



1912

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MARINE AVIATION  
CENTENNIAL

Celebrating 100 Years of Marine Aviation

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February 2, 2012



LANCE CPL. ANDREA CLEOPATRA DICKERSON

Lance Cpl. Jaquette L. Saffo, an aircraft maintenance administration specialist with Marine Attack Training Squadron 203, holds her 19-month-old daughter, Sa'maya, Jan. 25, as they prepare to say goodbye to her husband, Cpl. Houston J. Saffo. Houston deployed with Marine Heavy Helicopter Squadron 366 and is one of the squadron's aircraft maintenance administration clerks.

## HMH-366 says goodbye to family, heads to Afghanistan

LANCE CPL. ANDREA CLEOPATRA DICKERSON

MCAS CHERRY POINT

Nearly 100 Marines from Marine Heavy Helicopter Squadron 366 left Marine Corps Air Station Cherry Point, Jan. 25 headed for Afghanistan in support of Operation Enduring Freedom, where they will serve under Marine Aircraft Group 29.

"The unit's primary mission in Afghanistan is to conduct assault support," said Col. Scott S. Jensen, commanding officer of MAG-29. "Assault support will entail us supporting troops on the ground by providing troop movements and logistics."

The squadron boasts the Marine Corps' heaviest payload lifting helicopter, the CH-53E Super Stallion, which can also pro-

vide aerial refueling while being able to fly into dusty, remote areas.

"The unit will be using CH-53Es to lift things that no other helicopter in the world can lift," said Jensen.

The squadron will join forces with HMM-466 out of MCAS Miramar, Calif., and combined, the two squadrons will form 'HMH-America.'

"For the last couple of years we have been combining squadrons from the East and West Coast to fulfill the mission," said Jensen. "We did that because the other halves of the squadrons

See DEPARTURE page A7

**Deputy Commandant of Marine Aviation speaks about future of air warfare**

CPL. SANTIAGO G. COLON JR.

MCAS CHERRY POINT

**HAVELOCK, N.C.** – As the Marine Corps approaches 100 years from May 22, 1912, the day Lt. Alfred A. Cunningham reported to Greenbury Point, Md., for naval aviator training effectively initiating Marine aviation, the Corps is experiencing a major evolution in its capabilities with the arrival of the F-35B Lightning II.

Headquartered at Marine Corps Air Station Cherry Point, N.C., 2nd Marine Aircraft Wing made history by receiving the first of the Marine Corps' new Short Takeoff and Vertical Landing aircraft Jan. 11 at Marine Fighter Attack Training Squadron 501, Eglin Air Force Base, Fla.

To commemorate the past and look to the future the Eastern Carolina Aviation Heritage Foundation hosted their annual gala at the Havelock Tourist and Event

See AVIATION page A2



CPL. SANTIAGO G. COLON JR.

**Lt. Gen. Terry Robling, deputy commandant of Marine aviation, speaks about the current state and future of Marine aviation during an annual aviation history gala at the Havelock Tourist and Event Center in Havelock, N.C., Jan. 27.**

## Cherry Point MP Company de-activates after 3 years

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

Marines with 2nd Marine Aircraft Wing's Military Police Company stood in formation for the last time today before their company first sergeant dismissed them, following the unit's de-activation during a ceremony at their headquarters building aboard Marine Corps Air Station Cherry Point.

The company was activated on April 25, 2009 and comprised of a headquarters section and 4 platoons, located at Marine Corps Air Stations Beaufort, New River and Cherry Point.

Headquarters Marine Corps sent down the de-activation order, Marine Corps Bulletin 5400, in mid 2011.

"This and all other MP Companies Marine Corps wide will be shutting down and consolidating in three large battalions that will be known as the 'Law Enforcement

See DE-ACTIVATION page A7



LANCE CPL. GLEN E. SANTY

**Cpl. Francisco Rodriguez Hernandez Jr. and his wife Jessica were presented the Family of the Quarter award at Carolina Grill in Havelock, N.C., Jan. 24.**

## Marine and spouse receive award for outstanding service to community

LANCE CPL. STEPHEN T. STEWART

MCAS CHERRY POINT

**HAVELOCK, N.C.** – The Havelock Chamber of Commerce Military Affairs Committee presented the Service Family of the Quarter Award to Cpl. Francisco Rodriguez Hernandez Jr. and his wife, Jessica, at the Carolina Grill in Havelock, N.C., Jan. 24.

Francisco is the noncommissioned officer in charge of barracks managers for Marine Aircraft Group 14, and despite the high demands of his job, he and his wife find the time to volunteer at their church, multiple base events and with Habitat for Humanity, a non-profit organization that helps build families affordable homes.

See FAMILY page A7

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**Comedian Mollie Gross**

**entertains Cherry Point**

**audience**

*See page A5 for photos and story*



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# Celebrating 100 years of Marine Corps aviation



CPL. SANTIAGO G. COLON JR.

**Retired Maj. Gen. Thomas A. Braaten, former commander of Marine Corps Air Bases East and commanding general of Marine Corps Air Station Cherry Point, speaks to a crowd of 500 MCAS Cherry Point and surrounding community residents during an annual aviation history gala at the Havelock Tourist and Event Center in Havelock, N.C., Jan. 27.**

## AVIATION from page A1

Center in Havelock, N.C., Friday.

The third annual event was an opportunity for the foundation to celebrate the marriage of aviation, the Marine Corps and the Eastern North Carolina community and included a presentation by retired Maj. Gen. Thomas A. Braaten, former commander of Marine Corps Air Bases East and commanding general of Marine Corps Air Station Cherry Point.

The event concluded with a speech by Lt. Gen. Terry Robling, deputy commandant of Marine aviation, who spoke in front of 500 Havelock and MCAS Cherry Point residents about the current state of Marine aviation and the future, which includes the Marine Corps' version of the Joint Strike Fighter – the F-35B Lightning II.

"If you are going to fight a fifth-generation threat, which we have, then you need a fifth generation aircraft to do it," he said. "In the end, we'll have six squadrons of (Joint Strike Fighters) here at Cherry Point."

In alignment with the President's promise to create a "leaner and meaner" military, the F-35B is slated to replace the aging F/A-18 Hornets, AV-8B Harriers and the EA-6B Prowlers with capabilities of all three included in the F-35B.

Robling added MCAS Cherry Point's Prowler squadrons would begin to deactivate beginning in 2016 through 2019.

"We took some cuts, but what I can tell you is we have the absolute best, most capable Marine Corps that the nation could afford," Robling said speaking about recent budget cuts.

The arrival of the Lightning II will continue the Marine Corps' tradition of acting as an expeditionary force in readiness, which includes an aviation element that is ready to support the troops on the ground, said Braaten.

"That's why we exist," he said.

Braaten, who now serves as director of the Coastal Carolina Regional Airport in

New Bern, N.C., added the Marine Corps has changed in its technological advantages and training.

"Capabilities of air support squadrons and air control squadrons have been enhanced greatly," Braaten said. "We have better trained people now because we spend more time training Marines."

Although the Marine Corps is more equipped with weaponry and training, Braaten said he believes it is important to look back at previous conflicts and learn from them.

"It is interesting to watch and see the situations that we were put into that, for instance, started close-air support or aerial resupply," said Braaten. "(History) has made us understand that we need command and control in order to be effective."

Past and present, the night celebrated close relationship that Eastern North Carolina shares with aviation, and specifically, with Cherry Point said Dan M. Roberts

III, chairman for Eastern Carolina Aviation Heritage Foundation.

"The mission of the foundation is to preserve the heritage of aviation in Eastern North Carolina and Cherry Point," said Roberts who served in the Army for 11 years, enlisting in 1967. "As long as I and many other people have been around aviation has been first and foremost, and Cherry Point has been our main focus as far as industry and the military goes."

"The Marines at Cherry Point are very much a part of our community," added Roberts. "They take part in our churches, in our baseball teams, in our schools, and they have helped in many ways."

They share a symbiotic legacy, said Roberts.

"It goes back to 1941 when Cherry Point was built," said Roberts. "I think we have an excellent relationship, a very close relationship and it has been nourished for the past several years."

## The Windsock

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

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LANCE CPL. SCOTT L. TOMASZYCKI

**REMEMBER TO RECYCLE** 

## Fly High Highlighting Cherry Point's Warriors



### SGT. WESLEY M. CAPPS

**Job Title:** Water Support Technician

**Age:** 23

**Unit:** Marine Wing Support Squadron 271

**Hometown:** Hueytown, Ala.

**Date Joined:** Aug. 13, 2007

"I am proud to be the platoon Sgt. for Marine Wing Support Squadron 271, Engineer Company, Utilities platoon," said Sgt. Wesley M. Capps, a water technician with MWSS-271. "The best part of my job is being able to work with the junior Marines. I work hard to get to know my Marines. I want to know who they are as Marines, and who they are as a person."

As the platoon sergeant, Capps said he is responsible for making sure his Marines are taken care of, rosters are up to date and necessary training is completed.

"It's my job to make sure that my Marines are always ready to support the wing," he said.

In addition to his responsibilities, Capps is a Marine Corps Martial Arts Program instructor and he is the squadron's noncommissioned officer of the quarter.

"It's an honor to hold that title," he said. "It lets me know that my superiors see the motivation and hard work I put into my job."

### 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](mailto:cherry.point.windsock@gmail.com) or call 466-3542.

# Local high school students get first hand glimpse into MCAS Cherry Point



PHOTOS BY LANCE CPL. GLEN E. SANTY

Students from Pamlico County High School watch a demonstration of the abilities of Marine Corps Air Station Cherry Point Aircraft Rescue Firefighting during their tour of MCAS Cherry Point Jan. 24. The 53 students stopped at three locations on MCAS Cherry Point and were given tours of the facilities along with detailed explanations of each unit's mission.

**LANCE CPL. GLEN E. SANTY**

MCAS CHERRY POINT

Fifty three local high school students packed into busses headed to Marine Corps Air Station Cherry Point Jan. 24, expecting a typical fieldtrip but generally unaware of what their day held in store.

The students, ranging from 9th to 12th grade, visited a variety of the stations units, like Aircraft Rescue Firefighting, Cherry Point Naval Health Clinic and station Combat Camera.

"It's good for the students to come here and see what we do, and we get to give a class on fire safety while they're here," said Cpl. Gary Meadows, a crew chief with ARFF. "Having an audience gives us a chance to do some of the things we don't normally do, like wet runs and taking the trucks out. It lets us brag about how cool our job is."

Meadows said their demonstrations are more common in the summer and average one every two or three weeks.

"I really liked the health clinic," said Katherine Arnold, a senior. "I want to be in the medical field in the Coast Guard when I graduate. Coming here has reconfirmed my decision to join."

"It's great for students to come out and visit the various places here at Cherry Point," said Gunnery Sgt. Helen Searcy, who assisted with the tour, and is the community relations chief for the air station. "This enabled them to understand how we all come together and function as a team."

Julia Mobley, who supervised the students during the trip, said the tour was a great experience for the students and that getting them to places like MCAS Cherry Point can help open their minds and open new doors for what they might want to do in the future.

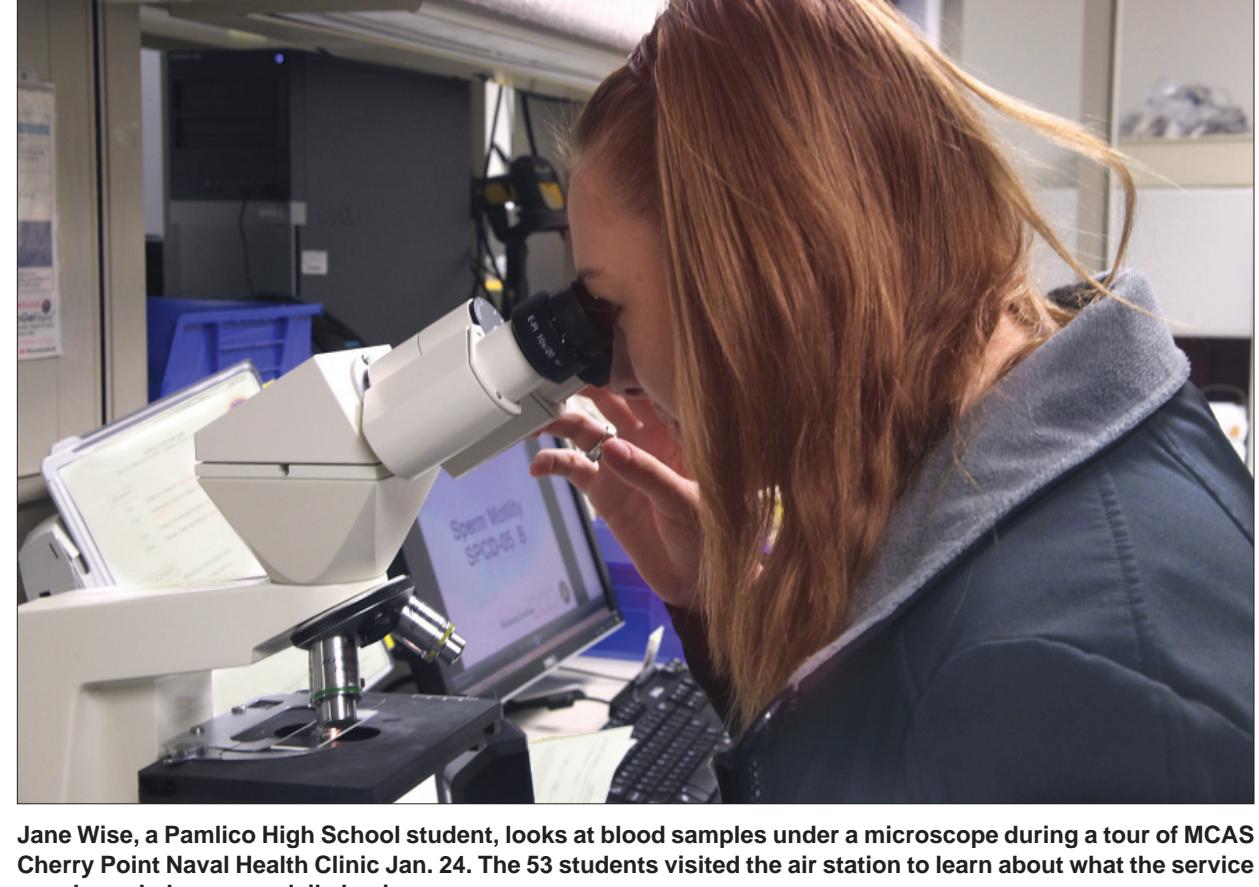
"This trip has been really cool and informative," said Brittany Flowers, a junior. "I really like the Navy corpsman (field). My sister was in the Navy and that's what sparked my interest."



Petty Officer 3rd Class Louis Michael Noceda, a laboratory technician with Cherry Point Naval Health Clinic, shows students with Pamlico County High School different DNA samples the Sailors study during a tour of MCAS Cherry Point Naval Health Clinic Jan. 24.



Students with Pamlico County High School look at a magnetic resonance imaging machine and get an explanation of the radiology department in the Cherry Point Naval Health Clinic Jan. 24. At the Naval Health Clinic the students visited the laboratory, radiology and physical therapy departments to get a better idea of how they function.



Jane Wise, a Pamlico High School student, looks at blood samples under a microscope during a tour of MCAS Cherry Point Naval Health Clinic Jan. 24. The 53 students visited the air station to learn about what the service members do here on a daily basis.



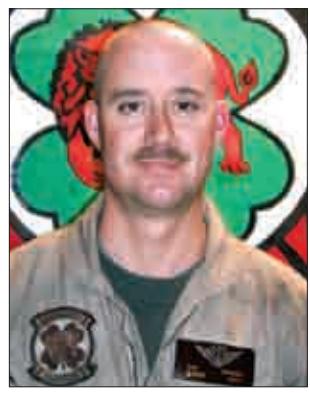
Students with Pamlico High School are put on TV at station Combat Camera during a tour of MCAS Cherry Point Jan. 24. The 53 students visited Aircraft Rescue Firefighting, Cherry Point Naval Health Clinic and Combat Camera.



Capt. Daniel B. Bartle



Capt. Nathan R. McHone



Master Sgt. Travis W. Riddick



Cpl. Joseph D. Logan



Cpl. Kevin J. Reinhard



Cpl. Jesse W. Stites

COURTESY PHOTOS

## Marines in Afghanistan honor brethren killed in helicopter crash

CPL. BRIAN ADAM JONES

2nd MAW(FWD)

**CAMP BASTION, Afghanistan**— The Marines of Marine Heavy Helicopter Squadron 363 filled the pews of a small chapel at Camp Bastion, Afghanistan, to bid farewell to six fallen brothers, Jan. 24.

In a somber scene, coalition forces gathered to memorialize the six Marines with the squadron who died when their CH-53D Sea Stallion heavy-lift helicopter crashed supporting combat operations in Helmand province, Afghanistan, Jan. 19.

During the ceremony's final roll call, Sgt. Maj. Mitchell Green, the squadron's sergeant major, called the names of the fallen — Capt. Daniel B. Bartle, a native of Ferndale, Wash.; Capt. Nathan R. McHone, from Crystal Lake, Ill.; Master Sgt. Travis Riddick, a native of Centerville, Iowa; Cpl. Joseph D. Logan, of Willis, Texas; Cpl. Kevin J. Reinhard, from Colonia, N.J.; and Cpl. Jesse W. Stites, who grew up in Roxana, Ill., and Interlachen, Fla.

"It is difficult to be here, easier to suppress our emotions and move on with our daily routine," said Lt. Col. Mark Revor, commanding officer of HMH-363, in his remarks at the ceremony. "It is difficult because they were more than friends, more than family — they were our brothers and our comrades."

A few hundred yards from the chapel, outside the squadron's hangar, the American flag flew at half-staff beside the squadron's sign depicting their logo, "The Lucky Red Lions."

"It's hard to feel lucky today, but I know that I could not describe [it] better than to say I was lucky to serve with these men, lucky to have known them as well as I did," said Revor, "and I will be lucky indeed if I can brighten the days and nights of my friends the way that they brightened mine."

The squadron, deployed from Marine Corps Air Station Kaneohe Bay, Hawaii, wields CH-53D Sea Stallion helicopters to provide heavy-lift capability to 2nd Marine Aircraft Wing (Forward), moving cargo and troops across the battlespace.

As the aviation combat element for the southwestern



CPL. BRIAN ADAM JONES

Marines stand at attention as "Taps" is played at a memorial ceremony at Camp Bastion, Afghanistan, Jan. 24., led by Sgt. Maj. Mitchell Green, left, and Lt. Col. Mark Revor, center, the sergeant major and commanding officer for Marine Heavy Helicopter Squadron 363. The squadron held a ceremony to honor six Marines who were killed when their CH-53D Sea Stallion helicopter crashed conducting combat operations in Helmand province, Afghanistan, Jan. 19. While the crash is currently under investigation, NATO officials said there were no signs of enemy activity in the area at the time of the incident. "Every Marine in this squadron understands the dangers of our job, but that doesn't make it any easier when something like this happens," Green said. "People are shocked, people are upset and people are hurt. We still have a mission to do, and it's not done until we're heading back home to Hawaii."

regional command of NATO's International Security Assistance Force, 2nd Marine Aircraft Wing (Forward) offers air support for coalition forces operating in Helmand and Nimruz provinces.

While the Jan. 19 crash is currently under investigation, NATO officials said there were no signs of enemy activity in the area at the time of the incident.

"Every Marine in this squadron understands the dangers of our job, but that doesn't make it any easier when something like this happens," Green said. "People are shocked, people are upset and people are hurt. We still have a mission to do, and it's not done until we're heading back home to Hawaii."

## 2NDMAWONLINE

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## CHERRY POINT EMPLOYEE ASSOCIATION (CPEA)

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PHOTOS BY LANCE CPL. CORY D. POLOM

Mollie Todd laughs along with her friends during a comedy show at the Marine Corps Air Station Cherry Point Theater Friday. "Mollie Gross made me realize I'm not alone in this," said Todd. "She makes you feel like you're in good company as a military wife. It's nice to know that I'm not the only one who goes through thoughts of craziness while the husbands are gone."

## Spouses enjoy laugh with comedian Mollie Gross

LANCE CPL. CORY D. POLOM

MCAS CHERRY POINT

Hundreds of spouses from Marine Corps Air Station Cherry Point, Marine Corps Base Camp Lejeune and MCAS New River packed into the Cherry Point Air Station Theater Jan. 27 to enjoy the comedic act of Mollie S. Gross.

Marine Corps Community Services and the Officers' Spouses Program invited Gross to the air station to help bring humor to the home front.

"During my husband's first deployment I was depressed and felt alone like every other wife in the Marine Corps feels," said Gross. "I decided to find happiness in the humor of our life style. After my husband got out of the Marines, I went to Los Angeles to get some professional training in stand-up comedy before taking my show on the road."

Gross said she felt like she could change the mood of military spouses.

"I do shows for all branches all over the U.S.," said Gross. "I enjoy performing for Marine



Mollie S. Gross talks about her favorite things about the Marine Corps uniform including the "silky" physical training shorts during her show at the MCAS Cherry Point Theater Friday. "I think the show went great," said Gross. "These women at Cherry Point know how to have fun. I really hope the wives from this show take a pride in knowing they are not alone."

Corps spouses because they are part of my family. I do a lot of my jokes on the harsh times the military wives go through."

Most of the spouses related with Gross in saying as soon as their spouse deploys, something goes wrong with the house or the car.

"I loved the jokes and advice she had about getting to know the maintenance personnel for base housing," said Mollie Todd, a Marine spouse. "In the first few weeks of my husband's deployment I had my vacuum, water heater and curtain rods break. It makes it harder and more frustrating for the spouses, and Mollie Gross makes us all see we are not alone in our thoughts."

Todd said the show really made her laugh because of the hidden truth behind each of Gross' jokes about her life and experiences.

"She makes you feel like you're in good company as a military wife," said Todd. "It's nice to know that I'm not the only one who goes through thoughts of craziness while the husbands are gone."

Gross discussed deployments, in-laws and other various topics that the spouses could relate to and find humor in.

"I think the show went great," said Gross. "These women at Cherry Point know how to have fun. I really hope the wives from this show take pride in knowing they are not alone. They not only support their Marines while they are deployed but they serve this country as well."

"A lot of different comedians and musicians go overseas to support our troops," she added. "I wanted to entertain the women here in the states who are serving by supporting their husbands. They serve with pride. I'm proud of my fellow wives, and I hope the men who attend walk out with a sense of pride in their wives and say 'I'm proud of my wife and what she goes through.'"

Gross finished the night signing copies of her book 'Confessions of a Military Wife' and continued to push her fellow military wives to keep going and to live by her motto – "semper feisty."

"I encourage them to live feisty," Gross said of all military wives she meets. "As a Marine Corps wife you can't go through this life-style thinking you're alone. You are not alone. We are all thinking the same thing, and I take pride in bringing joy to all these great women by saying what they are thinking."

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## MEU Marines seize airfield during helicopter raid



LANCE CPL. VERNON T. MEEKINS

Sgt. Donald Christensen, an explosive ordnance disposal technician with Company C., Battalion Landing Team 1st Battalion, 4th Marines, 31st Marine Expeditionary Unit, moves into position as helicopters prepare to land during Marine Expeditionary Unit Exercise on Ie Shima Island, Okinawa, Japan, Jan. 12. MEUEX is a training exercise conducted prior to every 31st MEU deployment.

## Tax prep starting at

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Form 1040EZ is generally used by single or married taxpayers who claim no dependents and who do not itemize deductions. Additional fees apply for state, local and more complex federal tax returns, financial products and other services.

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**MAINTAINER** from page A1

"didn't want to just leave the sign hanging there."

It seems that dedication to see a task through was a clue to what Smith's future would hold.

The shift in receiving F-35Bs at Eglin AFB meant he could again make history by having the opportunity to help create the first writings of maintainer documents precluding the arrival of joint task lists and joint technical data from Lockheed Martin.

Examples included tasks on how to retrieve the aircraft, remove and replace an engine, tires, struts and all movable surfaces and planning out the placement of the aircraft on a carrier or flight line, according to Smith.

"This allows him to be a part of the team to execute a comprehensive maintenance plan and help ensure success with the Marine Corps' newest weapon, the F-35B," said Master Gunnery Sgt. Juan Villarreal, maintenance chief at the VMFAT-501.

Prior to receiving the aircraft Smith attended a two-week training course in Hartford, Conn. at the Pratt and Whitney F-135 engine plant, where he received an overview of theories and operations of the engine.

"I learned how the lift fan system on the front of the aircraft works simultaneously with the engine propulsion system," he said.

This feature allows for the short takeoff and vertical landing capability of the Marine variant of the F-35. The back part of the engine pivots 90 degrees to direct the thrust at the ground with STOVL making it possible to land on smaller amphibious assault ships.

And while Smith and his team received the aircraft in a traditional mode of landing, it performed what some dub the "transformer" maneuver after landing. The back portion of the aircraft is pointed down to the airfield and then back horizontal as part of the shutdown checklist.

Next, Smith worked alongside 33rd Fighter Wing Air Force and Navy maintainers taking a three-week cadre course at Eglin AFB in the Spring of 2010. Smith described the course as an in-depth overview of the capabilities and maintainability of the aircraft.

This was followed by 60 days at Patuxent River Naval Air Station in Maryland to learn in-depth tasks such as pulling a lift fan and an engine.

To house the new aircraft Eglin AFB boasts a more than \$42.5 million hangar with air conditioning piped out from plumbing buried in the floor of the hangar, with an extended hose, outfitted under the open bay of the jet to cool the avionics when servicing the jet, according to Smith. This means more efficient maintenance operations with less time retrieving the ground support equipment like the electric and cooling cart, which is about the size of a small pick-up truck, said Smith.

What lays ahead for Smith and the rest of the Marines are the new challenges inherent with all new programs, said Air Force Col. Andrew Toth, commander of the 33rd Fighter Wing.

But those challenges are welcome since it means a step forward in getting Eglin fully qualified for producing F-35 pilots and maintainers.

**DEPARTURE** from page A1

are currently serving other roles out on MEUs (Marine Expeditionary Units) and down in the Horn of Africa. The CH-53 community supports a lot of different missions throughout the world. They are a very high tempo outfit these days."

There can be drawbacks with combining squadrons, but Jensen said he feels they're mitigated through the pre-deployment train-

ing process.

"They go out to Enhanced Mohave Viper exercises and join together, thus ensuring they are ready to go out into combat as one unit," said Jensen.

It helps too, for many of the Marines, that this isn't their first deployment.

"I'm very excited," said Cpl. Houston J. Saffo, an aircraft maintenance administration

**FAMILY** from page A1

"Every day Cpl. Rodriguez is full of life," said Gunnery Sgt. Robert A. Jacobson, who nominated the family and is the first sergeant for Personnel Support Detachment 14. "He's an outstanding and well balanced Marine."

Jessica combines her efforts with her husband's by volunteering with a few squadrons aboard the air station, helping them with pre-deployment briefs, mid-deployment events and other squadron functions. She also assists at her church and at a local soup kitchen in New Bern, N.C.

"We are very passionate about what we do and we enjoy being able to give back to the community," said Jessica.

The Rodriguez's do most of their volunteering together, selflessly giving countless hours of their free time to help others.

"It's a blessing to be recognized," said Francisco. "We weren't expecting the award."

Apart from giving their free time to helping others, the couple is also undergoing the process of becoming foster parents for Craven County's Social Services. They hope to provide a good home to children who are in need and make a positive difference in their lives.

Their mission is to continually "pay it forward" by putting others first, they said.

**DE-ACTIVATION** from page A1

Battalion," said Capt. Jonathon C. Ajinga, the commanding officer of 2nd MAW MP Company. "Each of the Marine Expeditionary Forces will have a battalion of MP's. These Marines will be under the direct command of the MEF and will be assigned duties as seen fit."

Lance Cpl. Jeffery A. Hanson, a military police officer with the company, said this is a move that will benefit all the Marines in the company.

"In doing this de-activation, the Marine Corps is building a stronger military police force," said Hanson. "This will give all of us a chance to do more than just the mission of providing security. We will also have a better chance for deployment and more in-depth training."

In closing the ceremony, Ajinga and Gunnery Sgt. Don D. Ketchum, the company first sergeant, expressed their gratitude to the Marines in the job they've done over three years.

"These Marines have accomplished every task they have been assigned from deployments to police mentoring," said Ketchum. "They have supported the missions of all the 2nd Marine Aircraft Wing Support Squadrons at Cherry Point or in theater."

After the final orders were given, the Marines bid farewell and went their separate ways, bringing with them, their memories of MP Company.

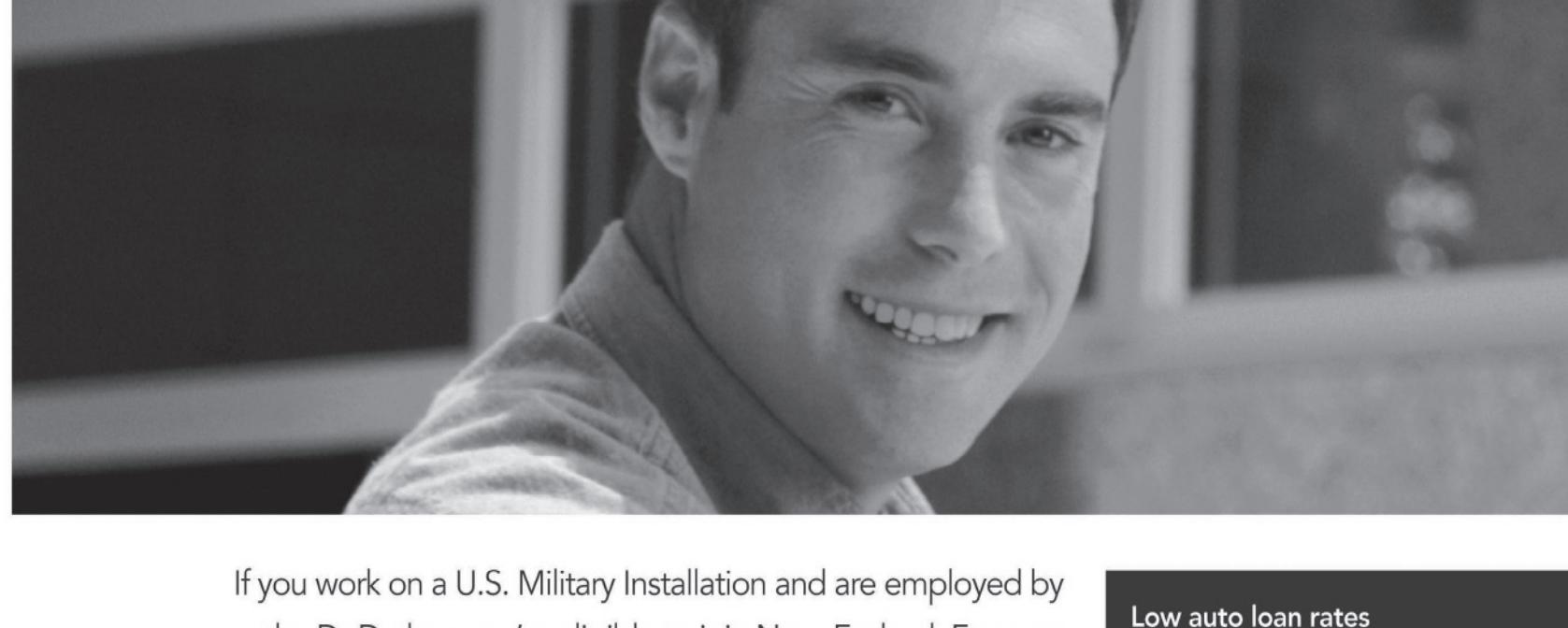
"This is both a happy and sad day for me," said Cpl. Patrick S. Shelley, a squad leader for MP Company. "I returned from my first deployment just as this company was being activated. I have been here since day one, and although this is a great thing for the Marine Corps, it is both bitter sweet and sad to see this short chapter of my life end."

clerk with HMH-366, who has deployed with the squadron twice before. "I think it's good our squadron deploys a lot, because it keeps everyone moving steadily and gives us the experience we need. The hardest part of this will be leaving my wife and daughter behind."

Saffo spent his last few moments in the squadron hangar kissing his daughter and comforting his crying wife.

"We are ready to get over there and assume our roles so that our brothers who have been there for seven months can come home to their families," said Jensen. "They are ready for this. They do their jobs, they work hard, and they want to do right. My Marines don't just personify that, they set the example."

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# Life&Times

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February 2, 2012

## Wing Marines compete in

### "Feats of Strength":

*down to the wire and the flip of a tire*



PHOTOS BY LANCE CPL. GLEN E. SANTY

Aviation Marines with Marine Attack Squadron 231, "Ace of Spades," wearing flight suits, and Marine Tactical Electronic Warfare Squadron 4, "Seahawks," wearing Marine Corps utilities, flip the KC-130J tires in the last stretch of the "Feats of Strength" competition on the Marine Corps Air Station Cherry Point flight line Jan. 23. The "Ace of Spades" started with a strong lead but barely won with a neck-and-neck photo finish with one tire flip lead.

The 'A.A. Cunning Ham' ceramic pig trophy was awarded to the winning team of the "Feats of Strength" competition, held between VMA-231 and VMAQ-4 at the squadrons' shared hangar aboard Marine Corps Air Station Cherry Point Jan. 23. The "Ace of Spades" began doing this competition as a squadron in October, and it became so successful that they decided to make it a bimonthly event. Sharing a hangar with VMAQ-4 made a squadron standoff seemed inevitable.

#### LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

The "Ace of Spades" vs. the "Seahawks," the AV-8B Harrier vs. the EA-6B Prowler – twas a gentlemens' "Feats of Strength" competition for squadron and aircraft supremacy, featuring aircraft tire flipping, relay races and more on the Marine Corps Air Station Cherry Point flight line Jan. 23.

The Spades of Marine Attack Squadron 231 and the Seahawks of Marine Tactical Electronic Warfare Squadron 4 share a hangar which made a squadron standoff seemed inevitable.

"It builds camaraderie. It gets us out of the shop and it's some good, friendly competition," said Sgt. Stephen Fink, an engine mechanic with VMA-231 who feels he's renowned for his tire running. "I've been in almost every competition and have had three victories."

The competition includes running relays and lifting and flipping different sized tires from Harriers, Prowlers and the KC-130J Hercules.

Lance Cpl. Anthony LaFrancis, an ejection seat mechanic with VMA-231, competed in the KC-130J tire flipping, which was the last event in the race and the closest.

"I knew while I was flipping the tire I had to keep it from wobbling," said LaFrancis. "That tire was so big all I could hear was it hitting the ground. I knew I had to just keep going

until the whistle blew."

All he could think of was how fast the guy next to him caught up considering how heavy the tire was, LaFrancis added.

The Spades started with a strong lead, but the Seahawks caught up in the end, making it neck-and-neck, until they eventually fell to the Spades with a one tire flip lead.

The spoils for the Spades was the 'A.A. Cunning Ham; a ceramic pig with a sticker of VMA-231's "Ace of Spades" logo on the side.

"This competition is supposed to be fun and emphasize the importance of being in good shape," said Maj. Ryan Hough, VMA-231 maintenance officer and a supervisor of the event. "It gets Marines out of the shops, and they can have some fun emphasizing esprit de corps."

The competitions, which VMA-231 began hosting in October 2011, are seasonal, said Fink.

"In October we had the pumpkin toss, in December the Christmas tree toss," he said. "Each one is different and made up by the Marines in the shops."

Shaking hands and joking about the pig trophy afterward, the Marines already began planning for next month's "Feats of Strength."



Aviation Marines with VMA-231 and VMAQ-4 prepare to start the first stretch of the "Feats of Strength" competition by carrying AV-8B Harrier tires down the flight line and back at Marine Corps Air Station Cherry Point Jan. 23. The bimonthly competitions are held to boost esprit de corps and get the Marines out of the shop for some friendly competition, said Maj. Ryan Hough, the maintenance officer with VMA-231.



(Above) At the end of the "Feats of Strength" competition between VMA-231, "Ace of Spades," and VMAQ-4, "Seahawks," the Spades received the A.A. Cunning Ham, a trophy created by VMA-231. VMA-231 and VMAQ-4 share an aircraft hangar, making the competition between the squadrons inevitable.



(Right) Sgt. Marcus Beeks, an aviation electronics technician with Marine Attack Squadron 231, completes 15 military presses with the EA-6B tires during the "Feats of Strength" competition on the Marine Corps Air Station Cherry Point flight line Jan. 23. The "Ace of Spades" competed against the VMAQ-4 "Seahawks."

**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 Feb. 2**

**Lunch** - Chicken and dumplings, pasta toscano, steamed rice, steamed vegetable medley, cream of spinach soup, Harvard beets

**Dinner** - Mediterranean herb roasted chicken, herbed roast pork loin, mashed potatoes, dirty rice, glazed carrots, steamed broccoli, brown gravy, American bounty vegetable soup

**Friday Feb. 3**

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

**Saturday Feb. 4**

**Lunch** - Baked ziti with four cheeses, arroz con pollo (chicken), club spinach, corn O'Brien, toasted garlic bread, smoked ham and cabbage soup

**Dinner** - Three bean chili, apple glazed corned beef, shrimp curry, cilantro rice, parsley buttered potatoes, vegetable stir fry, savory summer squash

**Sunday Feb. 5**

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

**Monday Feb. 6**

**Lunch** - Pepper steak, turkey Monterey roasts, rosemary red potatoes, steamed rice, wax beans creole, stewed chick peas and zucchini, Southwestern corn chowder **Dinner** - Veal parmesan, Tex-Mex chicken and rice, penne rigate noodles, scalloped cream corn, broccoli and red peppers, Spanish chorizo and potato soup

**Tuesday Feb. 7**

**Lunch** - Linguini with clam sauce, bayou chicken, rissole potatoes, mashed cauliflower, sauteed green beans and mushrooms, beef with vegetables and barley soup **Dinner** - Country fried steaks, baked turkey with noodles, mashed potatoes, creamed ground beef, peas, squash and carrot medley, bean with bacon soup

**Wednesday Feb. 8**

**Lunch** - Chicken piccata, Bayou jerk pork loin, Chipotle roasted sweet potatoes, islander's rice, steamed spinach with garlic, Lyonnaise carrots, mango and black bean salsa, cream of mushroom soup **Dinner** - Hungarian goulash, Creole shrimp, brussels sprout parmesan, corn chicken tortilla soup



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**NOW SHOWING**

**Thursday, February 2**

6:00pm - Hugo PG

**Friday, February 3**

5:00pm - Alvin and the Chipmunks: Chipwrecked G

7:00pm - Hugo PG

9:30pm - Mission Impossible: Ghost Protocol PG 13

**Saturday, February 4**

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

4:00pm - Hugo PG

7:00pm - Mission Impossible: Ghost Protocol PG 13

**Sunday, February 5**

2:00pm - Mission Impossible: Ghost Protocol PG 13

**MOVIE SYNOPSIS**

**Hugo** - Starring: Asa Butterfield, Chloë Grace Moretz, Sacha Baron Cohen, Ben Kingsley. Hugo is a wily and resourceful boy whose quest to unlock a secret left to him by his father will transform him and all those around him, and reveal a safe and loving place he can call home.

**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

**Mission Impossible: Ghost Protocol** - Starring: Tom Cruise, Jeremy Renner, Simon Pegg, Paula Patton. Blamed for the terrorist bombing of the Kremlin, IMF operative Ethan Hunt is disavowed along with the rest of the agency when the President initiates "Ghost Protocol". Left without any resources or backup, Ethan must find a way to clear his agency's name and prevent another attack. To complicate matters further, Ethan is forced to embark on this mission with a team of fellow IMF fugitives whose personal motives he does not fully know.

Movies are subject to change without notice

# From the clinic:

## Medical appointment No-Show statistics for December 2011

Did you know that patients failing to show up for medical appointments affects your access to medical care at the Naval Health Clinic? An appointment no-show occurs when a patient misses their scheduled appointment and does not call the facility prior to the appointment time to cancel. In December, there were 8,178 scheduled medical appointments for beneficiaries at the clinic. Of those appointments, 645 patients did not show for their scheduled appointments.

An appointment no-show affects us all, particularly:

1. The patient who missed the appointment does not get the care they need.
2. The patient who could have used the appointment time if it was available.
3. The physician or provider who was fully staffed and prepared just to see you!

It is imperative patients arrive on time and complete scheduled medical appointments. At the clinic, we realize things happen! If

you cannot make your appointment, simply call the facility and cancel the appointment in advance, so another patient is afforded the opportunity to use that appointment time. Don't let your neighbor down by limiting access to needed healthcare!

Please remember Naval Health Clinic Cherry Point is an appointment based clinic. To schedule or cancel an appointment, please call 466-0921. We look forward to your next visit!

## TRICARE ONLINE

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[www.tricare.mil/subscription](http://www.tricare.mil/subscription)

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<https://m.esrx.com>

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



## TOPS talks matters of the heart

**CONTRIBUTED STORY**

**MCAS CHERRY POINT**

MILWAUKEE, Wis. - With American Heart Month and Valentine's Day in February, consider putting more focus on your heart this month. It's an opportunity to give loved ones a heart-healthy treat or engage in a heart-smart activity. But matters of the heart shouldn't be just reserved for this month. TOPS Club, Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, offers tips to keep your heart healthy year-round.

**Mind Your Food**

- Make a healthy meal at home. Cooking at home helps you control the quality and quantity of what you eat. There are many healthy foods that are also considered an aphrodisiac, such as artichokes, asparagus, avocados, basil, figs, oysters, and strawberries.
- Consume less sodium. Serve food that is lower in salt, like fruits, vegetables, and other fresh foods. You can also leave added salt out of recipes like casseroles and stews.
- Eat smaller portions. Use a smaller plate to trick yourself into thinking you have consumed more. Share a meal with your sweetheart, so you don't overeat.
- Don't deprive yourself. If you receive a box of chocolates, don't deny yourself a sweet treat. Take it slow and enjoy in moderation. Allow yourself one piece each day or every other day.

**Give a Healthy Gift**

- Make a homemade valentine. Write a love note or compose a poem. This gift is personal and has more permanence than sweet treats.
- Spend time with each other. Instead of swapping a box of chocolates, do an activity together. Get your heart pumping with activities such as ice skating, hiking, or gathering wood for a romantic fire. Consider a date to a local cooking class.
- Relax. Go get a "his and hers" massage. This can relieve stress and lower blood pressure.
- Make a modern "mixed tape." Surprise your sweetheart with a workout playlist on his or her mp3 player. Choose upbeat, romantic songs to get the heart rate up during workouts.

**Prepare for a Romantic Getaway**

- Gather healthy snacks. Bring your own meal or snacks for the flight or car ride. Homemade sandwiches and fresh fruit are a great option.
- Eat out wisely. Check out your destination online and look at restaurant menus before the trip. This will give you an opportunity to find places that serve healthy options.
- Get moving. Plan excursions that get your heart rate up. Kayaking, snorkeling, skiing, and hiking keep individuals active on a vacation.

**Volunteer Together**

- Give back. Ask your date to volunteer with you at a local charity. Volunteering is a healthy

**Focus on the heart for Valentines Day**

## 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.

habit to boost your mind, increase fulfillment, and connect with others.

**Be Heart Healthy Year-Round**

- Know the signs and symptoms of a heart attack. According to the American Heart Association, signs include chest discomfort that lasts more than a few minutes or comes back; discomfort in other areas of the upper body, such as one or both arms, the back, neck, jaw, or stomach; and shortness of breath. Other symptoms include a cold sweat, nausea, or light-headedness.
- Avoid smoking. Tobacco smoke can cause health problems for smokers and people around them, including heart disease and lung cancer, among others.
- Limit alcohol consumption. Drink in moderation. This means no more than one drink per day for females and two drinks per day for males.
- Make a change. Decide to make one small modification each day. Skip a trip to the vending machine, drink one more glass of water, or add extra vegetables to your meal.

TOPS Club Inc. (Take Off Pounds Sensibly) is the original weight-loss support and wellness education organization. Founded more than 64 years ago, TOPS is the only nonprofit, noncommercial weight-loss organization of its kind. TOPS promotes successful weight management with a "Real People. Real Weight Loss." philosophy that combines support from others at weekly chapter meetings, healthy eating, regular exercise, and wellness information. TOPS has about 170,000 members - male and female, age seven and older - in nearly 10,000 chapters throughout the United States and Canada.

Visitors are welcome to attend their first TOPS meeting free of charge. Membership is affordable at just \$28 per year, plus nominal chapter fees. To find a local chapter, visit <http://www.tops.org> or call 1-800-932-8677.



# MCCS HAPPENINGS

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



## Entertainment & Fun Stuff

### Superbowl Party

**PAPPY'S**  
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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 kickoff at 6:30pm

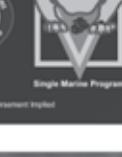
Door Prizes Awarded during halftime.

All Eligible Patrons

Call 466-3027 for more info.



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# Events for Feb 2 - Feb 9 ...and beyond

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



## Sports

### 2012 MCAS Cherry Point Indoor Soccer League

at the Marine Dome

\$20 per Civilian  
FREE for Active Duty

LOI is due:  
Monday, February 6

Coach's Meeting:  
Thursday, February 9

Season Begins:  
Monday, February 13

All Authorized Patrons.

Register at the Marine Dome.  
Unlimited Roster, 11 can dress out, 5 on the court

Letters of Intent (LOI) forms may be obtained by visiting: [www.mccscherrypoint.com/loi.htm](http://www.mccscherrypoint.com/loi.htm) or at the Marine Dome Issue Room, bldg #287.

For more information call 466-2390



# 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](http://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.

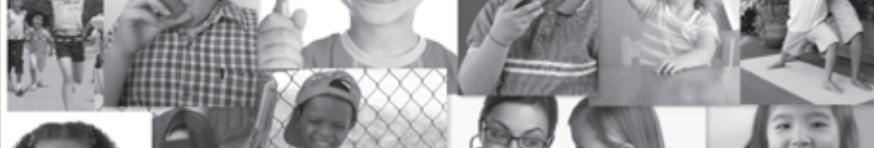
Registration is limited to 250 participants,  
Register early to guarantee your spot!

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: Bernadine Crosby at 466-2208 or  
Email: [bernadine.crosby@usmc-mccs.org](mailto:bernadine.crosby@usmc-mccs.org)

Sponsored by:



### 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.

Sponsored by:



No USMC or Federal Employees allowed

## \$\$\$ Shopping & Services

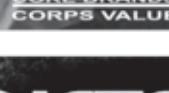
# GAME DAY! Sales Event

Now thru February 7

at the Main Exchange  
(Woodside Dr.)

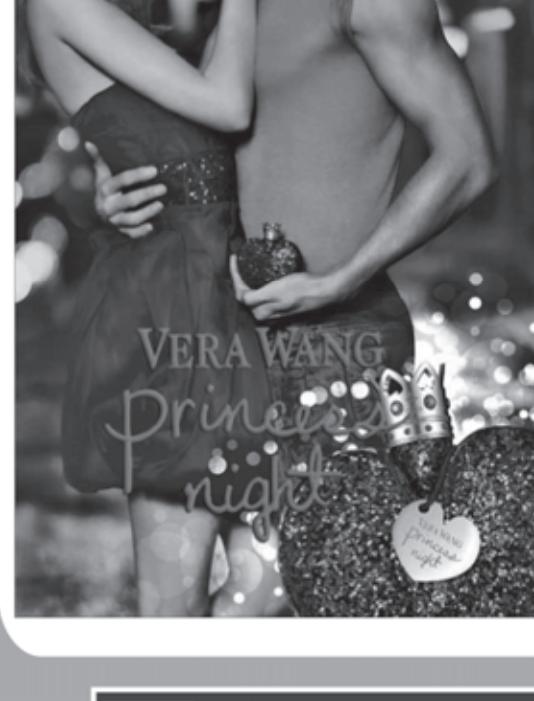
Find additional savings  
throughout your MCX!

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



# SWEETHEART GIFTS

Now thru Tuesday,  
February 14



at your

**MCX**  
CORE BRANDS  
CORPS VALUE

Woodside Drive

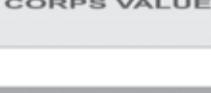
Enjoy great savings on fragrances,  
gift sets, intimate apparel, and more  
gifts for that special someone.

FTD Flowers for sale in your MCX  
Troop Store & Convenience Store.

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

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

For more information  
call 447-7041



## MCSS 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 TEAM BUILDING

- Family Readiness Training 466-5779
- L.I.N.K.S. 466-5588

### 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

### 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

**080 Antiques**

At JL Kirkman's Antique Mall we put in over 100 hours a week making sure our mall is pleasing to you, our customers. We appreciate you! We appreciate all of your wonderful comments about our mall! We purchase whole estates and therefore our antique mall is always loaded with outstanding merchandise! Thank you, to all our customers for making our antique mall such a great success in 2011! We look forward to a greater 2012! •Another Estate-houseful plus garage full of man stuff. Also, bedding & linens galore! Come see us! "A short trip across the bridge to Bridgeton" 9-6 M-F, 10-6 Sat. 252-634-2745

**085 Auction****AUCTION**  
Estate of Thomas M. Johnson  
Sr. - Saturday February 4th,  
10am, 424 Johnson Field  
Road, Trenton

From Hwy 17 South, take Ten Mile Fork Road approximately 5 miles. From Hwy 41 Trenton, go 4 miles back toward Hwy 17 South.

Selling contents of home and garage: Dining living & bedrooms. Sets of china, glassware, tools, lamps, pictures, books, sewing machine, air compressor, welder, JD lawnmower with sweeper & cart, riding mowers, 5x6 utility trailer, yard tools, golf clubs, washer & drier, miscellaneous odds & ends. 10% buyers premium.

**Wiggins Auction & Salvage**  
#1983 2106 Trent Blvd., New Bern NC 252-633-6188

**090 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](http://wellerkennels.com)  
New Bern, NC (252)636-5225**"DOG SCHOOL"**  
Basic/Advanced training  
for all breeds! [wellerkennels.com](http://wellerkennels.com)  
New Bern, NC (252)636-5225**DOBERMAN PUPPIES (AKC)**  
Black/Rust, 1 female, 2 males, shots up to date, tail, dew claws, shots, deworming. Ready now! \$650 (910)787-2250**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

**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

**202 WILDWOOD**

**What a BUY for a 4 Bedroom Home!**  
**\$109,000 with \$5,000 in closing cost help and HPP.** New roof, windows, carpets, stainless steel appliances including refrigerator. Newer heat/ac with duct work. Freshly painted interior. Washer & Dryer are included.

Call Phyllis Mento at 252-447-7900

**150 Miscellaneous**

**AFFORDABLE BARNS!** 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

**AFFORDABLE BARNS!** 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

**CLEAN LONG LEAF PINE STRAW**

\$4.25 per bale! Delivered! (252)244-1738

**STEEL BUILDINGS** Save Thousands on 2011 overstocks. Repo's, more. 20x24, 25x34, others. 30 year warranty. Display discounts, also! Limited availability. Call now! 866-352-0469

**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

**190 Lots & Acreage**

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

**APPROXIMATELY 12 ACRES FOR LEASE** with barns on River Road across from WCHS. Water available. Great for raising horses. Price negotiable. (252)675-1698

**200 Business Opportunities**

**DISTRIBUTOR NEEDED** For local expansion of **Five Hour Energy** into high volume accounts. Six figure income potential 1st year! You must have \$19,900 to invest now. Call (800)854-2382

**Established Vending Route**

10 year old very profitable route. Will sell all or part.

Call (910)278-9442

**205 Homes for Sale**

**3700 DOVEFIELD COURT** 4 bedroom, 2 bath. Excellent condition! Garage, fenced backyard. \$115K Call Stan (252)633-6476 Church Real Estate (252)638-1788

**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

**2/1 BATH DUPLEX** Racetrack Rd. Completely renovated. \$650 rent + \$650 deposit, lease and credit check. (252)626-6660

**2/1 IN OLYMPIA** References, deposit, no pets, ready Feb 10th, \$575 252-637-1920 leave msg

**210 Homes for Rent**

**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.

**3BEDROOM, 1BATH** - 2110 Woodland Ave. in New Bern. Large deck, fenced yard, new appliances. \$725 a month. Income verification & \$725 deposit. Pets negotiable. (252)626-5436

**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

**NEW TODAY**

**COMPLETELY REMODELED**

3 bedroom brick home in elderly community. Den, gas logs, all appliances, \$1000/m. (252)622-0042

**NEW TODAY**

**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

**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

**RIVERBEND 2/2**

Sky lights, patio, fireplace, washer, dryer, \$695 per month + security. (252)637-2419

**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 Motel 252-447-3689

**ROOMMATES WANTED**

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

**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

**2/2 DUPLEX**

New Bern, Brinson School District. \$625/month + deposit required. (252)670-7452

**ALL THE BEST DEALS**

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

**NEW BERN - DUNN ST., 2 APARTS!**

1/1 1st floor \$475/m, 1/1 2nd floor \$450/m. Call (252)671-4564

**GATEWOOD APARTMENTS**

now accepting applications for 1 and 2 bedroom apartments

252-447-4800

Havelock, NC

**220 Apartments for Rent**

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

**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

**240 Stores/Offices for Rent/Sale**

**2,400 SQ. FT. RETAIL OR OFFICE SPACE** for lease. Riverwood Plaza, MLK Blvd., 175. \$1570/month. (252)636-7681 or (252)672-7639

**2,400 SQ. FT. RETAIL OR OFFICE SPACE**

for lease. Riverwood Plaza, MLK Blvd., 175. \$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

**COMMERCIAL RENTALS!**

All sizes and price ranges! Tyson Management (252)514-0188

**OFFICE SPACE FOR RENT ON HWY 70E NEAR TABERNA**

1,246sq.ft. + 585sq.ft. garage/storage area, lighted parking lot. \$800/mo. 252-244-2464 after 5pm

**OFFICE SPACE**

for rent. 1400 Sq ft, downtown New Bern, Ample off-street parking. (252) 633-2470

**OFFICE SPACE**

[www.NewBernOffice.com](http://www.NewBernOffice.com)

252-633-5106

**250 Manufactured Homes/Sale**

**16X76 3 BEDROOM, 2 FULL BATHS** 2006 Oakwood Many closets, carpet & laminate flooring. Wonderful condition! Must see to believe! Must be moved! Call (252)229-1886 for appointment.

**BEACON SCORE 400**

or better, we can help! Must have land or money down! Down East Homes (910) 298-6111

**BEST HOMES, BEST PRICES!**

Down East Homes (252)527-2750 [www.downeastinston.com](http://www.downeastinston.com)

**CLEAN WINDZONE II/III SINGLEWIDE & PARK MODEL HOMES FOR SALE!**

(919)778-1818

**LOT 1 CLERMONT ROAD**

Spacious 3 bedroom, 1.5 bath home. \$25,000 Call Stan 252-633-6476 Church Real Estate 252-638-1788

**USED SINGLEWIDE TRADE**

coming in! Call Down East Homes 252-527-2750

**255 Manufactured Homes/Rent**

**2 & 3 BEDROOMS** Singlewides. Sandy Ridge MHP Bridgeton. No pets allowed. Rental lots available. (252)474-5058 or 637-9321

**2/1 Newly remodeled,**

private lot, central heat, covered patio, near Bosch, \$475/m. (252)633-4573

**FOR RENT**

Clean well kept newer 2 & 3 bedroom Mobile Homes in quiet country setting in Havelock. Close to base! \$500 and up! (252)447-3625 Info: text ENC39216 to 56654

**DO IT YOURSELF**

Ready to put your ad in the classifieds online?