writing long love letters, that couples normally don't do when home together every day, Jo added.
 "What didn't she do for me while I was out there?" Korey said sarcastically of the countless care packages filled with homemade goodies, love letters and photos Jo sent during his latest deployment. "She kept me in touch with things that she was doing back here, just small little things that give me the comfort of home."
 One specific correspondence Jo fondly remembered was a love letter Korey wrote on a card he sent home before Christmas. Jo said Korey took the time to write how much he missed her and the dogs in a longer letter, rather than just sending an update on a Christmas package in the mail.

UVA from page A1

"This is not a subject that most individuals want to talk about or can talk about comfortably," she said. "It is difficult to gain attention sometimes without re-victimizing someone that has already been assaulted."
 A goal for UVAs is to wake up those who are or may be oblivious to the notion that sexual assault does happen in the Marine Corps. To report an incident there are two different ways that fit the victim's needs or wants, restricted and unrestricted.
 "It is very pertinent that they know who their UVA (restricted) is because they can offer them confidentiality," said Benezette. "Whereas any other Marine (unrestricted) is not a UVA cannot offer them that security and must report it up their chain of command."
 Because sexual assault is a crime Benezette said it must be dealt with accordingly. The commands are all mandatory reporters, meaning the victim only has the unrestricted reporting option if they choose that route.
 "Sexual assault is a very traumatic and personal thing for a victim," said Benezette. "Victims generally don't want anyone knowing about their situation that is not on a need to know basis. However, the UVA is here if they are seeking help and need someone to lean on and walk them through the process."
 For further guidance or help call Cherry Point's victim advocate 24/7 response line at 665-4713.

iously waiting at the HMH-366 hangar for Korey to step off the bus. She got a quick glimpse of him as he got out and walked around to get his deployment gear. Jo's eyes lit up as she became fidgety with anticipation. When Korey began to walk toward the wide hangar doors, Jo turned back to ask if she could run up to him. However, she didn't need an answer. She began to run at full speed, as fast as she could run in heels, to meet her husband and to a much anticipated embrace.
 There were lots of hugs and kisses and then Jo turned to point into the hangar where Alissa was standing. Korey let out an "Oh my God," as he ran up to hug his best friend of six years. All three wore nothing but smiles and were excited to get home to celebrate and enjoy a late Christmas. Korey said it was a great feeling to be home.
 "There is a point when you first get in country that it's nice to just be away and create that distance; to miss your other half," Korey said as he began to explain the best part of deployment. "But then coming home and reuniting with that and being able to make up for lost time and sharing experiences that each other had through that time – it relives that honeymoon phase throughout the relationship time and time again. It's just really awesome."

13th Annual MCAS Cherry Point HALF MARATHON

Saturday, March 24

Check-In at 6:00-7:00am, Race begins at 7:30am

Rain date: Sunday, March 25

At Sunset Park
 (Large Grassy Area Across From the Flight-Line on Roosevelt Blvd.)

Register at the Devil Dog Gym, Special Events Coordinator or www.active.com

Registration Deadlines:
 (Before March 3) - Active Duty/Retired/Reservist: \$10, All Others: \$25
 (March 4-10) - Active Duty/Retired/Reservist: \$20, All Others: \$50

Registration fees are non-refundable.

Registration Deadline: Saturday, March 10

\$20 will be added to all registrations after the deadline date.

Participants can register the day of event.

Registration is limited to 250 participants, Register early to guarantee your spot!

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CPL. BRIAN ADAM JONES

Sgt. Christopher Lemke, a mechanic with Marine Light Attack Helicopter Squadron 369, and a native of Macomb, Mich., looks into the “hell hole” underneath a UH-1Y Huey helicopter at Camp Bastion, Afghanistan. Lemke discovered a previously unknown issue inside the tight space that represented an extreme risk to the aircraft and aircrew. The Marine was awarded the Navy and Marine Corps Achievement Medal for his potentially lifesaving find.

Marine helicopter mechanic in Afghanistan saves lives with maintenance discovery

CPL. BRIAN ADAM JONES
2nd MAW(FWD)

CAMP BASTION, Afghanistan— A Marine Corps sergeant in Afghanistan who unearthed a never-before-seen maintenance issue in a UH-1Y Huey was recently awarded by the Marine Corps for his potentially lifesaving find.

The sergeant was awarded the Navy and Marine Corps Achievement Medal in a ceremony at Camp Bastion, Afghanistan, Jan. 12.

Sgt. Christopher Lemke, a mechanic with Marine Light Attack Helicopter Squadron 369, nicknamed the “Gunfighters,” regularly conducts inspections on the squadron’s UH-1Y Hueys and AH-1W Super Cobra attack helicopters.

But during a routine phase inspection of a Huey in late December, Lemke, a native of Macomb, Mich., uncovered something that could save countless lives. Phase inspections are regular checks on an aircraft’s various components to ensure they are safe.

Underneath the UH-1Y Huey, in the aircraft’s transmission compartment – an area so difficult to reach that maintainers call it the “hell hole” – Lemke found something wrong.

“When two metals rub together, it creates this black liquid, and that’s what I found,” Lemke said.

The transmission pylon beam and the main beam joint, which secure the aircraft’s transmission to the airframe, were disintegrating.

“This failure represented an extreme risk to the aircraft and aircrew,” his award citation reads.

The citation goes on to state that Lemke’s finding led to a corpswide inspection, resulting in an engineering advisory report addressing a manufacturing defect found on multiple UH-1Y aircraft.

“No one else had ever found such an issue, but when we looked at another aircraft we had in phase, it had the same problem. There was a fault in the design of the aircraft,” Lemke said.

Lemke was not scheduled to inspect that part of the helicopter as there had never been an issue in the history of the aircraft, but he explained that Marine Corps aircraft maintenance demands more than completing the minimum requirements.

“That’s how I was trained – it’s the Gunfighter way,”



CPL. BRIAN ADAM JONES

Lt. Col. Ian Clark, left, the commanding officer of Marine Light Attack Helicopter Squadron 369, pins the Navy and Marine Corps Achievement Medal on Sgt. Christopher Lemke during a ceremony at Camp Bastion, Afghanistan, Jan. 12.

Lemke said of his squadron. “Our job isn’t just replacing things. If we don’t do it right, that’s someone’s life.”

Lemke’s leadership said that they are hardly surprised by his diligence.

“It’s no surprise to me, he’s always gone in there and done his job the right way,” said Staff Sgt. Ricardo Paez, Lemke’s supervisor, and a native of Austin, Texas.

Lemke said he hopes younger mechanics in the squadron – the privates first class, lance corporals and corporals – see that as aircraft maintainers, they hold lives in their hands.

“I’m 24 years old and the responsibility we hold for our age is astronomical,” Lemke said. “I hope the junior guys

around me realize that and go out and provide combat-capable aircraft for the Marines on the ground.”

2NDMAWONLINE

For more stories, photos and video visit:
<http://www.marines.mil/unit/2ndmaw>
<http://www.dvidshub.net/units/2MAWFWD>
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General hosts heroes cited for valiance

Celebrity chef prepares dinner

LANCE CPL. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

Maj. Gen. Jon M. Davis, 2nd Marine Aircraft Wing commanding general, hosted 11 2nd MAW Marines and Sailors from Marine Corps Air Stations Cherry Point, New River, and Beaufort, S.C., last Thursday in his home for what was declared a heroes dinner.

"I don't consider myself any different from any other Marine," said Cpl. Taneshia A. Bethea, a supply clerk with Marine Unmanned Aerial Vehicle Squadron 2. "I take our core values seriously because they are a part of my character. They were instilled in me at a very early age."

The other Marines at the dinner echoed similar statements of humility about their heroic acts, but Davis insisted their deeds not go unnoticed as he recounted each Marine's valiant story.

"All of your stories are very amazing," he said. "You are true modern-day heroes. Some of you made choices that may not have been the most popular thing to do, or the most glamorous, but you made courageous choices. And for that, I am very proud of you."

Before dinner was served with food donated by Harris Teeter in New Bern, celebrity chef Rick Tarantino, who prepared the evenings meal, spoke with the Marines and offered words of encouragement.

"Thank you for everything you do," he said. "I love opportunities like this. It is such an honor to be here with you, doing what I love."

Tarantino has appeared on numerous television shows and infomercials with other noteworthy chefs like Emeril Lagasse and the late Julia Child.

After dinner was served and guests polished their appetites with sorbet, Davis stood at the head of the table and reminded the Marines why they were chosen to attend the dinner designated for 2nd MAW heroes.

"It is Marines like you that help keep 2nd MAW a powerful fighting force," he said. "Thank you for doing what I asked of you, which is the right thing at all times."

As the attendees shifted their attention from their meals to Davis, they listened to him tell each Marine's courageous story.

Lance Cpl. Corey J. Dixon, a supply clerk with Marine Wing Headquarters Squadron 2, came to the aid of a fellow Marine after he began consuming alcohol after being involved in several incidents of misconduct. While trying to convince the Marine to stop, Dixon was violently retaliated against with an elbow to the chest.

"Even though Lance Cpl. Dixon possibly faced backlash from his peers, he made the right decision to not fight back and stay by the troubled Marine's side," said Davis.

Fellow Cherry Point-based Marine **Cpl. Michael A. Strothers**, an aviation communication systems technician with Marine Air Support Squadron 1, came to the aid of a civilian swimmer experiencing distress in rough waters around Virginia Beach, Va. Strothers was on leave



PHOTOS BY LANCE CPL. ANDREA CLEOPATRA DICKERSON

2nd Marine Aircraft Wing commanding general Maj. Gen. Jon M. Davis hosted a heroes dinner at his residence last Thursday for Marines and Sailors from 2nd MAW who were recognized for heroic actions. Other special guests at the event included David Melvin, the store director of The Harris Teeter in New Bern, Paul Chapa from Frozen and Dairy Magazine, and guest chef Rick Tarantino.

balls!" but after I picked up the package I noticed that it felt unusually light," he said. "I knew that there was no way a box of golf balls could be that light. At that point I figured that there was spice or something else illegal in the package, so I knew that I had to alert the proper authorities."

The box did, in fact, contain spice. Thanks to Sullivan's efforts, the Marine that owned the package was prosecuted.

Sgt. Gregory G. Mosher, a logistics vehicle system operator with Marine Wing Support Squadron 272, was patrolling along a route in Helmand province with four embedded vehicles. While verifying his load was safe, a Georgian convoy approaching from the opposite direction detonated an improvised explosive device, causing mass destruction, which resulted in the injury of one of the Georgians. Mosher took charge of the situation and sent medical evacuation information to the convoy commander. Mosher also directed and instructed interpreters and Georgians on the scene so helicopters could successfully land and provide the Georgians the medical care they needed.

"I don't really remember a lot about what I did, but I don't think that what I did was that great," Mosher said. "Any other Marine in my shoes would have done the same thing."

Cpl. Taneshia A. Bethea got a call from a junior Marine one evening, asking if she could borrow Bethea's laptop to watch some movies. The junior Marine was crying, and Bethea sensed that she needed to stay close to the Marine.

ics arrived.

"I don't think of myself as a hero," said Dunn. "I think that anyone else would have responded the same way I did if they were put in my shoes. The only thing going through my mind at the time was 'I hope he's going to be OK.'"

Sgt. Stephanie K. St. Laurent, a billeting clerk with Marine Aircraft Group 31, based out of Beaufort, S.C., responded to an advertisement that a fellow service member posted requesting a kidney donor for his ailing wife who was diagnosed with fatal kidney disorder.

Without hesitation, St. Laurent responded and underwent testing to see if she was a positive match. When St. Laurent learned that she was a match, she volunteered to donate one of her kidneys. After the three-hour surgery, the transplant was a success.

"This Marine did a very selfless thing," said Davis. "I don't think that even I would have had the courage to do something like that. It's not every day that people are willing to risk their lives. Her selflessness set the example for all Marines to emulate."

Lance Cpl. Steven B. Craven, an air traffic controller with H&HS aboard Cherry Point, went above and beyond the call of duty to assist with an Honor Flight, Sept. 11, 2011.

His duty shift ended late that night, and he received a call to assist the aircraft after the plane was unable to land at its intended destination, Coastal Carolina Regional Airport. Craven consulted his chain of command for guidance, and began making other phone calls to make sure



2nd Marine Aircraft Wing commanding general Maj. Gen. Jon M. Davis and his wife, Carol, get acquainted with their guests while enjoying shrimp cocktail prepared by guest chef Rick Tarantino during a heroes dinner they hosted at their residence last Thursday. Davis said that it was an honor to fellowship with the Marines, Sailors, and their spouses.

at the time and noticed the swimmer having difficulty in the water. He and a fellow Marine put their lives at risk to swim out to calm the swimmer before bringing him back to safety. The swimmer said he might not have survived if Strothers had not come to his rescue.

Lance Cpl. Alexander S. Shugars, an ordnance technician with Marine Medium Tiltrotor Squadron 264, reported his roommate for smoking spice.

"We had a very bad drug problem here at one point. It got so bad that we almost burnt one squadron to the ground," said Davis. "Thanks to this Marine having the courage to do the right thing in spite of what his peers might think, he helped uncover a major drug ring."

"At first, it was hard to be around the Marines in my squadron," said Shugars. They considered me a snitch, but eventually things got better once our entire unit started to combat the problem."

Cpl. Matthew E. Adkins, a consolidated automated support system technician with Marine Aviation Logistics Squadron 31, and his wife, Courtney, were spending time together at the beach at Hunting Island State Park, S.C. While there, Adkins noticed a man swimming with a flotation device caught in a rip current that pushed him approximately 200 yards away from the shore. Using the techniques that he mastered during the highest level of water survival training, Adkins swam to his aid and brought him back to shore.

"I want to thank my wife for making me go to the beach that day," said Adkins. "I wouldn't be here if it weren't for her."

Lance Cpl. Taylor J. Sullivan, a loadmaster with Marine Aerial Refueler Transport Squadron 252, was playing golf one day when he noticed a suspicious package fall out the back of a golf cart.

"At first I thought to myself 'Hey I just got free golf

She went to the Marine's room and discovered the Marine attempting to harm herself. Bethea immediately got help for the Marine, thus saving her life.

Petty Officer Third Class April L. Lewis, a hospital corpsman with Marine Wing Support Squadron 274, was the lone Sailor recognized during the evening.

"What this Sailor did was so extraordinary," said Davis. "Her bio isn't just a standard story of the events that took place. Her entire bio is one person's accounts of what she did."

A local police officer was monitoring his radio one morning when he heard a dispatch call requesting the assistance of North Carolina Highway Patrol. The police officer said he responded to the call because it was in his jurisdiction.

"As I approached the Hibbs Road intersection, I did not immediately see a collision," read the officers account. "As I looked further down the road, I noticed lights. As I pulled up I noticed a small red sedan in a ditch. In the back seat, I saw Lewis holding the head of the victim who was in the front seat. The driver was in the driver's seat with his head facing down. Lewis conducted a visual assessment and saw no visible injuries. She then proceeded to hold up the victim's head which prevented positional asphyxiation thus saving the life of the driver."

Lance Cpl. Robin Dunn, an MCAS New River air traffic controller with Headquarters and Headquarters Squadron, drove by an accident on Nine Mile Road while on her way to work early one morning. A motorcyclist was struck by a truck while the truck was attempting to pass on the narrow two-lane road. Dunn located the victim and immediately began providing aid despite being exposed to poison oak located throughout the area. She took off the motorcyclist's helmet and began to give the victim cardiopulmonary resuscitation until the paramed-

that there would be proper equipment and personnel on the ground to assist passengers once they landed.

"Craven was there in the tower and also on the ground to ensure that plane landed safely and the veterans made it off the aircraft unharmed," said Davis. "He acted way above his pay grade that night."

"I don't think that what I did was really that special," Craven said. "I was just doing my job."

One Marine was not able to attend the dinner due to his wife going into labor.

"He deserves a lot of recognition nonetheless," Davis said of **Cpl. Jeremy R. Sherwood**, a helicopter mechanic with Marine Light Attack Helicopter Squadron 269, based at MCAS New River. Sherwood came to the aid of a helicopter crew whose aircraft crashed shortly after takeoff from Patrol Base Wolfpack in Helmand province, Afghanistan. After impact, the helicopter became engulfed in flames. Sherwood sprinted over to the wreckage and attempted to secure the left engine's fuel switches and throttles while the engine was still running. When this measure failed, Sherwood raced to find a fire bottle attempting to help extinguish the flames coming from the wreckage. The fire bottle was inoperable, therefore Sherwood had to think quickly to find a solution. With the help of two other Marines, he was able to fight the fire using water bottles, saving the life of the helicopter's wounded pilot.

After an evening of awe-inspiring stories recognizing the heroic actions of what Marines felt was their duty, each could leave with an even greater sense of pride in what they stand for as a Marine and Sailor.

"We all are considered heroes. That's a really big deal!" said Dunn.

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 8:30-11:00a.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 Jan. 26

Lunch - Cream of broccoli soup, Jamaican jerk chicken, Creole macaroni, clantro rice, succotash, balsamic roasted potatoes **Dinner** - Chicken and orzo soup, pork sclopinin with herbed tomato sauce baked stuffed shells, rice pilaf

Friday Jan. 27

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 (fresh), Mexican corn

Saturday Jan. 28

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 Jan. 29

Lunch - Vegetable beef supreme soup, baked citrus herb crusted fish, fried chicken, brown rice pilaf **Dinner** - Turkey noodle soup, creamy Cajun shrimp penne, meat loaf, roasted garlic mashed potatoes

Monday Jan. 30

Lunch - Beef short ribs, chicken/ vegetable pasta, steamed rice, roasted zucchini, steamed baby carrots, Minestrone soup **Dinner** - Braised pork chops, turkey meatloaf, buttered egg noodle, Islander's rice, Lyonnaise wax beans, broccoli polonaise, brown gravy, Chicken gumbo soup

Tuesday Jan. 24

Lunch - Salmon w/ 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 Jan. 25

Lunch - Santa Fe glazed chicken, baked smoke 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 grench cut green beans, brown gravy, chicken noodle soup

From the clinic: Risks of wearing contact lenses overnight

The Naval Health Clinic has seen an increase in the number of patients with sight threatening eye infections due to overnight wear of contact lenses or improper wearing/cleaning of their lenses. Most Marines and Sailors have their contact lenses fit in town as contact lenses are not a TRICARE covered benefit. Wherever you are fit, be sure to ask your doctor about the risks and benefits of contact lens wear and follow the prescribed wearing schedule and cleaning regimen.

Wearing contact lenses while you sleep, not following prescribed replacement schedules and poor lens hygiene can all lead to vision threatening eye infections. Not only can this affect mission readiness but it could cause permanent damage to your sight.

Sleeping while wearing your contacts can present the most danger even with the newest lenses on the market that have been approved by the FDA for overnight wear. Several studies have shown

that the patients who wear their contacts overnight are about 20 times more likely to develop an eye infection. This risk is the same whether the lenses have been approved for overnight wear or not. The risk is also not cumulative, meaning it could happen on the very first night you sleep with your lenses on or you may sleep with your lenses every night for 10 years without an incident, but every night the risk is the same. Many bacteria thrive in warm, moist, low oxygen environments – the same environment under your contacts. Often times they can cause a corneal ulcer, with some organisms capable of cutting right through the cornea within 24 hours. These infections in most cases will leave a scar. If centrally located, it can permanently damage your vision.

Micro-organisms that cause contact lens related problems can be found in tap water, swimming pools and on any number of surfaces. Rubbing your eyes with

your fingers directly transmits a whole host of organisms onto your eye. Most eye infections can be avoided by practicing good hand hygiene, lens hygiene and not wearing your contact lenses overnight. These good habits will ensure healthy eyes for years to come.

Is overnight contact lens wear worth the risk to you? An eye infection has many costs. First and foremost, you can lose your vision. Secondly, there is the cost of lost man hours to the military while you are SIQ and the cost of the medical treatment. Stop and think about the risk the next time you put in your contacts.

The Naval Health Clinic Optometry Department sees active duty military only. Routine eye exams are recommended every two years; sooner for those who wear contacts, have certain medical conditions, or who are enrolled in certain programs.

Nutrition facts: *Healthy weight management tips and facts*

MARINE CORPS TRAINING & EDUCATION COMMAND
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Healthy weight management. Weight control should not be meeting the height-weight or body fat standard every six months through crash diets. It should not be a punishment for the Marine who “eats too much,” and is not simply physical training sessions. Weight management programs can provide Marines with the tools they need to gain lean body mass, maintain body composition, lose body fat and physically prepare them for combat.

Body weight. The focus on the scale during weigh-in is misleading. The scale measures total body weight and does not differentiate between lean body mass (muscle, bone, organs, etc.) and fat mass. Lean body mass (LBM) is what a body weighs minus body fat. A Marine may increase lean body mass and lose fat but remain at the same body weight, a good weight gain. Many individuals mistakenly believe that all a person needs to do to lose weight is eat less.

Percent body fat. Marines who are ‘overweight’ should be tested to determine their percent body fat. When evaluating a Marine for weight management, leaders must consider that every Marine is different. Individuals should be educated about healthy nutritional lifestyles, how to physically train to lose fat and keep or build LBM, and how to modify their eating behavior. Male Marines must maintain a body fat of 18 percent or below to avoid being placed on weight control; female Marines’ body fat must remain 26 percent or below.

The low calorie diet. A low calorie diet virtually guarantees an additional weight gain in the future. When individuals starve themselves to make weight they lose a little fat, a lot of LBM, and slow their metabolism. The body has adjusted to maintain its slowed metabolism on fewer calories. When the Marine returns to his or her eating habits, the body stores the excess calories as fat. Additionally, since he or she now has less muscle mass, even fewer calories will be used than were burned prior to dieting. The same Marine will try to cut calories again to make weight. The body will adjust again by slowing its metabolism. The result is a vicious cycle; this is the reason some Marines are on and off weight control programs. Marines must be thoroughly educated and counseled on weight management to begin lifestyle changes, not quick fixes.

A comprehensive weight management program. Weight control problems are not easily remedied by simple advice for Marines to “eat less and PT more.” A comprehensive weight management program (gaining LBM, maintaining body weight, losing body fat) involves a balanced nutritional lifestyle, a physical training program and appropriate behavior changes. The following elements are needed for an effective program:

(1) **Proper nutrition.** Adequate nutrition and appropriate caloric intake are solid goals for weight management: Energy balance = Energy in minus energy out.

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: 8am-6pm, Sunday: 9 a.m. - 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

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.

(2) **Physical training.** Physical training is critical to a weight management program, benefiting both the body and the mind.

(3) **Behavioral changes.** To succeed in a weight management program, individuals must identify and modify the behaviors that cause the problem.

Gaining lean body mass. A weekly increase of one pound is a sound approach for gaining primarily muscle and not fat. To effectively increase LBM, one needs adequate rest and sleep, an appropriate increase in calories and a proper resistance-training program. Different elements to consider in an effective program would be as follows:

(1) **Nutritional guidance.** Increased calories should be in the form of three balanced meals plus several high-calorie, high-nutrient snacks, ensuring adequate protein for muscle growth.

(2) **Physical training guidance.** One underlying principle of resistance-training programs is the “overload principle”, which simply means the muscles should be stressed beyond normal daily levels.

(3) **FITT principle for LBM gain.** The frequency, intensity, time and type of exercise (FITT principle) all contribute to the conditioning effect a Marine will get from an exercise program.

Losing body fat. The recommended fat loss is one to two pounds of body fat per week. Combining a low-calorie lifestyle with physical training can do this. Fat-reduction training programs must involve large muscle groups for extended periods of time, like aerobic endurance exercise. Resistance training is also needed to maintain LBM while burning fat. Moreover, helping Marines to identify when they are physiologically hungry (hunger) or psychologically hungry (appetite) will help them develop sound nutritional lifestyles.

(1) **Nutritional guidance.** Individuals should become educated in nutrition and be aware of the hidden fats and empty calories in certain (many processed) foods.

(2) **Physical training guidance.** To burn fat, training sessions must involve aerobic endurance exercises.



Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

Adults only \$3 • Kids (2-12) only \$2

NOW SHOWING

Thursday, January 26

6:00pm - Sherlock Holmes: Game of Shadows PG 13

Friday, January 27

No Movies Showing

Saturday, January 28

2:00pm - Alvin and the Chipmunks: Chipwrecked G

4:00pm - Alvin and the Chipmunks: Chipwrecked G

6:00pm - Sherlock Holmes: Game of Shadows PG 13

Sunday, January 29

2:00pm - Alvin and the Chipmunks: Chipwrecked G

Tuesday, January 31

6:00pm - The Little Mermaid G



MOVIE SYNOPSIS

Sherlock Holmes: Game of Shadows - Starring: Robert Downey Jr., Jude Law, Rachel McAdams. Brilliant detective Sherlock Holmes matches wits with the nefarious Professor Moriarty after uncovering a diabolical plot to destabilize the entire Western world.

Alvin and the Chipmunks: Chipwrecked - Animation - Starring: Jason Lee. The Chipmunks and Chipettes are enjoying a vacation on the high seas aboard a cruise ship, until they find themselves shipwrecked, and trapped on a deserted island. As they furry friends all try to find a way off the island, they soon discover that it's not quite as isolated as they first thought

The Little Mermaid - Animation - Starring the voices of: Jodi Benson, Pat Carroll, Sam Wright. The title character is a precocious teenager named Ariel, the daughter of Triton, king of the Sea. Against her dad's wishes, Ariel journeys beyond her own world to the surface, where she falls in love with Prince Eric, a handsome human.

Movies are subject to change without notice

TRICARE ONLINE

For more information visit:

www.tricare.mil/pharmacy

www.tricare.mil/homedelivery

www.facebook.com/tricare

www.twitter.com/tricare

<https://m.esrx.com>

<https://m.humana-military.com>



THE LOCAL BUZZ

Announcements

► Indicates new announcement

Comedy Show

Military spouse and comedian, Mollie Gross, will perform her show at the air station theater Friday.

Doors open at 6 p.m. with the show starting at 7 p.m. The show is for mature audiences only and is open to all authorized patrons.

Free tickets are available at Crystal Coast Travel & Leisure.

For more information, call 466-2172 or 466-3001.

Havelock Little League Registration

Havelock Little League will hold an early registration day Saturday from 10 a.m. to 4 p.m. at the Havelock Recreation Center.

Registration is \$20. This is a one-day, cash-only promotion and there will be no refunds given for players that sign up on this day.

Interested participants bring a birth certificate and proof of residence.

For more information, go to havelocklittleleague.org.

Life Saving Station Exhibit in Morehead City

The History Place of Morehead City will present a new traveling exhibit titled, "Sufficient for Life-Saving Service," from Feb. 1 - May 2.

The exhibit was designed by the United States Life-Saving Service Heritage Association and Bevara Consulting and is based on the research of Coast Guard historian Dr. Robert M. Browning Jr.

The story of "Sufficient for Life-Saving Service" reveals the behind-the-scenes work of the United States Life-Saving Service's Board on life-saving appliances.

Locally, the history of the life-saving station is a very important part of Carteret County, and it was started to help save the lives of sailors and passengers of ships wrecked along the coast.

Permission was given by the War Department to build a lifesaving station at Fort Macon on the military reservation in 1904.

The station had one main building, two storage sheds and a water supply. The Coast Guard was formed when the Life-Saving Service and the Lighthouse Service were combined.

For more information call Cindi B. Hamilton, the History Place 247-7533 ext. 101, historyplace@thehistoryplace.org or visit www.thehistoryplace.org. For more on the

United States Life-Saving Service Heritage Association, visit www.uslife-savingservice.org, call 781-724-7131 or email info@uslife-savingservice.org.

Behind the Scenes at the N.C. Aquarium

See what goes on behind the exhibits in a guided tour of the North Carolina Aquarium's inner workings Feb. 1 at noon.

Visit food preparation areas, animal holding areas and labs, and get a look at the 306,000-gallon living shipwreck exhibit from above.

Advance registration is required. Register online at <http://www.NCAquariums.com> or call 247-4003, ext. 257.

Newport Tee Ball Sign Ups

The Newport Tee Ball Association will hold sign-ups each Saturday in February from noon to 4 p.m. at the St. James United Methodist Church on Orange Street in Newport.

For more information, call Rick Vaccarella at 223-3969 or go to <http://newportteeball.com/index.htm>.

Women Veterans of Coastal North Carolina

The Women Veterans of Coastal North Carolina Organization is celebrating its one-year anniversary Feb. 4 at the Ekklesia Apartments, 405 Barbour Road, in Morehead City.

The organization is open to all veterans and active-duty members. Regular meetings are held 2-4 p.m. on the first Saturday of the month.

The RSVP deadline for the celebration is Jan. 25.

For more information, call Jerry Brunton, club president, at 515-4753 or go online to the organization's Facebook page - Women Veterans of Coastal Carolina.

New Bern Historical Society Pop/Rock Concert

The New Bern Historical Society will host the American pop/rock band Orleans as part of the "Legends in concert" series.

The concert will be held on Feb. 4 at 7:30 p.m., at the Grover C. Fields Performing Arts Center in New Bern.

Tickets are \$35 until Jan. 25 and \$40 after. Active duty military tickets are \$30.

To purchase tickets or for more information contact Information, Tickets and Tours, call 638-8558 or visit <http://www.NewBernHistorical.org>.

Monthly and Weekly Events

Courage to Change

Cherry Point and Havelock Courage to Change is a support group 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

There are two weekly Alcoholics Anonymous meetings aboard the air station. The meetings are held Wednesdays and Thursdays at 8 p.m.

The meetings take place in Room 208 of Building 229, in the same building as the tax center, next to the Cherry Tree House.

For more information, call 447-2109.

Al-Anon Family Group Meeting

There are Al-Anon family group meetings Tuesdays at 8 p.m. for family members and friends of individuals who may have alcohol problems.

The 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.

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

Domestic Violence Victims

A support group for victims of domestic violence is 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

The Cherry Point 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 on the third Tuesday of each month at the Senior Center in Havelock at 7 p.m.

For information, contact Cris Young at 259-3427.

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
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

OUTSIDE AREAS

CARLAND
CENTENNIAL ENTERPRISES, INC.
STUDENT ASSISTANCE COMPANY
JOSHUA EXPERIENCE/ CLUB ACCESS

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.

Fixed surveillance

Fixed surveillance is done from a static, often concealed position, possibly an adjacent building, business or other facility. In fixed surveillance scenarios, terrorists may establish themselves in a public location over an extended period of time or choose disguises or occupations such as street vendors, tourists, repair or deliverymen, photographers or even demonstrators to provide a plausible reason for being in the area.



OPERATION EAGLE EYES



MCCS HAPPENINGS

QUALITY OF LIFE PROGRAMS FOR OUR MARINES & SAILORS & THEIR FAMILIES

Entertainment & Fun Stuff

Superbowl Party



Join us Feb. 5 for Food & Drink Specials!

SMP SUPER BOWL PARTY

Sunday, February 5

Come watch the "Super Bowl" and enjoy fun activities, free food, snacks & soft drinks, courtesy of your Single Marine Program.

There will also be door prizes, giveaways, and Promotional Girls in attendance.

SMP Team Pride Challenge & Relay starts at 5:45pm
The "Super Bowl" kickoffs at 6:30pm

Door Prizes Awarded during halftime.

All Eligible Patrons

Call 466-3027 for more info.



Travel

Crystal Coast Travel and Leisure presents the 2012

Travel Expo

FREE TO ALL AUTHORIZED PATRONS & THEIR GUESTS!

Saturday, February 25 at Miller's Landing on Club Drive

Let ITT plan all your honeymoon, family's vacation, or cruise needs with economical airline tickets, package deals on theme parks plus discounts on plays and events! Call us today for more information!

Be Sure to Check Out These Exciting Exhibitors!

For more information please call 252-466-2172/2197



Saturday, February 11 at the RBC Center, Raleigh, NC

\$30.00 Per person

\$20.00 Ages 2-5



For More Info Call 466-2197/6625

MOLLIE GROSS is coming to MCAS Cherry Point!!

Military Wife & Comedian

"You brought me more than a few belly laughs- a perfect antidote to a frustrating day"

"You are one funny lady, and you GET us."



Child Care available Call 466-5605 by Jan 24

FREE!

FRIDAY, JANUARY 27
OPEN 6PM/SHOW 7PM
STATION THEATER

Merchandise for sale afterward
Refreshments available for purchase
FOR MATURE AUDIENCES ONLY
Open to all authorized patrons

Sponsored by: CHERRY POINT OFFICERS' SPOUSES CLUB



FREE Tickets available at Crystal Coast Travel & Leisure (ITT)
For Info call 466-2172 or 466-3001

No USMC or Federal Endorsement Implied

Info & Education

Need a Night off?

Saturdays:
Feb 25 & Mar 17,
6:00pm - 10:00pm

Parents! Enjoy a night out on the town while we watch the kids! Registration and payment is required by COB the Wed prior to the event.



The Child Development Center is located at Bldg 4298 (adjacent to Commissary) for more information, call 466-3782 or 466-3783.



Parker Car Automotive Group are proud sponsors of your MCCS Events.



is a proud sponsor of your MCCS Events.

Events for Jan 26 - Feb 2 ...and beyond



QUALITY OF LIFE PROGRAMS FOR OUR MARINES & SAILORS & THEIR FAMILIES

Sports

MCAS Cherry Point

SLAM

Racquetball Tournament

at the Marine Dome Racquetball Courts

Friday, January 27

\$30.00 per person

Register at the Marine Dome

All Authorized Patrons

Call 466-2390 for more info.



Shopping & Services

GAME DAY!

Sales Event

Now thru February 7

at the Main Exchange (Woodside Dr.)

Find additional savings throughout your MCK!

For more information call the Main Exchange at 447-7041.



HALF MARATHON



Saturday, March 24

Open To The Public!

Check-In at 6:00-7:00am, Race begins at 7:30am

Rain date: Sunday, March 25

At Sunset Park (Large Grassy Area Across From the Flight-Line on Roosevelt Blvd.)

Register at the Devil Dog Gym, Special Events Coordinator or www.active.com

Registration Deadlines: (Before March 2) - Active Duty/Retired/Reservist: \$10, All Others: \$25 (March 4-10) - Active Duty/Retired/Reservist: \$20, All Others: \$30

Registration fees are non-refundable

Registration Deadline: Saturday, March 16

\$20 will be added to all registrations after the deadline date.

Participants can register the day of event.

Registration is limited to 250 participants. Register early to guarantee your spot!

Commemorative t-shirts will be guaranteed to participants who register by deadline.

This is a kinder and shorter race. Meet us at "Sunset Park" for a 13.1-mile course that takes runners through many scenic areas.

For more info contact: Berna Crosby at 466-2708 or Email: bernacrosby@usmc-mccs.org

Sponsored by:



SWEETHEART GIFTS

Wednesday - Tuesday, February 1-14

at your **MCK CORE BRANDS CORPS VALUE**

Woodside Drive

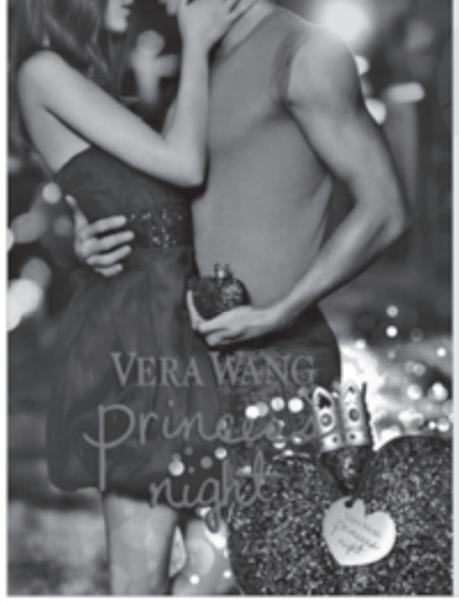
Enjoy great savings on fragrances, gift sets, intimate apparel, and more gifts for that special someone.

FTD Flowers for sale in your MCK, Troop Store & Convenience Store.

15% off FTD Flower orders when you order online at: www.usmc-mccs.org/shopping.

Stop by the fragrance counter for the debut of the new fragrance by Vera Wang, "Princess Night" Perfume

For more information call 447-7041



MCCS Phone Numbers

- DINING**
 - 11th Frame 466-9309
 - Catering 466-9067
 - Clausen's Pizza, Wings & More 466-5555
 - McDonald's 444-2269
 - New City Deli 463-7358/7361
 - Pappy's Bar & Grill 463-7356
 - Subway 444-1864
 - The Pit 466-9561
 - Wings Restaurant 466-9224
- MARINE & FAMILY PROGRAMS**
 - Cherry Tree House/Youth Activities 466-3861
 - Child Development Center 466-3595
 - Counseling - Personal & Marital 466-3264
 - Employment Assistance 466-4401
 - Exceptional Family Member Assistance 466-4401
 - Family Advocacy 466-3264
 - Family Child Care 466-4867
 - Family & Parenting Education 466-3264
 - Financial Management 466-4401
 - Human Resources 466-2301
 - Library 466-3552
 - New Parent Support 466-3651
 - Relocation Assistance 466-4401
 - Retired Activities 466-5548
 - Substance Abuse Counseling 466-7568
 - Transition Assistance 466-4401
 - Victim Advocacy 665-4713
- FAMILY TEAM BUILDING**
 - Family Readiness Training 466-5779
 - L.I.N.K.S. 466-5588
- MCCS COORDINATORS**
 - Donnie Koontz 466-6453
 - Karen Rochon 466-5071
 - Wayne Simmerman 466-5206
 - Sandra Zimmerman 466-4846
- RECREATIONAL FUN**
 - Bowling Center & Pro Shop 466-3910
 - Golf Course & Pro Shop 466-3044
 - Marinas, Lodges & Parks
 - Hancock Marina & Lodge 466-3620
 - Pelican Point Marina & Ship's Store 466-2762
 - Slocum Lodge 466-5812
 - Information Tickets & Travel 466-2197
 - Outdoor Connection Equipment Rental 466-4058
 - Cunningham's Single Marine Program Recreation Center 466-3027
 - Station Theater 466-3850
 - Extreme Outdoor Park 466-3027
- SHOPPING & MORE**
 - 7-Day Troop Store 463-1693
 - Auto Care Center 670-1995
 - Auto Skills Center 466-2352
 - Cherry Point Haircutters (MCX Mall) 444-1835
 - Cherry Point Haircutters (near 7-Day Store) 444-4002
 - Convenience Store 463-1626
 - Dry Cleaner 447-2130
 - GNC 444-3107
 - Hammond's Plaque Shop 444-1288
 - Main Exchange Mall 447-7041
 - Marine Mart 463-1639
 - Massage Therapy 444-0829
 - Military Clothing Store 463-1608
 - Package Store 463-1638
 - Safety Store 466-9063
 - Verizon 447-9388
- SEMPER FIT SPORTS & ATHLETICS**
 - Aquatics 466-2510
 - Swimming Pools
 - Cedar Creek Pool 466-2277
 - Combat Indoor Pool 466-2209
 - Hancock Pool 466-2168
 - Athletics Department 466-2390
 - Devil Dog Gym 466-2713
 - Hancock Fitness Center 466-4018
 - Health Promotions 466-6467/7201
 - Marine Dome 466-2566
 - Semper Fit Department 466-4232
 - Single Marine Program 466-3027
 - Youth Sports 466-5493/4825
 - Community Center 466-4824
- CLUBS**
 - Cunningham's SMP Recreation Center 466-3027
 - The Pit 466-9561
 - Miller's Landing 466-9067
- PERSONAL & PROFESSIONAL DEVELOPMENT PROGRAM**
 - Education Office 466-3500
 - Colleges & Universities
 - Boston University 466-2491
 - Craven Community College 466-5020, 444-6000
 - Park University 466-2655
 - Southern Illinois University 466-2779



2012 KIDS HEALTH & FITNESS FAIR

It's All About the Children's Health & Fitness

Open to the Public!

Friday, April 6, 2012
10:30am - 12:30pm

Station Theater, Off Roosevelt Blvd

Free Event!

For Kids ages 2-12

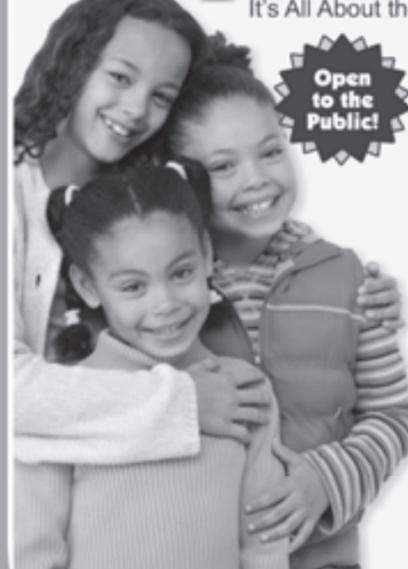
Parents, bring your kids out to learn how their bodies work while playing fun educational games, activities and projects!

A variety of health and safety information for parents will be available.

Free t-shirts to the first 100 children! Goodie bags - First come first serve.

Light refreshments will be available at the event!

Call 466-2208 for more info.



005 Services Directory



A-1 TREE INC.
 Complete Tree Removal
 Tree Trimming
 Storm Damage
 Portable Stump Grinding
 80' & 95' Bucket Trucks
 Estimates Available • Insured
636-0611
www.a1treeinc.com

005 Services Directory

Home Improvement
FJ CURRAN CO. Remodeling, home repairs, handyman, masonry pressure washing **252-723-5123**

Home Improvement
 Little Ceaser's Fixer-Upper. Experienced! Remodeling, drywall, Fully insured. **252-229-1549/876-7184**

Home Improvement
Painting, Carpentry, Garages, Additions.... Reasonable rates and quality work! **(252) 671-6606**

Roofing
Achee's Home Improvements
 Roofing, complete remodeling; interior & exterior, commercial & residential. Licensed and insured. (252)626-0655 New Bern, NC

050 Help Wanted
 General

MANAGERS-MARKETING
 Energetic and aggressive Marketing Manager to build business brand in both Jacksonville & Havelock areas.
EMAIL RESUME TO: libbyjax4@hotmail.com

General

Position Opening at Pamlico Community College

CUSTODIAN FULL-TIME

Please visit our website for details:
www.pamlicocc.edu

050 Help Wanted
 Medical

DAY & NIGHT NURSES NEEDED

 June 9th thru August 12th for Camp Seafarer & Camp Sea Gull, two residential camps located in Eastern North Carolina.

Contact Elayne Steinman at 252-249-1212

080 Garage / Yard Sales

GIANT FLEA MARKET 21700 Hwy. 55 Oriental. Look for "Pickers". Open Thurs.-Sun. **252-249-0725**

110 Pets & Supplies

"DOG SCHOOL"
 Basic/Advanced training for all breeds! wellerkennels.com New Bern, NC (252)636-5225

GOLDEN RETRIEVER PUPPIES!
 AKC. Great family pets, vet checked, 1st shots, wormed. \$400 each. **Call (252)229-5946**

115 Appliances

MOBILE HOME HEAT AND COOL UNITS 24,000 BTU package system. \$1499 **Discount City Havelock 252-447-1880**

SPECIAL BUY! 3-ton, 36,000 BTU, 13 Seer Heatpump, split or package system, \$1,996. **Discount City Havelock 252-447-1880**

210 Homes for Rent

103 HECKATHORNE DR., 2/2, \$775 month/deposit. Single garage, whirlpool tub, fireplace, 1500 sq ft, like new appliances, dishwasher. Good neighborhood! **Call (252)633-6968 or 252-670-6956**

2/1 IN OLYMPIA References, deposit, no pets, ready Feb 1st, \$575 **252-637-1920 leave message**

2/2 AT ACADEMY GREEN Fenced backyard, one car garage, great room, fireplace, cathedral ceiling, washer/dryer. Close to school. 1 year lease. \$795 per month + deposit. Pets negotiable. **NO SMOKING!** **Call (252)675-8598.**

CLEAN SPACIOUS 3 bedroom, 2 bath, large eat-in kitchen, dining room, newly remodeled, large deck, all appliances including washer/dryer, large property 3 miles from base, walk to shopping, \$950/mo. (631) 860-4888

COZY 1 BEDROOM, 1 BATH DUPLEX Gorgeous water views, access to marina, dock, boat ramp, 15 minutes to base, no pets, \$400/mo. + utilities **252-444-1805**

DOWNTOWN NEW BERN, 3 bedroom, 1 bath. \$600/month + \$600/deposit. 849 Pasteur St. No pets, no HUD. **(252)637-6667**

HAVELOCK 3/1 Living, dining, kitchen, laundry room, 1 car garage with workshop, fenced yard. \$825 per month. No pets. 1 year lease/deposit. **(252)223-4901**

PRESTIGIOUS OFFICE SPACE Downtown New Bern \$525 & up. Furnished or unfurnished. **Century 21 Zaytoun Raines 252-633-3069**

Builder

Professional Remodeling & Repairs. "We stay within budget". Reliable, reasonable, quality work guaranteed! Kitchens, baths, sunrooms, porches, flooring, tile, painting etc... **ROOFING:** metal, rubber, roof vents, repairs and coatings. Floor, **foundation** and **structural** specialist! Member of BBB. **P&R (252)633-6675**

Sharpening

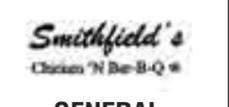


GARDEN TOOLS, SCISSORS, KNIVES, Carbide blades and more. **252-626-2908 or 252-626-7942**

050 Help Wanted
 General

TATTOO APPRENTICE & SIGN HOLDER
 Part time. We beat anyone's price! 30 years experience! New Bern. Military discount!
Call (252)259-8367

050 Help Wanted
 Restaurant



GENERAL MANAGERS
Excellent Income Potential!
 •Paid Vacation
 •Health Insurance
 •5 day work week
Send resume to Smithfield's PO Box 12384 New Bern NC 28561 No phone calls

135 RV Sales/Rentals

1992 FORD ECONOLINE VAN/COACHHOUSE RV, V8, 58,000 original miles, beautiful condition, self-contained. Sleeps 2. \$7900 negotiable. (908) 777-3676 Jones County

150 Miscellaneous

AFFORDABLE BARN! 12X16 \$1,895; 12x20 \$2,595; 16x16 \$2,795. Other sizes available. Built on your lot. **Call (252)531-0664 or 800-218-BARN, Ayden**

CLEAN LONG LEAF PINE STRAW
 \$4.25 per bale! Delivered!
(252)244-1738

215 Rooms for Rent

CLEAN FURNISHED NO SMOKING near Tryon Palace. for single. \$100 week & up **252-249-2200**

HAVELOCK NC Great location, move in, everything furnished, no deposits, extended stay less than \$24 day, next to Food Lion. **Hostess House Motel 252-447-3689**

Carpentry

FREELANCE CARPENTER for hire. Experienced. Reasonable. (252) 633-2672

Structural repairs
WE REPAIR JOISTS, seals, girders, water/termite damage. All home repairs! (252)756-2915

050 Help Wanted
 Medical

At RHA Howell, Inc., We Invest In Our Employees!

We are now accepting applications for the following positions at our Riverbend location.

- Full Time Teacher (experienced in special education preferred)
- Physical Therapist (consultant)

Please apply in person:
 140 Pirates Road
 New Bern NC 28562



050 Help Wanted
 Sales

TERMINIX HAS AN IMMEDIATE OPENING FOR AN OUTSIDE SALES REPRESENTATIVE

In the New Bern area. We are looking for a Career Minded Individual that has a H.S. Diploma/GED and Sales Exp. Must be Drug Free, Pass a Background Check and Have a Good Driving Record.
We Offer: Company Car with Gas Card, Paid Training, 401K and Major Medical.
Please Send Resume To: recruiter@insect.com 910-824-1504

165 Storage Rentals

2 CONVENIENT LOCATIONS Trent Rd, Glenburnie Rd, Tyson Mgmt 252-514-0188

\$50 PER MONTH! 8'x20', 160 sq.ft., We deliver to your site. **On-Site Storage (910) 389-3659**

180 Lots & Acreage

10 ACRES, 10 MILES East of New Bern. Walk to shopping at Grantsboro. \$38,000 **Call (919) 478-9343**

200 Business Opportunities

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220 Apartments for Rent

1 BEDROOM Furnished Apartments Waterfront setting, weekly, monthly **910-578-5777**

2 BEDROOM, 2 BATH Old South Apartments, near high school. \$625/mo. Progress Energy. **Call Zaytoun Raines (252)633-0106**

ALL THE BEST DEALS Apartments, Townhouses, Duplexes, Mobile home lots or mini storages. Section 8 accepted. **(252) 637-5600 Management Services**

BAYBORO 1 BEDROOM APARTMENT \$350 month, credit & background check, 1 month security deposit. **252-671-2285**

NEW BERN - DUNN ST., 2 APTS! 1/1 1st floor \$475/m, 1/1 2nd floor \$450/m. **Call (252)671-4564**

NEWPORT, NC Quiet, clean, 1 bedroom apartments. Completely furnished including housekeeping. No deposits. No waiting. Pay by the day, week or month. **Hostess House 252-223-6020**

Compost/Topsoil

CERTIFIED CLASS A Compost \$20/ton, mulch and topsoil, \$25/ton. Will deliver. No order too large or too small. **(252)633-5334**

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LEWIS TREE SERVICE Removals, trimming, stump grinding. 30 years climbing experience. Bucket truck, chipper and stump grinder. Insured. For estimates call (252) 670-1125 or email: mrrickylewis@gmail.com - Serving New Bern & surrounding counties. **THANK YOU**

050 Help Wanted
 Medical

At RHA Howell, Inc., We Invest In Our Employees!

We are now accepting applications for the following positions at our Riverbend location.

- Full Time Teacher (experienced in special education preferred)
- Physical Therapist (consultant)

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065 Roommates/Shared Living

YOUNG PROFESSIONAL FEMALE (1 or 2 people) to share rent in 3 bedroom single family home. Riverbend. No pets, fenced yard, garage, police and town park on same street. (252) 658-2090

185 Storage Rentals

2 CONVENIENT LOCATIONS Trent Rd, Glenburnie Rd, Tyson Mgmt 252-514-0188

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180 Lots & Acreage

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BAYBORO 1 BEDROOM APARTMENT \$350 month, credit & background check, 1 month security deposit. **252-671-2285**

NEW BERN - DUNN ST., 2 APTS! 1/1 1st floor \$475/m, 1/1 2nd floor \$450/m. **Call (252)671-4564**

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202 For Sale By Owner

4 BEDROOM, 2 BATH doublewide on large lot, new kitchen, floors, HVAC. 931 Old Windberry Rd. \$104,900 (252)223-5511

210 Homes for Rent

2 BEDROOM, 1 BATH with fenced backyard, new laminate wood flooring. \$675/m. **(252)633-3040**

4 BEDROOM 2.5 bath brick ranch. 2900 sqft. Very secluded on private pond, off Old Cherry Point Rd. \$1095+ deposit. No pets smoking. **Call (252) 617-9878**

240 Stores/Offices for Rent/Sale

2,400 SQ. FT. RETAIL OR OFFICE SPACE for lease. Riverwood Plaza, MLK Blvd., 17S. \$1570/month. **(252)636-7681 or (252)672-7639**

3310 TRENT ROAD 2,400sq.ft. stand alone building. Ideal for small church, daycare or retail. **Chuck Tyson, Tyson Management 252-670-5230**

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W.C. Rouse Electrical Inc. Fully insured. Residential/Commercial. Lic# 4843U **252-939-1661**

050 Help Wanted
 General

Come Join our team at **The Pet Spa** we are looking for **EXPERIENCED DOG & CAT GROOMER** Minimum of 3 years experience with dogs and cats of all sizes. References and calm & happy attitude required. **Apply 1804 S. Glenburnie Rd.**

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 General

Come Join our team at **The Pet Spa** we are looking for **EXPERIENCED DOG & CAT GROOMER** Minimum of 3 years experience with dogs and cats of all sizes. References and calm & happy attitude required. **Apply 1804 S. Glenburnie Rd.**

Handyman

A-1 HANDYMAN SERVICE No job too small. Reasonable rates! **(252)229-7016**

050 Help Wanted
 General

Come Join our team at **The Pet Spa** we are looking for **EXPERIENCED DOG & CAT GROOMER** Minimum of 3 years experience with dogs and cats of all sizes. References and calm & happy attitude required. **Apply 1804 S. Glenburnie Rd.**

Hauling

CLEAN UP, TOP SOIL, sand, rock. Heavy bushhogging & lot clearing Free estimates. (252)670-5311

050 Help Wanted
 General

Come Join our team at **The Pet Spa** we are looking for **EXPERIENCED DOG & CAT GROOMER** Minimum of 3 years experience with dogs and cats of all sizes. References and calm & happy attitude required. **Apply 1804 S. Glenburnie Rd.**

Hauling

TOPSOIL, SAND, rock, backhoe, grading, ditching, clearing, culverts, debris removal, demolition, drainage, landscaping. **Reid Avery (252) 638-2801**

050 Help Wanted
 General

Come Join our team at **The Pet Spa** we are looking for **EXPERIENCED DOG & CAT GROOMER** Minimum of 3 years experience with dogs and cats of all sizes. References and calm & happy attitude required. **Apply 1804 S. Glenburnie Rd.**

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050 Help Wanted
 General

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GATEWOOD APARTMENTS now accepting applications for 1 and 2 bedroom apartments **252-447-4800** Havelock, NC

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ACCOUNTING CLERK

Freedom ENC has an opening for a **full-time accounting clerk** in its Jacksonville, NC office. Attention to detail and ability to meet deadlines a must. Must be able to assist in accounting functions as needed. Excel proficiency a must. Requires a high school diploma or equivalent with some college preferred. Minimum 2-4 years experience preferred. Excellent pay and benefits.
Please email resume to Marsha Brown, Human Resources Manager at mbrown@freedomenc.com.

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3600 Seafoam Court ~ \$399,900
 Gorgeous custom Zaytoun built home has so many upgraded features. Coffered LR ceiling, hardwood and tile on first level, Granite Countertops in kitchen, Custom cabinetry in kitchen and throughout home. HUGE shower in master bath, screen porch, masonry deck, 9/2010 APPRAISAL ON FILE. PRICED TO SELL.
 MLS#81034 Connie Sithens 252-474-4054

120 Tupelo Trail ~ \$248,900
 Impressive Inside an Out! Features include wood floors, dream kitchen, FP in living room, 4 brs, 3 baths, cathedral ceilings, large back yard, and screened porch with deck! A must see!
 MLS#82337 Kelly Latimer 252-649-4620

GREAT LOCATION
104 Ferret Run Lane ~ \$245,000
 Beautifully designed inside & out! Home features open floor plan, vaulted LR, formal DR, Breakfast area, spacious kitchen, all appliances and BONUS room with closet & 1/2 bath. Double fenced back yard, deck & screened porch. Washer/Dryer & mobile island in kitchen negotiable. Lots of storage space!
 MLS#83980 Darlene Boyd 252-617-7315

4007 Shinnecock Drive ~ \$242,500
 All brick home and newly remodeled with vaulted ceilings in LR, Dining Room and Master BR. Wood floors LR and Dining room. Well lighted home with wooded backyard. Carolina room heated & cooled. Bosch dishwasher, microwave with external vents. Entertainment center, with TV and bookcase.
 MLS#83089 Jack Morton 252-259-4736

306 Avenue A ~ \$234,900
 Fireplaces in Dining Room, Living room, Master bedroom, #3 bedroom. This house has a lot of extra features and is a Historic Riverside Restoration (ca.1906)
 MLS#82529 Jack Morton, Jr. 252-259-4736

JUST LISTED
704 Taberna Circle ~ \$225,000
 One owner brick home featuring a split/open floor plan. The vaulted LR, DR & sun room offer plenty of natural light. Flooring includes, hardwood, tile & berber carpet for easy care & maintenance. A fully appointed eat-in kitchen provides all the appliances. Wood deck, DBL garage & nice yard.
 MLS#84053 Darlene Boyd 252-617-7315

6005 Brig Court ~ \$225,000
 Best Waterfront buy. Park your boat right at the back door. 3 bedroom / 2 bath brick home just waiting for you to call home.
 MLS#81103 Linda Wahnsiedler 252-670-2734

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122 Finch Lane ~ \$199,900
 Immaculate 3BR/2BA home with FROG. Berber carpet in family room and fire place w/gas logs. Lots of shade trees on this lot. NO CITY TAXES! Tideland EMC for electric.
 MLS#81646 Aaron (Pete) Mallard 252-670-1621

316 Shoreline Drive ~ \$185,900
 Surround yourself with trees, water and privacy! You will love the cathedral ceiling in large living room with fireplace. Great Carolina room overlooking the river and trees. 3BR/2BA. Kitchen and foyer feature Bruce wide plank flooring.
 MLS#80823 Pam Baumgardner 252-626-3721

JUST LISTED
711 Black Swan Road ~ \$169,900
 Beautifully maintained & well landscaped home tucked away on a quiet street. Home features 3BR/2BA open floor plan with eat-in kitchen, screened porch/open deck, fenced back yard, attached 2 car garage, granite counters, all appliances, gas f/p, plantation shutters & low maint. exterior. High & Dry!
 MLS#84030 Darlene Boyd 252-617-7315

1002 Briarhill Court ~ \$165,000
 A Must See Home! Brazilian wood floors with maple inlay, cherry KT cabinets, LR fireplace, fenced back yard and deck, great open floor plan, 3 brs, formal tiled floor entry and much more!
 MLS#83518 Kelly Latimer 252-649-4620

111 Sellhorn Blvd. ~ \$149,900
 Beautiful home with large living area with gas fireplace. Laundry/mud room from garage entry. Split floor plan. Beautiful custom shelves in bedroom convey. Excellent location to Downtown New Bern and MCAS Cherry Point.
 MLS#878416 Deborah Shirk 252-665-0605

413 Louisa Mae Way ~ \$149,900
 In Lake Tyler off Hwy 43. New Construction - Great price for this 3BR/2BA home! Open Floor Plan great for entertaining, comes with all kitchen appliances. Sep. Laundry Rm., Double Garage, Covered Back Porch.
 MLS#83474 Johnnie Bunting 252-617-0414

2910 Mill Pond Road ~ \$119,900
\$2000 CC. 4BR/2BA on .38 Acre Lot. Beautifully maintained Jim Walters Home in Bayboro. Split BR plan, All Kitchen Appliances, 12X10 Back Deck, Hm. Warr.
 MLS#67095 Johnnie Bunting 252-617-0414

PRICE REDUCED
3509 Elizabeth Avenue ~ \$113,000
 100% CHIP BB&T mortgage available! Great starter home! 3 bedroom / 2 baths, new paint, fireplace, ready to move in.
 MLS#83555 Linda Wahnsiedler 252-670-2734

824 Airport Road ~ \$110,000
 This one is worth a look! 3 bed 1.5 bath ranch with converted garage. New Roof! Brinson School! Convenient location! Call to See!
 MLS#81429 Angela Jovanovich 252-474-5627

TOTALLY REMODELED
521 Watson Avenue ~ \$107,900
 Total makeover with expansion! 3BR/2BA with new kitchen, baths, tile, carpet, refinished hardwoods in Dining, paint, roofing shingles, vinyl siding and Trane heat pump! One of only a few homes in the city with a basement for storage or small workshop! Fully floored & sheet rock attic for storage.
 MLS#83743 Darlene Boyd 252-617-7315

4102 Elizabeth Avenue ~ \$105,900
 3BR/2BA. This home shines like a new penny and is priced \$25,000 less than tax value! Bright and clean with new carpet, fresh paint, and an open floor plan. Enjoy patio living in your private fenced back yard. Owners are licensed NC Real Estate Brokers.
 MLS#83767 Connie Sithens 252-474-4054

600 Sea Knight ~ \$105,000
 Adorable townhome in Tucker Creek. Minutes to MCAS Cherry Point and walking distance to Middle School. Home features granite counter tops, fireplace and deck for entertaining. Separate laundry room off garage is heated but not in square footage. HOA \$75 yr optional for boat ramp use. Short Sale!
 MLS#83196 Deborah Shirk 252-665-0605

312 Edwards Avenue ~ \$89,900
 Completely remodeled!! Adorable 2BR/1BA. Freshly painted, new flooring, carpet, counter tops. Turn key, move in ready! Fenced back yard.
 Great starter home.
 MLS#83242 Pam Baumgardner 252-626-3721

SHORT SALE
2007 Waters Street ~ \$86,000
 3 Bedroom 1.5 ranch with wood floors. Nice backyard. Convenient location. This gem is a little rough, home can use some TLC. Great price! Short Sale! Call to See!
 MLS#83662 Angela Jovanovich 252-474-5627

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3 BEDROOM, 2 bath, new laminate floors/carpet, West Craven, large lot, no pets. \$525. 252-671-0295

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NICE 14X70 2/1 1/2 acre, Hwy. 17 between Vanceboro & Washington \$410. No pets. (252)249-3999

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265 Sport Utility Vehicle

CHEVY 1998 BLAZER Good condition, clean, 4x4, auto, tinted windows, read & silver, \$5,500 or best offer. (252)671-7146

265 Sport Utility Vehicle



CHEVY 1999 TAHOE LS Clean, auto, V8, 20" wheels, was \$4,895, blowout \$3,895. Plaza Auto Supermarket Havelock 252-447-0314



DODGE 2000 DURANGO 3rd row seating, R/T Model, was \$3,995, blowout \$2,800. Plaza Auto Supermarket Havelock 252-447-0314



FORD 1995 F-250 XLT White, tool boxes, Auto, Service Bed, was \$3,900. Sale \$2,800 Plaza Auto Supermarket Havelock 252-447-0314

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265 Sport Utility Vehicle



FORD 2002 ESCAPE XLT V6, blue, gray interior, sharp, was \$5,865, blowout \$3,900. Plaza Auto Supermarket Havelock 252-447-0314



FORD 2003 TAURUS SES Model, V6, Loaded, Gas Saver, was \$4,860 SALE \$3,700. Plaza Auto Supermarket Havelock 252-447-0314



JEEP 1996 GR. CHEROKEE Laredo Quadra Trac 4X4, was \$4,495, move it \$3,295 Plaza Auto Supermarket Havelock 252-447-0314

270 Autos for Sale



CHEVY 1995 S-10. Green, 4 Cylinder, 5 Speed, Clean, was \$2975 SALE \$2400 Plaza Auto Supermarket Havelock 252-447-0314

CHRYSLER 1978 LEBARON. Runs good, new battery, tires, etc, tuned-up. \$2000. (252) 249-2969



CHRYSLER 2006 PT CRUISER Red, sharp, was \$7,995, blowout price \$5,500. Plaza Auto Supermarket Havelock 252-447-0314

FORD 1995 MUSTANG GT Convertible. 5.0L, 5-speed, black, tan leather, full power, spoiler, 17" Cobra wheels, excellent condition, \$6,500 (252)728-4718

PONTIAC 2005 VIBE Toyota made, Mineral Gray, garage kept, new tires, new battery, leather seats, excellent condition, \$7900. (252)637-6816

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275 Vans for Sale



FORD 2002 WINDSTAR SEL, 87,000 miles, leather interior, excellent condition. \$6000. Call Charlie, 252-514-4042.



DODGE 2002 GRAND CARAVAN 3rd row seating, was \$4,990, sale \$3,800 Plaza Auto Supermarket Havelock 252-447-0314



FORD 1997 Jayco Con. Van Absolute Luxury, Clean, was \$5997 Sacrifice \$4600 Plaza Auto Supermarket Havelock 252-447-0314

280 Trucks for Sale

FORD 2007 F150 Lariat Super Crew. One owner, loaded, 100K miles, Stone Gray, bedliner, power everything, step rails, \$14,800. (252)633-6682



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'07 DODGE CHARGER \$18,880 \$243 PER MO. #MZ282A, VERY NICELY EQUIPPED!	'11 KIA FORTE\$15,897 \$204 PER MO. #P061, POWER EVERYWHERE, LIKE NEW!	'05 INFINITI G35 ...\$15,990 \$205 PER MO. #K222B, TRUE SPORTS CAR, FUN TO DRIVE!	'07 HONDA ACCORD ...\$13,990 \$179 PER MO. #K439A, EVEN HAS NAVI, CAN'T BE BEAT	'07 CHRYSLER TOWN & COUNTRY \$16,990 \$218 PER MO. #K507A, ONE OWNER, BABIED!
'07 KIA SEDONA X ...\$17,990 \$229 PER MO. #P082, LEATHER, LOW, LOW MILES, ONLY 14,000	'02 BUICK CENTURY ..\$5,990 POWER EVERYTHING #K502A, WILL NOT BE HERE LONG!	'11 FORD FUSION ...\$15,990 \$205 PER MO. #P049, TRADED LIKE NEW	'07 MAZDA MX5\$15,990 \$205 PER MO. #MZ315A, JUST IN! LOCAL TRADE!	'07 CHEVY AVALANCHE \$20,990 \$269 PER MO. #P069A, JUST IN! TAKE VERY GOOD CARE OF!
'11 KIA RIO\$13,880 \$178 PER MO. #K298B, LOCAL TRADE! LIKE NEW!	'11 KIA SOUL PLUS ...\$16,990 \$218 PER MO. #P084, HARD TO FIND! 2 TO CHOOSE FROM	'10 CHRYSLER 300 ..\$15,990 \$205 PER MO. #K479A, HOT CAR, HOT PRICE!	'08 CHEVY TRAILBLAZER ..\$17,990 \$229 PER MO. #P057, LOW MILES, LOW PRICE!	

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