



The Windsock

Celebrating 100 Years of Marine Aviation

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October is Domestic Violence Awareness Month



SPECIAL TO THE WINDSOCK

MCAS CHERRY POINT

The first Domestic Violence Awareness Month was observed in October 1987. It evolved from the "Day of Unity", which is now celebrated on the first Monday in the month of October. The intent of the "Day of Unity" was to connect advocates across the nation who work to end violence against women and their children; later it became an entire week devoted to activities at local, state, and national levels. Also in 1987 the first national domestic violence toll-free hotline was established.

In 1989, the U.S. Congress passed Public Law 100-112, designating October of that year as National Domestic Violence Awareness Month. Legislation has passed every year since with the National Coalition Against Domestic Violence providing key leadership in this cause. The President of the United States signs a proclamation in support of these efforts to reduce domestic violence and make "everyone's home a safe place for them."

One in every four women are said to experience domestic violence in her lifetime, according to the National Coalition Against Domestic Violence. The National Institute of Justice and the Center for Disease Control estimates about 835,000 men are the victims of domestic violence each year. Females between the ages of 20 – 24 years old are at the greatest risk of nonfatal intimate partner violence. Domestic violence is one of the most chronically underreported crimes, with only one-quarter of all physical assaults, one-fifth of all rapes, and one-half of all stalkings reported to police. Approximately twenty percent of the 1.5 million people who experience intimate partner violence annually

See AWARENESS page A11

Stay deployment ready

A reminder to Marines to receive immunizations

LANCE CPL. SCOTT L. TOMASZYCKI

MCAS CHERRY POINT

Beginning with the immunization of Maj. Gen. Jon M. Davis, 2nd Marine Aircraft Wing commanding general, 2nd MAW and Marine Corps Air Station Cherry Point are preparing for the upcoming flu season. Active-duty Marines and Sailors are mandated to receive the influenza immunization by Bureau of Medicine and Surgery Instruction 6230.15A.

In accordance with the mandate Cherry Point and its tenant units began unit immunizations Friday.

2nd MAW units, such as Marine Aircraft Group 14, Marine Wing Support Group 27, Marine Air Control Group 28 and Marine Wing Headquarters Squadron 2, reported to the Marine Dome for their immunizations this week. Marines requiring other immunizations for individual readiness also received those at the same time.

The plan for station personnel is to conduct immunizations at their workstations. Station personnel are scheduled to be done with immunizations by the end of October.

Corpsmen from the Naval Health Clinic will set up shop next to station units, allowing for Marines and Sailors to walk from work to the station and then straight back to work again. The flu immunization is about keeping Marines in the fight no matter the season explained Davis.

"I start my day every day by looking at the readiness reports of the aircraft," Davis said. "But without the readiness of our people, the readiness of the aircraft won't happen. If they're sick, they're not here training or maintaining. We need all of our people here to be able to accomplish our mission."

Using preventative medicine is a more effective method to achieve this mission, explained Navy Cmdr. Raymond R. Batz, the wing surgeon for 2nd MAW.

"It's easier to prevent something than to treat it," said Batz. "It saves man-hours, it saves money, and it's the right thing to do. The more protection we have against the flu, the better we are prepared when that comes to pass."



LANCE CPL. SCOTT L. TOMASZYCKI

Maj. Gen. Jon M. Davis, commanding general of the 2nd Marine Aircraft Wing, takes the lead on preventative disease control with a flu shot and two other shots to keep him deployment ready. "I had my shots first because it's leading from the front," Davis said. "If I get the flu and go down, I can't effectively lead the troops. The same goes for all Marines down to the lowest echelon of leadership. This is the right thing to do and this is how we're going to prepare for flu season." Between Sept. 26 and Sept. 30, 2nd MAW is carrying out a vaccination initiative to achieve a high level of flu season readiness.



Marine Attack Squadron 203 reached its quota of qualified AV-8B Harrier pilots early and became the first aviation training squadron in the Marine Corps to reach its quota this year. "It's a marathon," said Lt. Col. Craig "Butter" Wirth, commanding officer of VMAT-203. "Our mission is to train students, refresh previously trained Harrier pilots and to conduct world-class training with several deployments to MCAS Yuma."

Squadron reaches training quota early

CPL. SAMUEL A. NASSO

MCAS CHERRY POINT

For Marine Training Attack Squadron 203, setting the standard is the goal, and the training squadron met its quota of qualified AV-8B Harrier pilots early in mid-August. They were the first Marine aviation training squadron to meet their quota this year.

"It's a marathon," said Lt. Col. Craig "Butter" Wirth, commanding officer of VMAT-203. "Our mission is to train students, refresh

previously trained Harrier pilots and to conduct world-class training with several deployments to MCAS Yuma."

The students arrive at Cherry Point motivated and eager to train to become effective and efficient Harrier pilots, said Wirth.

The training lasts 38 weeks and throughout that time, students trickle in, creating a constantly moving machine.

See QUOTA page A11

HQMC Semper fit announces updates to All-Marine sports requirements

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

Starting Oct. 1, requirements for Marines applying for Marine Corps sports programs, training camps or higher level competitions will be modified.

In order for Marines to participate in Marine Corps sports or higher level competitions they must have a current government travel card, and use the Defense Travel System for funding and orders to and from competitions. Marines are also required to complete a cross organization funding form located at the All-Marine sports website, <http://www.usmc-meccs.org/sports>.

Also starting Oct. 1, All-Marine

wrestling team trials will be held at Marine Corps Base Camp Lejeune, N.C. Applications must be submitted no later than Sept. 25, according to Marine Administrative Messages 522/11 and 517/11.

Marines interested in the sports programs, like wrestling, must submit sports applications and Defense Travel System forms to Headquarters Marine Corps Semper Fit at either the website or the local Semper Fit athletics office. Cherry Point's Semper Fit center is located at the Devil Dog gym and can be contacted at either (252)466-4420 or their direct line at (252)466-6467.

For All-Marine wrestling applications

the contenders must include their past wrestling experience, weight class, the number of matches they have competed in and their results from the past two years.

All applications must contain their command's endorsement saying the Marine will be available to participate in the events they are selected for. For Marines with a local Semper Fit program must submit their applications through the Semper Fit athletic director.

If a Marine fails to be issued a government travel card they could potentially be disqualified from participating in sports or competitions. The exceptions to the travel card policy

are reservists, recruiters and Instructor and Inspector duty Marines, since they have no support of a military finance office.

Once the cross organizational funding form is complete contestants must return it to HQMC Semper Fit (MRS-2 Sports) for approval. When the approval has been received the athletes will be authorized to initiate their travel arrangements through the DTS.

Within five days of the Marine's return to his or her duty station a travel voucher claim must be submitted per the Department of Defense Financial Management Regulation 7000.14, Volume 9, Chapter 8 and Paragraph 080501.

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ARFF practices aircraft crash procedures



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and story



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Chaplain's Corner : A Bible, a beer and a good cigar

CMDR. KARL P. KOCH

MCAS CHERRY POINT

A few weeks ago I wrote an article titled, "I Hope They Serve Beer in Heaven." Of the handful of people who read it, one complained to me in person. I consider this individual a gentleman and a friend.

We disagree, but he told me face-to-face why my proposed Bible study offended him.

I'm guessing he'll disagree with me this week too. That's fine. He's not the only one at Cherry Point who disagrees with me. Not just about beer in heaven but about other things too.

I think the "I Hope They Serve Beer in Heaven" Bible study isn't going to happen. At least not now. For this, my friend might be very grateful. But, he should refrain from rejoicing just yet. Like I said, I'm guessing he'll disagree with me this week too.

I had great plans. At least I thought they were great. But, they were modified. Changed. Switched, right before my eyes. All thanks to another friend of mine. Actually, a few friends. I met them all at Miller's Landing and its restaurant, Wings.

These friends have been meeting together Thursday nights at Miller's Landing. Not for a Bible study.

At least, not at first.

And, I can't say we're having a Bible study now. But, we have gathered around a table at Wings, and another on the patio for some great conversations.

I've brought biblical passages for us to look at. But my plans for a Bible study have turned into what might better be described as "Table Talks." This is a term used by a great theologian. He may be spilling his beer in heaven right now as I use his term to describe our weekly gatherings.

Our "table talks" lost the phrase "Bible study" because, as one friend suggested, "Bible study" sounds so formal. If you ever join us you'll quickly realize, we're anything but formal. We are, however, willing to talk about anything. Even, on occasion, the bible passages I bring with me.

A few of us eat dinner together. Almost all of us have a beer together.

And, when we go outside to Wings' patio, some of us smoke a cigarette or two. Some a cigar. The smell of a good cigar reminds me of my grandfather. The taste reminds me of a very bad party or two in college.

We start our table talk around 6:30 p.m. We've ended at different hours. Everyone is invited to stay and participate. No one is required to. It's an open invitation. That is, it's open to the same folks "I Hope They Serve Beer in Heaven" was open to.

Each Thursday evening is different. If you

missed every table talk up to now, it doesn't matter.

You're no further behind than the rest of us! If you don't drink beer or other alcoholic beverages, that's ok. If you don't smoke, that's fine too. So far, we've had very courteous smokers.

I admit to having an agenda. I want people to know that God is for us and not against us. That we can ask questions and not get shot down. That we can be real with God and one another. That we can have a beer, a cigarette or cigar and even, on occasion, talk about the Bible.

And, to my friend who disagrees with my methods, please forgive me. I'm only trying to reach out to the people at Cherry Point who would never go to your church or my chapel but would have a beer and share in a good conversation with friends and with God.

Celebrating 100 years of Marine Corps aviation

Flying in a tight diamond formation, Grumman "Panthers" flown by pilots of Marine Fighter Squadron 115, roar over North Carolina waters. The F9F-Panther jet fighter-bomber had the distinction of being the oldest combat plane of its kind in Korea. With a total of 445 combat missions to its credit, it flew more than 1,000 hours and dropped more than 4,000 pounds of high explosives on the North Korean and Chinese Communist forces. It was also the first Navy or Marine Corps jet to be credited with shooting down a hostile jet, a Soviet MiG 15, on Nov. 9, 1950.



OFFICIAL USMC PHOTO



LANCE CPL. GLEN E. SANTY
Metal rigid containment systems holding a 7-Ton at the Marine Air Support Squadron 1 Sept. 19. The durability of the metal containers outweighed the costs of the nylon ones used before.

MASS-1 switches to environmentally friendly metal containment systems

LANCE CPL. GLEN E. SANTY

MCAS CHERRY POINT

Standing in the gravel of Marine Air Support Squadron 1's motor transport lot, here, nothing really catches the eye. There are humvees, 7-ton trucks, air conditioning units and an assortment of other green and tan machines and containers, and until recently, there was also a hidden danger.

On Aug. 29 MASS-1 motor transport Marines eliminated that danger when they replaced their nylon rigid containment systems with metal rigid containers to omit hazardous material spills on the lot.

The nylon containment systems that previously contained hazardous materials, were being torn apart by the rocks of the gravel lot. The simple but effective solution was to replace the nylon containers with solid metal containment systems.

"Because of where Cherry Point is geographically, a hazardous material spill is very dangerous," said 1st Lt. James Thoms, logistics officer with Marine Air Support Squadron 1. "This is an expedient fix. We're so close to the water that if a spill sinks into the ground it could end up in the water. For a spill we have to call HAZMAT, dig up the ground and call the fire department and so on."

The metal containers are a more permanent solution than the destructible nylon containers explained Thoms. Also, because of the gravel lot, the metal containers are a cost-effective way to replace the nylon containers after they are torn apart by the gravel.

"We've used nylon containers for as long as they've existed," explained Staff Sgt. Joseph Daley, the motor transport

maintenance chief, with MASS-1. "We still use nylon, just not on gravel."

Motor transport still uses the nylon containers because of their mobility and deployment abilities. The metal containers are still mobile, but they require a 25-ton crane to move them anywhere, explained Daley.

Though initially the metal containers are more expensive they will pay for themselves over time. For MASS-1 the pros outweighed the cons for switching to the metal containers. This was a small investment to save the natural environment surrounding Cherry Point.

LANCE CPL. KODY S. WARD

Job Title: Low altitude air defense gunner

Unit: 2nd Low Altitude Air Defense Battalion

Hometown: Naples, Fla.

Date Joined: April 27, 2008

What's your job?

My job is to engage enemy aircraft using various weapon systems with the primary one being a PL-87 Stinger missile.

What's your favorite aspect of your job?

The best part of my job is the fact that I get to fire so many different weapon systems in support of both my primary and secondary jobs.

What's the most challenging part?

The hardest part of the job is having to learn and know a lot about the identifying factors of aircraft in order to classify it as an enemy or friendly aircraft.

How does your job support the mission of 2nd MAW and MCAS Cherry Point?

It is my job, as well as others in my job field, to provide air defense security to 2nd MAW airfields around the globe. If I don't do my job then a lot of people could die in an enemy aircraft attack.

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.



PFC. CORY D. POLOM

The Windsock

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CPL. JUSTIN BOLING

Sgt. Chad John, right, a Marine Unmanned Aerial Vehicle Squadron 3 UAV operator, speaks with Cpl. Ryan Darin, a fellow UAV operator, about a mission at Camp Leatherneck, Afghanistan, Sept. 15. John is a native of Shiprock, N.M., and Darin is a native of Chicago.

UAV operator guides peers toward better operation

CPL. JUSTIN BOLING

2nd MAW (FWD)

CAMP LEATHERNECK, Afghanistan — Sgt. Chad John spends 12 hours a day with an aerial view of Afghanistan, but he rarely leaves the ground.

John, a native of Shiprock, N.M., is an unmanned aerial vehicle operator with Marine Unmanned Aerial Vehicle Squadron 3. The sergeant is currently deployed to Camp Leatherneck, Afghanistan.

The Marine Corps uses small, lightweight unmanned aerial vehicles, like the RQ-7B Shadow, to provide aerial surveillance and reconnaissance for Marines and their coalition partners in Afghanistan.

"We understand the importance of providing the best view to those who are planning to go into an area so they can avoid being in a bad situation," said John. "I always know that if I do not get the best view, I could be putting

lives at risk."

While airborne, the RQ-7B Shadow UAV is an extension of two Marines working on the ground. A vehicle operator controls the speed, direction and elevation of the aircraft, while a payload operator controls a camera that looks out for the safety of ground troops.

The evolution and use of unmanned aerial vehicles in the Marine Corps has been ongoing for the last two decades. John said he has seen the force of operators more than triple in size during his time in the service.

"Nearly seven years and seven deployments later, I take pride in seeing how far we have come," said John.

In Afghanistan, the Marine Corps unmanned aerial vehicles support 2nd Marine Aircraft Wing (Forward), the air combat element of the southwestern regional command of NATO's International Security Assistance Force.

The work of the Marine unmanned aerial vehicle op-

erators leaves little room for error. Providing an accurate aerial view of the battlefield helps keep Marines alive, so the UAV operators must stay alert.

"Working so closely with a small group of guys allows you to learn everyone's weaknesses and strengths," said John. "This allows you not only to become like brothers but also to help each other to become the best operators we can."

John hopes after this deployment to become an instructor in Arizona. There he will teach a new generation of Marine Corps UAV operators.

"I want to stay close to this job field and the great group of people that I have met," said John. "I have a lot of deployment experience that I could bring to new operators as they come into this cutting-edge field."

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Coalition forces deny insurgency movement, money in Afghanistan

CPL. BRIAN ADAM JONES

2ND MAW (FWD)

CAMP LEATHERNECK, Afghanistan — Military experts have long-deemed limiting the enemy's movement as vital to an effective campaign.

In the deserts of Southwestern Afghanistan, this can prove challenging. There are few roads. Tire tracks cut across the sand like a child's crayon scrawling on a wall. Traditional vehicle checkpoints can become ineffective, as the enemy can simply avoid them.

"Once you stop one vehicle at a checkpoint on the ground, you can be pretty confident the traffic will stop from there," said Sgt. Joseph B. Holcombe, an infantryman with 1st Battalion, 23rd Marine Regiment, from Haughton, La.

To counteract this, the coalition has taken to the sky.

The program, conceived in early 2011, employs aircraft from 2nd Marine Aircraft Wing (Forward) and utilizes a complex network of coalition resources to identify potential enemy vehicles. Marine Corps AH-1W Super Cobra and CH-53D Sea Stallion helicopters are used to stop vehicles so that Marine Corps and Afghan forces can search them.

Those involved say it has been immensely successful in limiting the enemy's movement. But perhaps more importantly, large caches have been removed from the region's illegal drug trade.

"Historically, the Taliban and Afghan drug smugglers have had a very symbiotic relationship," said Thomas Barfield, a professor of anthropology at Boston University and the president of the American Institute for Afghanistan Studies. "It's estimated that the Taliban get a good chunk of their revenue from the drug trade."

"Each [major] hit has been somewhere between 1,000 and 3,000 pounds," said Capt. Orion Jones, a Sea Stallion pilot with Marine Heavy Helicopter Squadron 463 who helped conceive the program. "We pulled about 80 kilograms of refined heroin [on one stop]; that was a huge find."

Jones, a native of Plano, Texas, spoke of the direct effect that counteracting illegal drug trafficking has had on the war.

"The insurgency has to be funded," said Jones. "We've removed a large piece of their funding. They need money to buy their weapons, to sway politics. We're shrinking their ability to influence the local area."

The interdiction of illegal drugs translates to millions of dollars the enemy will not be able to use to finance their operations.

"When you can shrink it down and let the local people know the Taliban doesn't have the power [and] it doesn't have the money," Jones said, "we can show the people the power is with the local government, not with the Taliban or insurgents."

Jones said the operation sends a message to the enemy and law-abiding Afghans that the coalition will find and stop drug and weapons smugglers.

"When they see us, they know people are getting arrested and detained so there are less people willing to take the chance of getting hired by the Taliban to move drugs," Jones said. "The majority of our stops are very benign. The word is out about what we do now. We land, we come over, we talk. The [Afghan Forces] are always out in front. I've never seen Afghan people getting upset or frustrated."

Holcombe said there's a positive benefit to stopping people, even those who don't have drugs. On one recent interdiction, Holcombe said they stopped a vehicle that had been searched a few times before. By the time the forces had approached the vehicle, the man had slices of watermelon cut up to share with the Marines.

"People talk," Holcombe said. "Something as [memorable] as seeing a helicopter stopping a vehicle, the Taliban are going to know they aren't safe, and that's what I like about it."

Maj. Scott Benfield, a planner for future operations with 2nd Marine Aircraft Wing (Forward) and a Marine Corps Super Cobra pilot, helped devise the Wing's part of the program.

Benfield said the missions weaken the enemy's confidence, letting insurgents know they don't have the ability to move wherever they please.

"It's done a lot to degrade enemy freedom of movement," said 1st Lt. Austin Skinner, the platoon commander of 2nd Platoon, Company B, 1st Bn., 23rd Marines,



CPL. BRIAN ADAM JONES

First Lt. Austin Skinner, the platoon commander of 2nd Platoon, Company B, 1st Battalion, 23rd Marine Regiment, searches a vehicle during drug interdiction operations in Southwestern Afghanistan, Aug. 18. "If everyone in Afghanistan started doing this, it would completely deny the enemy the ability to operate," said Skinner, a native of Houston, Texas.

and a native of Houston, Texas. "They can get around the gridlock of a checkpoint, but there's nowhere they can go when we drop down on their car."

"What we did was a little outside the mold. We said we will land wherever the ground forces want us to land," Jones said. "They are the mission. We will execute the mission in accordance with them."

'The western desert is unsafe; the Americans are coming from the sky.'

That was a report Jones said coalition forces intercepted from the enemy, validating the operation.

Benfield said the coalition targets known enemy transit routes, which the coalition calls "rat lines." The major from Hickory, N.C., said there are plenty of rat lines in 2nd MAW (Fwd.)'s area of operations, but the CH-53Ds can land anywhere a car can drive.

2nd Marine Aircraft Wing (Forward) serves as the aviation combat element for the southwestern regional command of NATO's International Security Assistance Force, an area that includes Helmand and Nimruz provinces and much of the Helmand River valley.

"I think it gives the coalition forces a presence across the regional command," Benfield said. "Our troop concentration is in the Helmand River valley, as it should be, but the enemy conducts its movements through the desert under the impression that we aren't going to go get them there. This extends our reach and allows them no sanctuary, no place where they can feel safe."

Those involved said intelligence plays a large role in the success of the operation.

"This is real-time, time-sensitive aerial interdiction. We don't just go to an area and look for stuff. It is a very deliberate action," Jones said. "We don't just go out there and stop everybody. Everyone we stop meets some sort of criteria and is a part of a known rat line."

When those rat lines are keyed in on by the Super Cobras, occasionally the smugglers have tried to flee the speedy attack helicopters.

"I know of three attempts to basically outrun the helicopter," Jones said. "We've never had to fire on a vehicle. Every vehicle that has attempted to evade has either driven into a ditch and disabled itself or we've boxed it in to the point where they just give up."

"The first one we did, they disabled their vehicle after attempting to outrun the Cobras and crashing into a [riverbed]," Jones said. "[After] they disabled their vehicle, they got out. They tried to steal a donkey. We rounded them up and took them back."

Experts said the drug trade in Afghanistan reflects the difficulties of decades of Taliban rule. The Marines involved with the drug interdiction said they contribute to the Afghan fight against the enemy, but also the fight against lawlessness.

"Everybody we [detain], those guys are turned over to the Afghan government for prosecution," Jones said. "These guys are just poor guys who are hired to move the drugs. They know they're doing something illegal and that's why they run but they'll give up. They're not looking to get shot or anything like that. They'll give up as soon as they realize they aren't going to get away."

Holcombe said the Afghan narcotics investigation unit helped ensure everything was done in accordance with Afghan law.

"They know what they're looking for, they ensure everything runs smoothly," Holcombe said. "With their faces and signatures on this operation, it sets the Afghan court system up for success."

Benfield said the success of the program has caused the enemy to seek new rat lines, but wherever the enemy tries to hide, the coalition will follow.

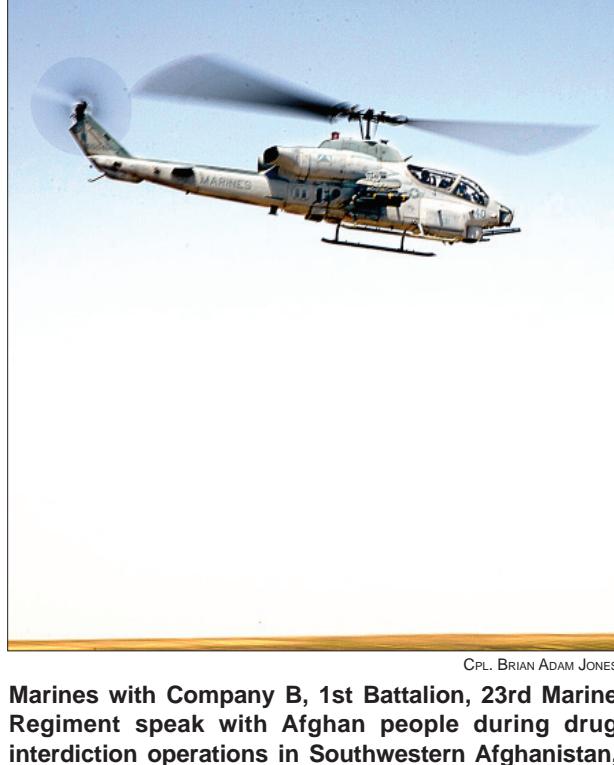
"If everyone in Afghanistan started doing this, it would completely deny the enemy the ability to operate," Skinner said.

Marine Heavy Helicopter Squadron 463 and 1st Bn., 23rd Marines recently returned home, in their stead stand new Marine units eager and ready to continue the program.

"We look forward to continuing the mission and expanding its scope throughout the area of operations in support of combat operations here," said Maj. Jonathan C. Morel, a native of Slidell, La., who serves as the executive officer of Marine Heavy Helicopter Squadron 363, which replaced Marine Heavy Helicopter Squadron 463. "The CH-53D is a key element of the mission which has been successful in disrupting enemy freedom of movement in the region."

"Hopefully [the drug interdiction] expand and continue. I want the next guys to take my product and make it better," said Jones. "This has been probably the most rewarding part of the deployment for me."

"The effect that we've been able to have is noticeable and tangible," Jones added. "As aviation assets, we can take this back. The guys who work on these helicopters can say, 'Today we pulled in 3,500 pounds of heroin and pulled two bad guys off the battlespace.' It's the tangible results of this mission that make it successful for everyone."



CPL. BRIAN ADAM JONES

Marines with Company B, 1st Battalion, 23rd Marine Regiment speak with Afghan people during drug interdiction operations in Southwestern Afghanistan, Aug. 18. Such missions have proven effective in disrupting the enemy's movement and limiting their finances from the illegal drug trade.



LANCE CPL. ROBERT CARRASCO

Marines with Company B, 1st Battalion, 23rd Marine Regiment unload thousands of pounds of illegal drugs from a vehicle during interdiction operations in Southwestern Afghanistan, May 9. Marine Heavy Helicopter Squadron 463 and 1st Bn., 23rd Marines supported efforts to disrupt the enemy's drug smuggling operations. The interdiction of illegal drugs translates to millions of dollars the enemy will not be able to use to finance their operations.

Feel the heat



PHOTOS BY LANCE CPL. GLEN E. SANTY

Marine and civilian firefighters spray water on a Mobile Aircraft Fire Trainer Device to put out a propane-controlled fire at the Coastal Carolina Regional Airport Sept. 17. Throughout the training each team went through several evolutions to get as much hands-on practice as possible.

Marine, New Bern firefighters train together

LANCE CPL. GLEN E. SANTY

MCAF CHERRY POINT

COASTAL CAROLINA REGIONAL AIRPORT

NEW BERN, N.C. – The overcast clouds made the flames seem significantly brighter as they roared out of the aircraft. The three-man team looked over at the truck and gave the thumbs-up to signify they were ready. With a pop, the flames erupted higher. The firefighters pulled the lever on the hose and thousands of gallons of water began to hiss and splatter on the door of the simulated aircraft. Soon the team was deep inside the hull extinguishing the remaining fire.

Marine Corps Air Station Cherry Point Aircraft Rescue and Firefighters alongside New Bern Fire Department, Township 7 Fire Department and Rescue 20 Fire Department conducted simulated aircraft crash and rescue training at the Coastal Carolina Regional Airport in New Bern, N.C., Sept. 17.

"This training really tests your knowledge on aircraft emergencies," said Cpl. Cody Schrum, an aircraft rescue firefighter at Cherry Point. "This is large scale emergency training for the entire county, not just Cherry Point."

The Marines used a device called the Mobile Aircraft Fire Trainer Device during the simulation.

The equipment looks like a small aircraft and uses propane to create a controlled fire for the firefighters to extinguish.

The Marines used three-man teams to put out the fires

that raged out of the cockpit, doorways and windows of the mobile trainer.

"It's an adrenaline rush," said Schrum who is also one of the airport volunteer firemen with station 21.

"What I'm thinking is be aggressive, get the fire out



Cpl. Cody Schrum, an aircraft rescue firefighter with Cherry Point Aircraft Rescue and Firefighters, takes a break before executing a Mobile Aircraft Fire Trainer Device training at the Eastern Carolina Regional Airport Sept. 17.

and make sure my crew is still with me. My job is awesome and I wouldn't change it for anything. I could never see myself doing anything other than being a firefighter."

Role-players acted as crash victims during the evolution allowing emergency medical technicians to rehearse procedures for evacuating crash victims to CarolinaEast Medical Center in New Bern.

"This all works in a big circle," said Staff Sgt. Denny Griggs, a section leader with Cherry Point ARFF. "From the firefighters to the EMTs, we're all working for the same goal, saving lives."

"It's fun," said 11-year-old Holden Whaley who was a casualty role-player during the evolution. Holden tried not to crack a smile as she lay on the ground. The role-players wore ripped clothing with red paint stains simulating blood.

The realistic training showed Cherry Point ARFF Marines and the fire departments what they needed to work on when putting out fires explained Griggs.

This training is essential because it builds on community relations by incorporating both Marines and civilian departments, added Griggs.

Throughout the training, each team went through several evolutions to get as much hands-on practice as possible. The leaders saw what they excelled at and what needed to be improved, completing the overall mission, said Griggs.



(Above) Cpl. Cody Schrum, with Cherry Point Aircraft Rescue and Firefighters, sprays a Mobile Aircraft Fire Trainer Device to extinguish the remaining fire at the Coastal Carolina Regional Airport Sept. 17. Throughout the training, each team went through several evolutions to get as much hands-on practice as possible.

(Right) A local New Bern fire fighter sheds his gear after completing the aircraft fire training at the Coastal Carolina Regional Airport Sept. 17. The training showed the Marines and fire departments where they excel and where improvement is needed. The departments used the Mobile Aircraft Fire Trainer Device which is a replicated aircraft that has controlled propane fires. The realistic training showed Cherry Point ARFF Marines and the fire departments what they needed to work on when putting out fires, explained Staff Sgt. Denny Griggs, a section leader with Cherry Point ARFF. This training is essential because it builds on community relations by incorporating both Marines and civilian departments.



Functioning on flexibility: 'America's Battalion' bolsters air-ground task force capabilities for Afghanistan

CPL. REECE LODDER

3RD BATTALION (3/3)

MARINE CORPS AIR GROUND CENTER TWENTYNINE PALMS, Calif.

— Waist-deep in a row of fighting holes, teams of sweat-starched infantrymen labored without shelter from the unforgiving desert sun. Scoop by scoop, they slung rocks and dirt from their dusty chasms, hewing out defensive positions to prepare for the enemy's inevitable night attack.

Joined by aircraft, tanks and tracked vehicles, the Marines of 3rd Battalion, 3rd Marine Regiment, assaulted a simulated enemy force during Exercise Clear, Hold, Build 3 on Marine Corps Air Ground Combat Center Twentynine Palms, Calif., from Sept. 21 through 22, 2011.

The two-day evolution, part of the Enhanced Mojave Viper training exercise, enabled "America's Battalion" to improve its capabilities as the ground combat element of a Marine Air-Ground Task Force. The exercise is their final pre-deployment training event before deploying to Afghanistan's Helmand province to support Operation Enduring Freedom.

Sheltered beneath a blanket of stars, team and squad leaders with India and Lima Companies moved between fighting holes to control the defense. They bellowed commands through the noisy assault, painting their Marines a picture of the enemy's size and location. In response, the entrenched machine gunners and riflemen drowned the advancing enemy in a hail of gunfire.

Cpl. Matthew Ortins, a squad leader with Lima Company, 3/3, said his biggest challenge of the night fight was commanding and controlling the men in his squad.

"I couldn't have eyes on every single one of my Marines," Ortins, 21, from Beverly, Mass., said. "My team leaders mitigated the challenge by helping adjust rates of fire and keep our ammunition spread-loaded."

From the flanks of India and Lima's defensive positions, Marines with Weapons Company's Combined Anti-Armor Teams 1 and 2 supported a tank company in the defense. In a light show of destruction, they fired heavy machine guns, anti-tank missiles and 81mm mortars to help quell the enemy's simulated mechanized assault.

At dawn, the Marines launched their counter-attack.

Maj. Sean Carroll, executive officer, 3/3, said shifting from the defense into a planned assault forced the Marines of 3/3 to retain the initiative and gain momentum against an enemy by executing a rapid offensive action.

Breaking onto the battlefield in amphibious assault vehicles, the Marines of Kilo Company, 3/3, secured the battalion's first objective with the support of CAAT-2. Simultaneously, CAAT-1 supported the tanks to cripple their second objective.

Supported by the Marines of India and Lima Companies on 7-ton trucks, CAAT-1 and the tanks rolled forward to secure a third enemy objective.

Carroll said working with outside attachments tested the battalion's flexibility as part of a MAGTF. He said this allowed 3/3's Marines to practice small but critical parts of a combat environment including casualty evacuations, logistics re-supplies and downed vehicle recovery, each necessary for what they may encounter in Afghanistan.



CPL. REECE LODDER

Lance Cpl. Justin Downing and Patrick Walker, mortarmen with Lima Company, 3rd Battalion, 3rd Marine Regiment, brace themselves while firing a 60mm mortar round during Exercise Clear, Hold, Build 3 on Marine Corps Air-Ground Combat Center Twentynine Palms, Calif., Sept. 21. The two-day evolution, part of the Enhanced Mojave Viper training exercise, enabled America's battalion to improve its capabilities as the ground combat element of a Marine air-ground task force. The exercise is their final pre-deployment training event before deploying to Afghanistan's Helmand province to support Operation Enduring Freedom. Downing, 18, is from Huntington, Md. Walker, 25, is from Clearwater, Fla.

"My team of Marines is ready to fight," Pfc. Dan Wood, a team leader with Lima Company, 3/3, said. "I don't have combat experience yet, but I'm prepared to handle my team and assist my squad leader because of how we handled ourselves here. This translates to our squad and builds upward from there."

After eight months of training, Wood's squad leader, Ortins, said his Marines are excited to take their knowledge to Helmand

province's dusty roads.

On patrol, they'll build rapport with the local populace and leadership, and they'll do so with a view toward the future.

"We're going to root out the enemy activity to make our area of operations a safe place," Ortins said.

"In doing so, we'll free up Marines to continue to the next fight and help our brothers there."

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PHOTOS BY PFC. ANDREA CLEOPATRA DICKERSON

Food service specialist Lance Cpl. Hanna Block puts a few last-minute touches on her presentation, using chocolate and caramel decorations to garnish the dessert plates she will serve the judges at the Mess Hall here aboard Marine Corps Air Station Cherry Point, N.C.



At the conclusion of the competition, Lt. Col Steven J. Himelsbach, Headquarters and Headquarters Squadron executive officer, awards Lance Cpl. Hanna Block the 1st place trophy and a garnish tool kit.



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Marines test their culinary skills during competition

PFC. ANDREA CLEOPATRA DICKERSON
MCAS CHERRY POINT

Cherry Point's finest food service specialists brought the heat against each other to win the coveted title of Chef of the Quarter at the Mess Hall here Thursday

The chefs selected to participate in this year's competition were Cpl. Louis Bradley and Lance Cpl. Isaiah Arroyo and Hanna Block. These Marines were chosen after undergoing a rigorous series of written tests and verbal boards.

The chefs were given approximately a month to prepare a tasting menu, practice preparation of their dishes and put the finishing touches on their creations. The chefs put their skills to the test during this time period to prove that they are proficient in their military occupational specialty.

"The toughest part of this competition is the food



Lance Cpl. Isaiah Arroyo eagerly watches as a Marine helps himself to some of the tropical pork Arroyo prepared. Meanwhile, judges Shirley Gillyard, Distribution Management Office's distribution manager; Master Gunnery Sgt. Candido Bueno, the 2nd Marine Aircraft Wing administration chief and Chief Warrant Officer 3 Joshua Smith, range officer in charge discuss the dishes and decide a winner.

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NOW SHOWING

Saturday, October 1

3:00pm - Spy Kids: All the Time in the World PG 1:40

5:15pm - Conan the Barbarian R 1:52

8:00pm - Final Destination 5 R 1:35

Sunday, October 2

2:00pm - Spy Kids: All the Time in the World PG 1:40

Tuesday, October 4

6:00pm - Enough PG 13 1:55

MOVIE SYNOPSIS

Spy Kids: All the Time in the World - Starring: Alexa Vega, Jessica Alba, Daryl Sabara, Joel McHale, Alexa Vega. On the surface, Marissa Cortez Wilson has it all...married to a famous spy hunting television reporter, a new baby and intelligent twin step kids. But in reality, trying to mother Rebecca and Cecil, who clearly don't want her around, is her toughest challenge yet. Also, her husband, Wilbur, wouldn't know a spy if he lived with one which is exactly the case -- Marissa's a retired secret agent.

Conan the Barbarian - Starring: Jason Momoa, Rachel Nichols, Stephen Lang, Rose McGowan, Said Taghmaoui. A quest that begins as a personal vendetta for the fierce Cimmerian warrior soon turns into an epic battle against hulking rivals, horrific monsters, and impossible odds, as Conan realizes he is the only hope of saving the great nations of Hyboria from an encroaching reign of supernatural evil.

Final Destination 5 - Starring: Nicholas D'Agosto, Emma Bell, Miles Fisher, Ellen Wroe, Jacqueline MacInnes-Wood. A group of co-workers on a corporate retreat escape the collapse of a suspension bridge because of a fellow worker's premonition of the disaster, and then are hunted by an invisible force that seems to be Death itself, coming to collect its due.

Enough - Starring: Jennifer Lopez, Billy Campbell, Juliette Lewis, Fred Ward, Noah Wyle. Working class waitress Slim finds her life transformed when she marries wealthy contractor Mitch. She settles into an idyllic suburban life and seems to have everything she wants: loving husband, beautiful home, and Gracie, an adorable 5-year-old daughter. Her dream is shattered when she discovers her husband is anything but perfect. His abusive behavior forces her to go on the run, eluding an increasingly obsessive Mitch and his lethal henchmen.

Movies are subject to change without notice

MCAS Cherry Point Air Show THEME COMPETITION

MAY 4-6 2012

RULES

6 Word limit
No Art Work Needed
Only 1 Submission Per Person

Themes should reflect Marine Corps Aviation Centennial and Cherry Point's 70th Anniversary

THE WINNER WILL RECEIVE...

- +A ride in one of the performing aircraft!
- +VIP pass for a family of four in MCCS seating at the chalet night show and day show
- +1 VIP parking pass
- +An official air show poster autographed by the CG of 2d MAW & the CO of MCAS Cherry Point
- +2 official air show T-shirts
- +2 official air show hats
- +A chance to meet and greet the pilots
- +Air show memorabilia

2010's winning theme was **Semper Fi over the Carolina Sky**

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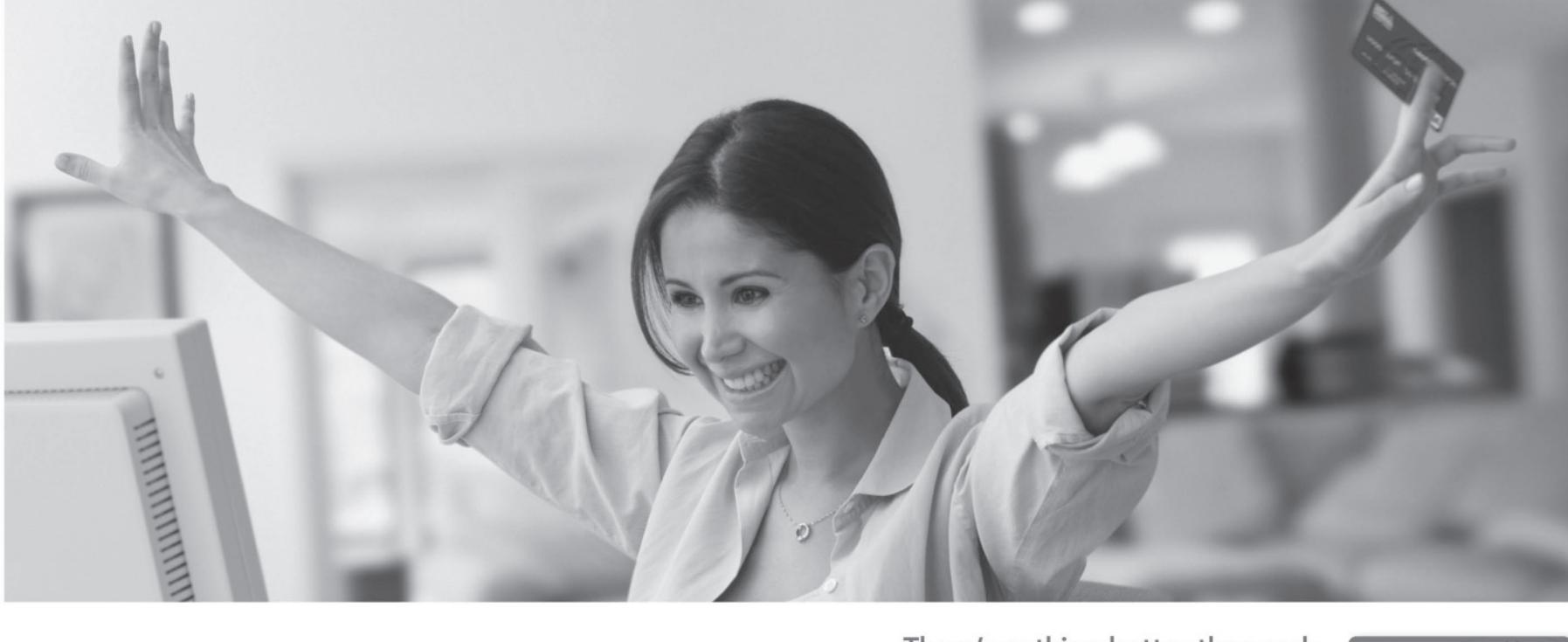
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Afghan aviators soar toward self-reliance



PFC. SEAN DENNISON

An Afghan National Army Air Force Mi-17 helicopter rests on the runway at Kandahar Airfield, Afghanistan. The Afghan National Army Air Force recently completed its first unassisted helicopter-borne medical evacuation, flying a stabilized patient from Camp Shorabak in Helmand province to Kandahar Airfield.

PFC. SEAN DENNISON

2nd MAW (FWD)

KANDAHAR AIRFIELD, Afghanistan

The Afghan National Army Air Force recently completed its first unassisted helicopter-borne medical evacuation, flying a stabilized patient from Camp Shorabak in Helmand province to Kandahar Airfield.

Currently, the Marines and Sailors of 2nd Marine Aircraft Wing (Forward), in partnership with other NATO coalition forces, provide almost all aviation support in Southwestern Afghanistan.

Created in 2008, the Afghan air force currently numbers more than 4,000 personnel and nearly 60 aircraft, including the Mi-17 helicopters used in medevacs. By 2016, the air force is expected to be fully operationally capable with a force of 140 aircraft and more than 8,000 troops.

In preparation for the future, U.S. troops, along with NATO International Security Assistance Force coalition partners, have been training with Afghan forces to perform the types of missions necessary to promote stability in Afghanistan.

"They're able to do everything from mission planning to launching missions, all on their own," said U.S. Air Force Tech. Sgt. Steven Guillen, a San Antonio native and flight medical advisor with the 441st Air Expeditionary Advisory Squadron based at Kandahar, Afghanistan.

A successful aerial medical evacuation requires well trained pilots, medical staff, and aircraft maintainers. So when the Afghans began training for aerial medical evacuations of their own troops, they were still receiving significant support from ISAF troops.

NATO mentors were responsible for preparing and checking the patients and flights, explained U.K. Royal Air Force squadron leader Nicola Dyson who serves in medical operations at Camp Bastion with Regional Command Southwest, and a native of Brackley, England.

But over the past several months, the troops of the Afghan air force have become more proficient.

"Now you've got Afghan pilot instructors," said Guillen. "They train themselves, basically."

Guillen's squadron, the 441st Air Expeditionary Advisory Squadron, trains and assists Afghan forces as they work toward operational, capable air power in Afghanistan.

Guillen said that units such as the 441st are spread throughout Afghanistan, with the collective goal to allow the Afghan air force to operate independently.

Today Afghan pilots command their aircraft across the country, and fly daily providing transportation for those in need

of medical aid. Locations include Kabul, Kandahar Airfield, Camp Bastion and Camp Shorabak.

Afghan air force Maj. Abdulwodood, an instructor pilot, said he has seen continued growth in Afghanistan's military evolution with support from NATO troops.

"The pilots weren't even allowed to fly from Bastion to [Kandahar]," Abdulwodood said of Afghan forces before the partnered training began. "Now they can fly to other places they couldn't have. People think we have a good air force, so it's very effective."

Abdulwodood said he sees the NATO troop drawdown as an opportunity for Afghanistan's domestic forces.

"Everyone on the team wants a brighter future for our country," he added. "That's when our own forces can stand on its own."

Both Afghan and NATO troops agree Afghan forces are not yet fully independent. NATO forces currently, and will continue to, provide logistical oversight and general support for the Afghan air force, though they've successfully lessened their dependence on the coalition.

NATO's medical staff still supports patients who depend upon immediate medical treatment that "would require different medical skills they might not have the experience to handle yet," explained Guillen.

The NATO troops did say, however, that the Afghan medical staff seemed motivated by the opportunity, and eager to learn.

"We're so fortunate to have Afghan medics and providers," said U.S. Air Force Maj. Charla Morgan, the 738th Air Expeditionary Advisory Group flight surgeon, based at Kandahar Airfield, Afghanistan, and a Fullerton, Calif., native.

"We're lucky to have individuals who demonstrate the professionalism we need them to have to function as medics."

In addition to medical proficiency, the NATO and Afghan troops said there are other challenges the Afghan forces must overcome in their path to autonomy.

"Aircraft is kind of one of the limiting factors – aircraft availability and aircraft maintenance," said Guillen. "They don't yet have a whole lot of aircraft and not a whole lot of maintainers."

Despite challenges, those directly involved with Afghanistan's future are optimistic.

"It was a good feeling to see [the Afghans] do this alone," said U.S. Navy Petty Officer 2nd Class James Briggs, a corpsman and mentor to the 215th Afghan Corps Surgeons. "The Afghans being able to do their jobs is our ticket home."

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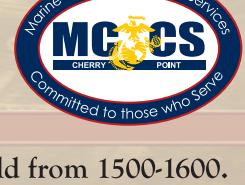
2011 Fall Information Sessions

October 6

October 13

October 20

October 27



Sessions will be held from 1500-1600.

AWARENESS from page A1

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6. Encourage them to take pictures of injuries.
7. Tell them about the local resources or the National Domestic Violence Hotline 1-800-799-7233.
8. Encourage them to talk to a Victim Advocate.

Other resources:

- Marine and Family Programs, Family Advocacy Program 466-3264
- MCAS Cherry Point Victim Advocate 24/7 Response Line 665-4713
- Coastal Women's Shelter 635-4509
- Caroline's House Crisis Line 728-3788

QUOTA from page A1

"It's quite an achievement," said Maj. Andrew P. Diviney, maintenance officer for VMAT-203. "... finishing six weeks early with the high-tempo schedule we're always on. We have a never-ending goal because once we meet our quota; we strive for next year's."

Throughout the 38 weeks, VMAT-203 coordinates several deployments to Yuma, where the pilots experience real-life scenarios and get hands-on experience with shooting munitions. The squadron tries to plan one trip to Yuma in the spring, the summer and the fall.

"They go out there and get a feel for what it's like to shoot the guns, rockets and real high-explosive weapons," said Wirth. "This is where they become more efficient and highly effective Harrier pilots."

Upon completion of their training requirements, the pilots move on to Marine Aircraft Group Squadron 14 here or proceed to MAG-13 in Yuma.

"This really is remarkable training," said Capt. Zach P. Hartnett, a new pilot with VMAT-203. "It's been hectic but I really have learned a lot, and I'm truly excited and confident that I know the basics and am ready for the fleet."

The biggest challenge agreed by most Marines within the squadron was that the training environment is stressful, yet they said it is very rewarding and it takes a team effort to accomplish the mission.

"There's a lot of support from behind the scenes," Hartnett said.

Every Marine has responsibility to maintain the aircraft in the maintenance department, mentioned Diviney.

"A normal VMA squadron has around 14 jets and we, as a training squadron, have double that, with only a third more Marines," said Diviney.

Training 30 new students and 27 previous pilots, VMAT-203 completed a difficult mission and with weeks to spare.

"The hardest thing was coordinating the big picture events – like going to Yuma," said Diviney. "We had to make sure we were always communicating."

Meeting its quota early marks a new precedence for VMAT-203, but it's a new year and they have new pilots to be trained.

BELIZE from page A1

to Belize for three to six weeks of jungle warfare courses and light infantry training.

"The training regimen is based on a mixture of jungle and open terrain," said British army Lt. Col. Robert Lindsay, commanding officer of BATSUB. "A typical exercise here will include time in the jungle practicing basic survival skills, navigation and all sorts of other things that are much more demanding here than in other places."

For both air and ground Marines, the terrain in Belize offers challenges not normally seen in Iraq or Afghanistan. Operating in the jungle requires different knowledge and skills than the desert, and training in Belize gives Marines the chance to learn those skills in case they are deployed to such an environment.

"We have prepared for and trained to the limitations of the aircraft in desert environments because that has been our focus of effort since the Osprey first deployed to combat in 2007," said Lt. Col. Craig LeFlore, commanding officer of VMM-365 and the 2nd Marine Aircraft Wing detachment. "We need to expand into some different environments now. Coming here to Belize, we're given the opportunity to work in an environment that sees frequent tropical rainstorms, and therefore is much more humid, providing different challenges for our avionics-intensive aircraft."

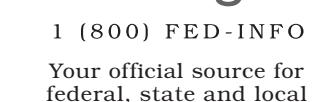
Osprey maintainers need to know how to troubleshoot, fix and operate in this environment in order to make sure the aircraft are ready for any mission that's assigned, said LeFlore. For the pilots and aircrew, conducting operations to austere landing sites located in mountainous jungle terrain while dealing with unpredictable weather is good training.

Belize also offers large scale exercise capabilities, said Lindsay. The inner portions of the country are sparsely populated, allowing visiting units the ability to conduct company and battalion-sized maneuvers. The units can practice patrolling, reconnaissance patrols, ambushes and more. These exercises pit Marines against each other, providing a more dynamic learning environment than Marines pitted against targets.

Belize not only has the facilities to support foreign training exercises, it also has the willingness to host the evolutions. Marine exercises can bring benefits to the country for both the government and local landowners, prompting residents to welcome instead of oppose the presence of foreign troops. Lindsay said that training exercises act as a deterrent against poachers, illegal loggers, smugglers and other illegal land use.

The country also harbors positive attitudes toward the U.S. and speaks English, which are two additional advantages, Lindsay explained.

"Because Belize is a stable country in America's backyard with a number of excellent training opportunities, I think a number of people from the U.S. perspective would see the benefits of coming here," said Lindsay. "From my point of view we would be delighted to see U.S. Marines train here."



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Life&Times

Section B

September 29, 2011



Cpl. Osman F. Chaudhry, a musician with the 2nd Marine Aircraft Wing Band, escorts a model down the runway as she shows off her dress during Operation Ball Gown at Cherry Point's Miller's Landing Friday. The models were made up of Marines, Sailors and spouses from the air station.

Operation Ball Gown displays 'Jersey Shore' do's and don'ts

PFC. CORY D. POLOM

MCAS CHERRY POINT

On Nov. 10, 2011, Marines everywhere will celebrate the Marine Corps birthday, but the hunt for the perfect ball gown has already begun.

Marine Corps Family Team Building made it a little easier here with Operation Ball Gown, which offered Cherry Point patrons a free ball gown for attending an etiquette skit at Miller's Landing Friday.

"It was nice to get out with the girls," said Katie E. Smiley. "It's good to get out of the house and do something that doesn't cost anything at all. It is great that the base puts on these events for the Marines' spouses."

Smiley said the best part of the evening was seeing the dresses modeled off to the wives of Cherry Point.

The evening started with a few door prizes given away from local sponsors of the event. This was followed by an invite from a local sergeant to "Jersey Shore" star "Snooki," played by Jesi Flora, an employee at Cunningham's. After showing the invite to Snooki, Alesha N. Burkeen, director of MCFTB, started off the festivities with a rundown of events for the evening, which involved modeling ball gowns and a skit showing what is inappropriate and what is acceptable.

"The Marine Corps Ball is a way to show respect to our traditions in the Marine Corps," said Burkeen. "As spouses we need to respect those traditions because we are a part of the Marine Corps family – so they are our traditions as well. This event helps show what is inappropriate for the ball."

The skit consisted of "Snooki" and her fellow "shore girls" showing up in extremely revealing dresses with excessive makeup, and the Marine wives in the skit took them away, redid their makeup and dressed them in appropriate dresses for the ball.

Sgt. Maj. Thomas W. Foster, sergeant major for Marine Wing Communication Squadron 28, said it's easier and more interesting to tell the Marines what not to do.

"If we were to use a Powerpoint on what was allowed, the wives would fall asleep. These spouses don't go to many formal events and this is a fun way to teach the ins and outs of the Marine Corps Ball," Foster said.

Smiley added that it was nice to be informed on the etiquette expectations.

"Even for those who are experienced in going to Marine Corps Balls, it's nice to have a refresher course on the way we are supposed to act, along with being offered a free ball gown. To not have the extra stress financially on a family is a blessing," said Smiley.



Inappropriately dressed 'Snooki,' left, played by Jesi Flora, pouts as Sgt. Alexander C. Juneau, center, talks to his sergeant major during the "Jersey Shore" Marine Corps Ball skit at the Operation Ball Gown event.



'Snooki,' left, played by Jesi Flora, shows off her new dress with the rest of her Jersey crew during the "Jersey Shore" Marine Corps Ball skit at the Operation Ball Gown event at Miller's Landing Friday.

Sergeant major's top 10 when attending the ball

1. Act like a lady or gentleman
2. "Booty dancing" is fun, but not appropriate
3. Fighting is inappropriate
4. PDA is inappropriate
5. Put cell phones away
6. Mind your table manners
7. Ball gowns should be tasteful and appropriate
8. What happens at the ball does not stay at the ball
9. Respect the customs and traditions of the Marine Corps Ball
10. Know your alcohol limits



Ask yourself, "What would Chesty do?"

From the clinic:

MICHELLE AMBER

NAVAL HEALTH CLINIC CHERRY POINT DIETICIAN

We all know that consuming a variety of fruits and vegetables is important for our overall health and wellness. Fruits and vegetables are vital to all of our daily functions such as metabolism, immunity, growing, healing and the prevention of diabetes, heart disease, obesity, and some cancers. The key is to consume everything our body needs which includes a variety of colors through fruits and vegetables. Each color will ensure consumption of all the vitamins and minerals needed to

sustain a healthy body. Eating a plate full of color will also enhance your taste and satisfaction of your food while getting the essential vitamins and minerals.

Here are some simple tips to increase these types of foods in your daily eating habits. At breakfast add fruit to your cereal or sliced banana on whole wheat toast with peanut butter. Lunch and dinner could include more vegetables by having at least 1-2 serving at each meal or by adding fresh or frozen vegetables to pasta or rice. Include fruits and vegetables as snack options between meals for example putting grapes and banana

How do you include more fruits and veggies in your diet?

slices on wooden skewers and freeze. If you are going to miss a meal make a fruit and/or vegetable smoothie.

To ensure that we are healthy children and adults, aim to consume at least 3-5 servings of colorful fruit and vegetables every day. Remember that a serving size of vegetables equals half cup cooked and one cup raw. Fruit servings are equal to half cup or a piece of fruit the size of a baseball. Eating within these servings and guidelines will allow you to maintain a healthy weight and prevent diabetes and many other health conditions.

Home fire safety tips

"CANDLE WITH CARE"

- Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.
- Keep candles away from pets, children, and anything that can burn.
- Use candle holders that are sturdy, and won't tip over easily.
- Put candle holders on a sturdy, uncluttered surface.
- Don't burn a candle all the way down – put it out before it gets too close to the holder or container.

BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Have heating equipment and chim-

FirePreventionWeek.org

NFPA

Protect Your Family From Fire

It's Fire Prevention Week

October 9–15, 2011

NEVER LEAVE A CHILD ALONE IN A ROOM WITH A BURNING CANDLE

Cherry Point Fire and Emergency Services



These films are now playing at local theaters

REINHOLD MOLDENHAUER HUNEYCUTT

MCB CAMP LEJEUNE PUBLIC AFFAIRS

"OUR IDIOT BROTHER" (R)

"Our Idiot Brother" is a tenderhearted comedy about the black sheep in the family.

Every family has one sibling who is always just a little bit behind the curve when it comes to getting his life together.

Paul Rudd ("Dinner for Schmucks," "Anchorman," "Role Models") stars as Ned, an easy going guy and idealist, who is an organic hippie farmer with a penchant for honesty and unwavering faith in the essential goodness of mankind.

When a uniformed cop talks Ned into slipping him a baggie of weed, poor Ned gets arrested, thereby losing his job and his New Age girlfriend.

After his girlfriend dumps him, boots him off the farm, and claims ownership of his beloved dog, Ned winds up couch surfing at the homes of his three uptight and neurotic New York City sisters, who can't help but come to the rescue of their moron brother.

Elizabeth Banks ("The Next Three Days") is the single Miranda, a career driven cutthroat journalist; Zooey Deschanel ("500 Days of Summer") is Natalie, a kookie, wannabe standup comedian; and Emily Mortimer ("Shutter Island") is Liz, the micro-managing mom whose marriage is in trouble.

All three now have to learn to put up with the clueless Ned, after his life falls apart.

As Miranda, Natalie and Liz each take turns at housing Ned, their brother's unfailing commitment to honesty creates more than a few messes in their daily routines.

But as each of their lives begins to unravel, Ned's family comes to realize that maybe, in believing and trusting the people around him, Ned isn't such an idiot after all.

Steve Coogan ("The Other Guys") plays Dylan, Liz's obnoxious and politically correct husband.

Rashida Jones ("Cop Out") plays Cindy, Natalie's girlfriend; and Shirley Knight ("Mall Cop") can be seen as Ilene, the sibling's mother, who treats Ned as a child.

Also appearing is Kathryn Hahn ("How Do You Know") as Janet, Ned's former hippie girlfriend; TJ Miller ("Get Him to the Greek") as Billy, Janet's new guy; Hugh Dancy ("Confessions of a Shopaholic") as Christian, an artist; and Adam Scott ("Leap Year") as Jeremy.

Director Jesse Peretz ("The Ex," "First Love," "Last Rites"), who also co-wrote and co-produced, explores the complicated and loving bonds among grown siblings and has assembled a superb cast.

Rudd's well acted hippie slacker is no idiot, just a little slow, and steals the show with this laid-back character.

"Our Idiot Brother" is a hilariously funny and heartfelt comedy with lots of screwball humor that lays bare the complexities of adult sibling relationships.

"WARRIOR" (PG-13)

"Warrior" is an inspirational action drama about two estranged brothers facing the fight of a lifetime.

Tom Hardy ("Inception," "Black Hawk Down") stars as Tommy Conlon, an ex-Marine with a tragic past.

Suffering from the war in Iraq, Tommy returns home to Pittsburgh for the first time in fourteen years to enlist the help of his father and former coach to whip him into shape for the upcoming MMA tournament, the biggest winner-take-all event in mixed martial arts history.

Tommy, a former wrestling prodigy, blazes a violent path toward the championship prize, while his brother, Brendan, played by Joel Edgerton ("Animal Kingdom," "Smokin' Aces"), a former powerful MMA fighter turned teacher, struggles in providing for his family at home.

Brendan returns to the ring in a desperate bid to save his family from financial ruin.

Nick Nolte ("Tropic Thunder," "The Thin Red Line") costars as Paddy Conlon, the recovering alcoholic father, who has a complicated past with both of his sons, and who now trains Tommy for the MMA tournament awarding the biggest purse in the history of the sport.

Even though years have gone by, recriminations and past betrayals keep Brendan estranged from both Tommy and his father.

But when Brendan's unlikely, underdog rise sets him on a collision course with the unstoppable Tommy, the two brothers must finally confront each other and the forces that pulled them apart.

They will face off in the most soaring, soul stirring, and unforgettable climax that must be seen to be believed.

Jennifer Morrison ("Star Trek," TVs "House") plays Tess Conlon, Brendan's level-headed wife.

Kevin Dunn ("Unstoppable") can be seen as Principal Zito, who has to suspend Brendan for not living up to the high standards of the school.

Gavin O'Connor ("Pride and Glory," "Miracle") directed, produced and also co-wrote the screenplay of this inspiring but grim movie that proves the art of powerful story telling is still alive.

"Warrior" is a rousing ode to redemption, reconciliation and the power of the human spirit. It is also a moving testament to the enduring bonds of family.

"Warrior" is an emotional and engaging family and underdog story that could be the breakout movie for mixed martial arts, as "The Raging Bull" was for boxing and "The Wrestler" was for the sport of wrestling.

Expect sequences of intense mixed martial arts fighting.

"DRIVE" (R)

"Drive" is an action movie about a Hollywood stuntman who turned criminal.

Ryan Gosling ("Crazy Stupid Love," "Lars and the Real Girl," "The Notebook") stars as an enigmatic character, known as Driver, who is a mysterious, strong and silent type.

Driver is a Los Angeles wheelman for hire, stunt driving for movie productions by day and steering getaway vehicles for armed heists by night.

Driver is a natural loner; however when he meets his beautiful and alluring neighbor, Irene, played by Carey Mulligan ("Wall Street: Money Never Sleeps," "An Education"), he can't help but fall in love with her.

When Irene, a young vulnerable mother, is being dragged by her ex-con husband, Standard, played by Oscar Isaac ("Robin Hood"), into a dangerous underworld, Driver is trying to protect her and her kid.

Getting entangled in a crime plot, Driver finds himself driving defense for her while being tailgated by a syndicate of deadly serious criminals.

But when he realizes that the gangsters are after much more than the loot, Driver is forced to shift gears and go on offense.

Bryan Cranston (TVs "Breaking Bad," "Larry Crowne") plays Shannon, Driver's manager and mentor, who employs the Driver as a mechanic in his garage and sells his services.

Co-starring is Albert Brooks ("The In-Laws") as Bernie Ross, the vicious crime boss; Ron Perlman ("Conan the Barbarian") as the menacing Nino, Ross' partner; Christina Hendricks (TVs "Mad Men") as Blanche; and Kaden Leos as Irene's 8-year-old kid.

Danish director Nicholas Winding Refn ("Fear X," "Bronson," "Pusher") is making his Hollywood debut with this film which is based on a pulp novel by the same name.

"Drive" is a mesmerizing art-house crime thriller, an explosive high octane noir flick with a cool European flair that delivers thrills with spectacular car stunts and a memorable performance by Gosling.



THE LOCAL BUZZ

Announcements

► Indicates new announcement

► PME Series Event

The Camp Lejeune/Cherry Point Chapter of the National Naval Officers Association invites all officers to attend the first session of its annual professional military education and career development series.

The topic of discussion is the officer promotion process, presented by Col. G. C. Lewis, USMC. Questions regarding promotion and career designation are encouraged.

The presentation begins at 5 p.m. on Oct. 13 in the Lejeune room of the MCB Camp Lejeune Officer's Club.

► Pharmacy Refill Changes

In preparation for the upcoming pharmacy renovations and due to the increasingly high refill request volumes, on Oct. 15 the Naval Health Clinic Pharmacy will extend its processing time on refills from two to four business days.

The clinic apologizes for any inconvenience this may cause. Your patience is appreciated as the NHC works to bring you improved pharmacy services.

► MARSOC Screening

The Marine Corps Forces Special Operations Command Headquarters Marine Corps Screening team will be visiting the station theater Oct. 19-20 to brief potential applicants.

For more information, contact your squadron career planner today.

► Breast Cancer Awareness 5k

Naval Health Clinic Cherry Point will host the 6th Annual Breast Cancer Awareness 5K Run/Walk/Stroll, October 22, beginning at 9 a.m. at the start of the running path at Slocum and Roosevelt Boulevard.

T-shirts are currently on sale for the event, please contact Ms. Jane Dorris at 466-0167 to place your order.

Yard Sale

Cherry Point Headquarters and Headquarters Squadron will host a combined spouses yard sale at the station theater parking lot Oct. 1 from 7 a.m. - 12 p.m.

For more information, contact Theresa W. Fleming, H&HS Family Readiness Officer, at 466-2653 or email theresa.fleming@usmc.mil.

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 447-8063 or 447-2109.

Al-Anon Family Group Meeting

There are Alcoholics Anonymous 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

New Bern Mumfest

The 31st annual Mumfest will be held in New Bern, N.C., October 8 - 9. Stage entertainment this year features Susannah and Uncle John and back, by popular demand, are Conch Stew and New Diamond Jubilee. There will be an amusement park with rides for kids of all ages, strolling magicians, face painters, fire eaters and clowns. Union Point Park is the site of the annual trailerable Mumfest Boat Show, maritime and marine exhibits, military vessels, nautical displays and demonstrations.

For more information on Mumfest visit <http://www.Mumfest.com>.

Havelock Chili Festival

The 30th Annual Havelock Chili Festival and Big Boy Toy Show will be held at Walter B. Jones Park Oct. 14 - 15. The festival kicks off at 5 p.m. Oct. 14 with live entertainment, a chicken wing competition and chili verde cook-off competition.

The second day will include possible entertainment by Carolina Strut, Havelock Community Band, Newport Dance Dept. and the Cold Biscuit Band. There will also be a red chili cook-off and salsa competition.

If you would like to participate in the planning of the Havelock Chili Festival, the committee meets on the second Tuesday of each month at 5:30 p.m. at the Havelock Tourist and Event Center.

For more information, call the Havelock Chamber of Commerce at 447-1101 or go online to <http://www.havelockchamber.org>.

Families Overcoming Under Stress

Recognizing the importance of building on family strengths in the face of challenges such as deployments, the Bureau of Navy Medicine and Surgery is in its fourth year of contracting with University of California Los Angeles to provide Families Overcoming Under Stress at Marine Corps and Navy stations.

Family Resiliency Trainers work on an individual family basis with families with children 3 - 18 years old to enhance those skills that make strong families: emotional regulation, communication, problem solving and goal setting skills.

Couples Resiliency Training is also available.

For more information, contact Mary Herscher, family resiliency trainer, at 466-7137, mherscher@focusproject.org or visit <http://www.focusproject.org>.

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.

- Exceptional Family Member Program – 466-7547.

- Family Advocacy Program – 466-3264.

- Library – 466-3552.

- LifeLong Learning – 466-3500.

- Military Family Life Consultant – 876-8016.

- New Parent Support Program – 466-3651.

- Retired Activities – 466-5548.

- Sexual Assault Prevention and Response Program – 466-5490.

- Substance Abuse Counseling – 466-7568.

- 24/7 Victim Advocate for Confidential Services relating to Sexual Assault or Domestic Violence – 665-4713.

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)

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TOBACCO SHOP & GIFTS

TOBACCO TOWN

TWIN RIVERS (NOT THE MALL)

WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

BELFAST QUICK MART

BELL AUTO SALVAGE II

BOTTA BOOMS

CARLAND

CENTENNIAL ENTERPRISES, INC.

CJ's QUICK MART

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

JOSHUA EXPERIENCE/ CLUB ACCESS

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

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SMOKERS POST

SOUTHERN COMFORT

SPEED MART

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TENDER TOUCH (AKA BABY DOLLS)

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TOBACCO AND MORE

TOBACCO CLUB

TOBACCO FOR LESS

TOBACCO HOUSE CIGARETTE CENTER

TOBACCO LEAF

TY'S R&R

VERONA QUICK STOP

VETERANS AFFAIRS SERVICES

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

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What Are The Deadlines?

Publication Day	Deadline
Sunday	1pm Friday
Monday	2pm Friday
Tuesday	1pm Monday
Wednesday	1pm Tuesday
Thursday	1pm Wednesday
Friday	1pm Thursday
Saturday	Noon Friday



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005 Services Directory

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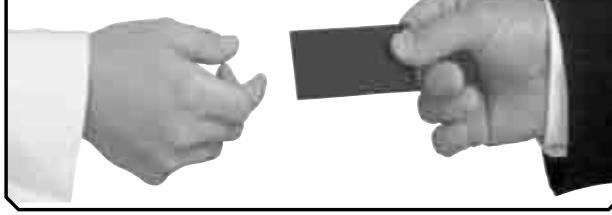
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IF YOU ANSWER YES TO ALL THESE QUESTIONS, SEND YOUR RESUME TO:
employment@newsongchurch.tv

OR MAIL YOUR RESUME TO:
New Song Church
Attn: "Employment"
521 W. Grantham Road
New Bern, NC 28562
JOB DESCRIPTION IS AVAILABLE UPON REQUEST.
NO PHONE CALLS PLEASE.
SEND RESUME ONLY.

050 Help Wanted

Management

Fuel Market MANAGER & ASSISTANT MANAGER

Position Available
Minimum 1 year retail management experience necessary. Benefits include insurance, paid vacation & 401K. Must be able to work flexible hours.

APPLY AT:

Fisher Oil Company
Hwy. 70 East, New Bern

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

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

• DEVELOPMENTAL TECH (ALL SHIFTS)
• LPN
• CNA II
• RN

Please apply in person:
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New Bern NC 28562

RHA Howell

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PHOTOGRAPHER for part-time work on a contract basis. The successful applicant will have his or her own 35mm digital equipment, a familiarity with Photoshop and the ability to turn out quality work on deadline. Schedule will cover 8-16 hours a week; some weekend work may be required. Assignments will include sports, features, general news and breaking news.

Send resume and 3-4 sample photographs via email to Chief Photographer Charles Buchanan at cbuchanan@freedomenc.com; mail to Charles Buchanan, The Free Press PO Box 129 Kinston, NC 28502

or bring them by the office at 2103 N. Queen St. We would like to fill this position within two weeks, so interested applicants should act now

050 Help Wanted

Sales

HERE WE GROW AGAIN

Our business is up for the 12th year in a row! TeleSales fundraising for Shriner's Org. FT up to \$25 hr, PT up to \$12 hr. Paid weekly. If you loves sales and can one call close, you're going to love it here!

Call (252)639-9937 to be considered for interview

050 Help Wanted

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INDUSTRIAL ENGINEER

with industrial/commercial experience. Estimating experience a must. HVAC license a plus. Office & field environment. Small contractor. Benefits.

Part time/full time.

SEND RESUME TO:
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c/o The Sun Journal
PO Box 13948
New Bern, NC 28562

150 Miscellaneous

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

120 Sporting Goods

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WEATHERBY 12-GUAGE PUMP \$375. Hopkins and Allen double 12-gauge with hammers, collectible, \$120. (252) 223-3258

150 Miscellaneous

AFFORDABLE BARNs! 12X16 \$1,895; 12X20 \$2,395; 16X16 \$2,795. Other sizes available. Built on your lot. Call (252)531-0664 or 800-218-BARN, Ayden

CAMPER SHELL FIBERGLASS White, fits full size truck, looks sharp. Can be seen at 280 Easy St. Newport. (252)223-3258

160 Wanted to Buy/Rent

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

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

170 Lots & Acreage

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

LOT, APPROXIMATELY 1 Acre, Sportsman Village, South River area of Carteret County. Undeveloped. \$12,000. 252-637-6689

180 Business Opportunities

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

190 Antiques

At JL Kirkman's Antique Mall we're always "busy" picking up estates. At Kirkman's we don't let the grass grow under our feet! We're busy, busy, busy! Our building is full of wonderful stuff! Are you looking for an item? Check with us first! "A short trip across the bridge to Bridgeton" 9-6 M-F, 10-6 Sat. 252-634-2745

Please fax cover letter and resume to Attn: Ad# 2 at 1-888-985-4447 or email jobs@cfhs1973.com. EOE

200 Roommates/Shared Living

FEMALE STUDENT OR PROFESSIONAL 3/2 house in Riverbend. \$350 + utilities. (252)658-2090

205 Garage/Yard Sales

GIGANT FLEA MARKET We're still Open! 21700 Hwy. 55, Oriental. Look for "Pickers" on building. Open Thurs.-Sun. (252)249-0725

210 Homes for Rent

HOME NEAR CHERRY POINT 107 Pirates Lane, many updates, 3 bedroom, 2 bath, pool, 2 decks, gas fireplace, \$125,000. (252)342-5615

215 Rooms for Rent

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

220 Apartments for Rent

3 BEDROOM, 2 BATH BRICK RANCH 1400sq.ft. 2402 N. Hills Dr. (behind old Employment Security Commission), New Bern. No smoking. No pets. \$825/month. (252)259-6571 or 635-5296

225 Educational Drive

2 bedroom, 1 bath duplex. No pets. Call (252)229-0076

230 Fairfax Lane (CULDESAC)

2 bedroom, 2 bath duplex with garage. All major appliances, washer and dryer. Application fee provided, near MCAS, available immediately, small pet ok, \$925/month (military discount)

Call (252) 514-6687

235 Fairview Lane (CULDESAC)

2 bedroom, 2 bath duplex with garage. Quiet, well shaded area 1/2 mile from main gate. Includes utilities, washer/dryer, full kitchen, internet, cable, off-street parking. Rooms are keyed for privacy. Smoke/drug free. \$395/\$495 + deposit. Call (252)497-1889

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HAVELock 2-ROOMS FURNISHED

1 with private bath & 1 with shared bath. Quiet, well shaded area 1/2 mile from main gate. Includes utilities, washer/dryer, full kitchen, internet, cable, off-street parking. Rooms are keyed for privacy. Smoke/drug free. \$395/\$495 + deposit. Call (252)497-1889

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1 with private bath & 1 with shared bath. Quiet, well shaded area 1/2 mile from main gate. Includes utilities, washer/dryer, full kitchen, internet, cable, off-street parking. Rooms are keyed for privacy. Smoke/drug free. \$3

250 Manufactured Homes/Sale

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MOBILE HOMES for rent in Newport area. Starting at \$325. Please call for availability. 252-223-6002

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VANCEBORO NICE CLEAN 3 bedroom, 2 bath on large lot in quiet park. No pets. \$500 per month + deposit. (252)671-1946

265 Sport Utility Vehicle

FORD 2002 EXPLORER XL V6, white, sporty, 2WD, was \$5,987, sale \$4,700. Plaza Auto Supermarket Havelock 252-447-0314



NISSAN 1997 PATHFINDER 4x4, green, was \$4,995, blowout price \$3,890. Plaza Auto Supermarket Havelock 252-447-0314

270 Autos for Sale

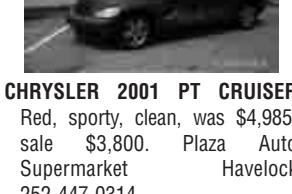
BUICK 1992 ROADMASTER Local owner, loaded, 76K, was \$3,995, sale \$2,700. Plaza Auto Supermarket Havelock 252-447-0314

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CHRYSLER 2001 PT CRUISER Red, sporty, clean, was \$4,985, sale \$3,800. Plaza Auto Supermarket Havelock 252-447-0314



DODGE 2008 MAGNUM SXT Beautiful gold color, was \$9,995, wholesale \$7,880. Plaza Auto Supermarket Havelock 252-447-0314

270 Autos for Sale

FORD 1999 TAURUS Duratec, black, gray interior, was \$4,995, sale \$3,500. Plaza Auto Supermarket Havelock 252-447-0314

HONDA 1999 CIVIC EX; one owner; white; 4-door Sedan; 128K miles; very good condition; well equipped with automatic; grey cloth interior; used for local commuting by non-smoker; car is accident free \$5000. 252-259-5266



PONTIAC 1999 FIREBIRD Black, loaded, t-top, sporty, was \$5,795, sale \$4,400. Plaza Auto Supermarket Havelock 252-447-0314

SHADOW MASTER TRAILER 2002 car hauler trailer, \$3500, tandem axle, new tires, 21x7' 252-288-5670

275 Vans for Sale

CHRYSLER 2002 TOWN & COUNTRY VAN Dependable family car! 170550 miles. Good/fair condition. Auto, cruise, A/C. \$3,000! (252) 626-5058



FORD 2001 WINDSTAR SE, tan, leather interior, 3rd row seating, \$3,475 Plaza Auto Supermarket Havelock 252-447-0314

280 Trucks for Sale

DODGE 2001 DAKOTA Quad Cab, 4WD, runs great, in good condition. Maroon with matching cab, 166K miles. Kelly Bluebook \$6400, \$5,400 or best offer 303-883-5254



FORD 1995 RANGER XL, 5 speed, gas saver, dark green, was \$4,195, sale \$2,995. Plaza Auto Supermarket Havelock 252-447-0314

285 Motorcycles

HARLEY DAVIDSON 2007 FLSTC Heritage Softail Classic. Pearl White, 20,200 miles, extras, \$10,000. (252)322-4970

HARLEY DAVIDSON 2009 Rocker C 4426 miles, garage kept, radiant blue pearl with silver flames, 240 rear tire, Vance & Hines pipes, excellent condition, \$15,700 252-876-1949

HONDA 2005 SHADOW 750 Aero, low mileage, new tires. Includes windshield, crash bar, back rest, more. \$4,500 (252)808-2962

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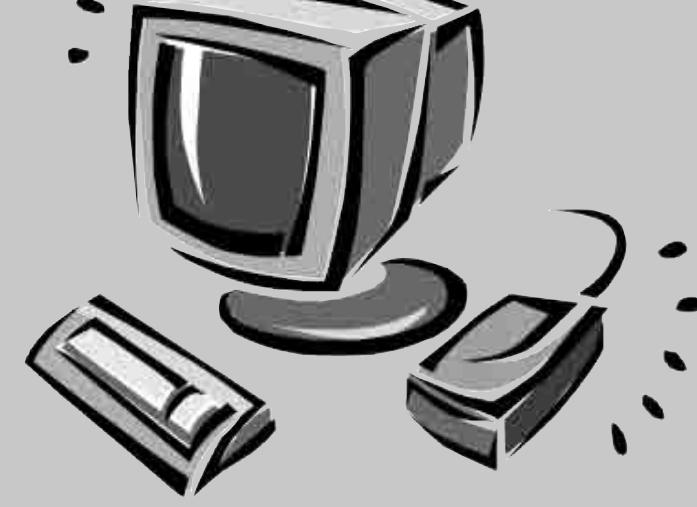
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