



HMH-366 says goodbye to family, heads to Afghanistan

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

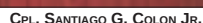
“For the last couple of years we have been combining squadrons from the East and West Coast to fulfill the mission,” said Jenson. “We did that because the other halves of the squadrons

See **DEPARTURE** page A7

MCAS CHERRY POINT

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



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.

See **DEPARTURE** page A7

Cherry Point MP Company de-activates after 3 years

MCAS CHERRY POINT

“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



Gunnery Sgt. Matthew Smith, a maintainer with Marine Fighter Attack Training Squadron 501, marshals in the first Marine variant F-35B Lightning II Joint Strike Fighter to arrive at Eglin Air Force Base, Fla., Jan. 11.

F-35B Marine maintainer trains to be part of history

MCAS CHERRY POINT

Smith has 16 years experience maintaining aircraft in environments like small-deck aircraft carriers, stateside military bases and deployed environments, but for the last two

Incidentally, Smith saw that aircraft landing while standing atop a ladder and peering over his shoulder. He was in the midst of hanging his unit's sign on the Marine's aircraft hangar when the Air Force variant landed. He said he

See **MAINTAINER** page A7

A woman with blonde hair is singing into a black microphone. She has her mouth wide open and her right hand is raised near her face, with fingers spread. She is wearing a black top and a black wristband. The background is a plain, light-colored wall.

**Comedian Mollie Gross
entertains Cherry Point
audience**

See page A5 for
photos and story



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

Fly-By	A2	Feats of Strength	B1
Fallen Honored	A4	Heart Health	B2
HS Students Tour	A5	The Local Buzz	B3

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 it 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. 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.

COMMANDING OFFICER
MCAS CHERRY POINT
COL. PHILIP J. ZIMMERMAN

PUBLIC AFFAIRS DIRECTOR
MAJ. WILL KLUMPP

PUBLIC AFFAIRS CHIEF
MASTER SGT. MARK E. BRADLEY

PRESS OFFICER
2ND LT. HECTOR R. ALEJANDRO

PRESS CHIEF
CPL. TYLER J. BOLKEN

EDITORS
CPL. SAMANTHA H. ARRINGTON
CPL. SANTIAGO G. COLON JR.
STACEY R. SWANN

STAFF WRITERS
LANCE CPL. ANDREA CLEOPATRA DICKERSON
LANCE CPL. CORY D. POLOM
LANCE CPL. GLEN E. SANTY
LANCE CPL. STEPHEN T. STEWART
LANCE CPL. SCOTT L. TOMASZYCKI

REMEMBER TO RECYCLE



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 or call 466-3542.

LANCE CPL. ANDREA CLEOPATRA DICKERSON

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.

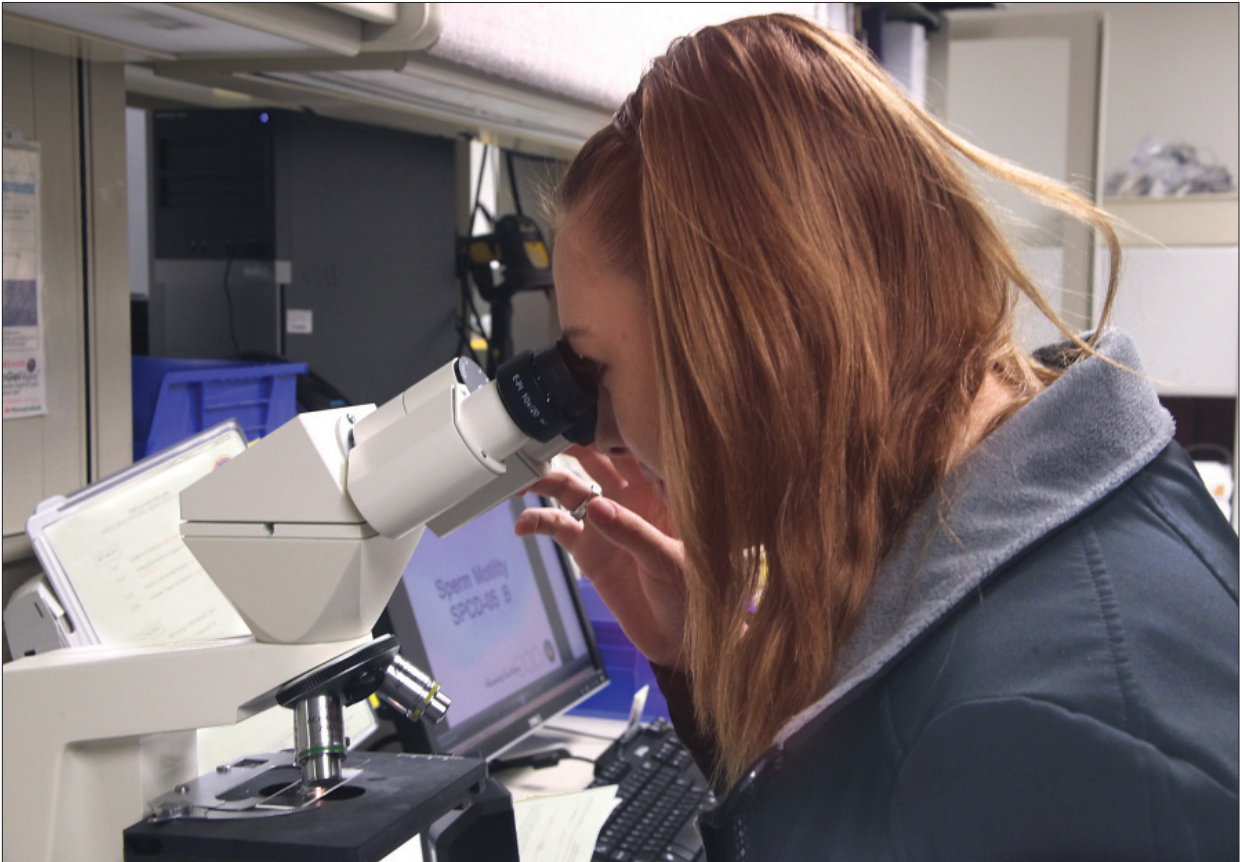
“This trip has been really cool and informative,” said Brittany Flowers, a junior. “I really like the Navy corpsman (field). My sister was in the Navy and that’s what sparked my interest.”



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.



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



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

For more stories, photos and video visit:

<http://www.marines.mil/unit/2ndmaw>

<http://www.dvidshub.net/units/2MAWFWD>

<https://www.facebook.com/2ndMAWFWD>

<http://www.youtube.com/user/MCASCPPA>

Precision repairs bumper to bumper and everywhere in between.

Only you can authorize repairs on your vehicle. Be certain that the insurance company will cover the cost of repairing all accident damages before you sign anything.

Quality Body Shop

1305 East Main Street • Havelock, NC 28532
252-447-3066 or 252-447-2086

Cancer Treatment Research Foundation

Walter Payton Cancer Fund

Commitment: Eradicate cancer by relentlessly providing the most innovative and promising patient-driven clinical research delivering immediate treatment options and a genuine hope for a cure.

99 cents of every dollar goes directly to CTRF cancer research

Cancer Treatment Research Foundation (888) 221-CTRF
3150 Salt Creek Lane, Suite 122 www.ctrf.org
Arlington Heights, IL 60005
provided as a public service a CTRF participant

Now Serving Carteret and Craven County

Experience in Motion.

MOORE ORTHOPEDICS

SPORTS MEDICINE

(252) 808-3100 www.mooresportsmed.com

Adult & Pediatric Orthopedic Injuries

- Robotic Joint Replacement
- Sports Medicine
- Hand Surgery ~ Fracture Care

Getting you back to the lifestyle and activities you love

Jeffrey K. Moore, M.D.
Orthopedic Surgeon

Chuck Pfaff
PA-C

East Coast Square
4251 Arendell St.,
Morehead City, NC

McCarthy Blvd.
612-B,
New Bern, NC

Learn how to Stack & Combine coupons

Advanced Couponing Class

Tuesday, February 21st
6 pm - 8 pm

Meeting Space provided by:
Bridge Pointe Hotel & Marina
101 Howell Road New Bern, NC

Cost \$15.00
All seats must be prepaid

Call (252) 638-8101 or come by the Sun Journal, 3200 Wellons Blvd., New Bern
Please RSVP by Feb 17th

A portion of the proceeds to benefit Newspapers in Education, your hometown literacy program supporting local schools.

~ PLEASE NO CHILDREN ~

CHERRY POINT EMPLOYEE ASSOCIATION (CPEA)

CPEA is trying to establish a membership roster. If you are a member please email at cpea181@yahoo.com, with phone number, name, email, and address.

Gentlemen, don't forget to buy a gift certificate for your lady for Valentine's Day!!

This Cup's for You BOUTIQUE

Professional Custom Bra Fitting
Sizes 32-50 C-M
Goddess, Le Mystere, Freya, Elomi, Hotmilk, Cake & More!

Store Hours:
Tuesday – Saturday • 10 am - 5 pm
4459 Arendell St., Ste. 2 Morehead City, NC
252-726-CUPS(2877)
thiscupsforyou@yahoo.com
Gift Certificates Available

RESERVE YOUR SPACE NOW

Riverdale United Methodist Church

THURSDAY CHILDREN'S MORNING OUT

Free Childcare for Military
Ages 6 months - 5 years

Moms, let us bless you with some “me” time each Thursday from 9 am - 1 pm. We provide a loving structured environment for your children while you get some free time to catch up on caring for yourself.

Program starts, Thursday, January 5. For More information call and leave message on Tuesday and one of our volunteers will return your call

252.633.3714

Mother's Day Out is a Ministry of Riverdale United Methodist Church. We are located on 5195 E US Hwy 70 approximately 5 miles west of Havelock. We are a Safe Sanctuaries Church.

MEU Marines seize airfield during helicopter raid



LANCE CPL. VERNON T. MECKINS

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

FREE Federal 1040EZ up to two W-2s	\$58 Federal 1040EZ Unlimited W-2s, Unemployment— Form 1099G	\$88 Federal 1040EZ Unlimited W-2s, Interest Earned, EIC without children, Unemployment— Form 1099G
---	---	---

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.

Jackson Hewitt's How You Do It

CELEBRATE
your
refund

JACKSON HEWITT
TAX SERVICE
(252) 447-3401
*call us for other locations

Offer valid on tax preparation fees only and may not be combined with any other offer, discount or promotion price. Does not apply to financial products or other services. Valid at participating locations only. Most offices are independently owned and operated.

CRAVEN COMMUNITY COLLEGE

There's still time to register for the Spring 2012 semester!

The college has plenty of Late Start and Term B classes for students who want to get started or get ahead. Talk to an advisor today to learn about these convenient options!

Late Start Registration
Feb. 2, 3 and 6
Classes begin Feb. 7

Term B Registration
March 2-6
Classes start March 7

Havelock Campus (252) 444-2119
Cherry Point Office (252) 444-6000 New Bern Campus (252) 638-7200

Visit us at www.cravencc.edu

1/2 PRICE SALE!

48 MONTHS 0% INTEREST

FURNITURE DISTRIBUTORS

Right Style. Right Price.
Right Now It's YOURS...
www.furniture distributors.net

HAVELOCK SHOWROOM

509 Hwy 70 West, Havelock, NC
Mon-Sat 9am-7pm, Sun 12pm-6pm
252-444-6960

NEW BERN
252-634-2442
2514 Neuse Blvd., New Bern

GREENVILLE
252-317-0414
1916 E. Firetower Road

MOREHEAD CITY
252-240-2001
4636 Arendell St., Hwy. 70 W

NEWPORT
252-222-0721
5458 Hwy 70

Find us on:

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 flightsuits, 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. Cuning 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 gentlemen’s “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. Cuning 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. Cuning 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 country 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, Lyon-naise carrots, mango and black bean salsa, cream of mushroom soup

Dinner - Hungarian goulash, Creole shrimp, brussels sprout parmesan, corn chicken tortilla soup

MCAS Cherry Point

STATION THEATER

E Street

Movie Hotline: 466-3884

Visit us at www.mccscherrypoint.com

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

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

For more information visit:

www.tricare.mil/pharmacy

www.tricare.mil/homedelivery

www.tricare.mil/subscription

www.facebook.com/tricare

www.twitter.com/tricare

<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. Allot 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.

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
or at the Marine Dome Issue Room, bldg #287.
For more information call 466-2390

HALF MARATHON

13th Annual MCAS Cherry Point
HALF MARATHON

Saturday, March 24

Open To The Public!

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

Rain date: Sunday, March 25

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

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

Registration Deadlines:
(Before March 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: Berna Crosby at 466-2208 or
Email: 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:

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 & bedrms. 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 & drer, 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**
New Bern, NC (252)636-5225

"DOG SCHOOL"
Basic/Advanced training for all breeds! **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

150 Miscellaneous

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

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

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

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 House 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 APTS! 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., 17S. \$1570/month. **(252)636-7681 or (252)672-7639**

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

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

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
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.downeastkinston.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**

255 Manufactured Homes/Rent

HOMECREST PARK
2 & 3 bedrooms, 2 baths, \$300 to \$550 plus deposit. Includes water, kitchen and laundry appliances, & parking. No pets. **252-637-5549**

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

SHAWN DR VANCEBORO 2 bedroom \$400. No pets. Criminal background check. **(252)229-6165**

SOUTHERN SUN IV MHP James City Area, near airport. Over 55 10% Discount. **Please call Mon-Fri 9-5pm, 252-639-1211.**

265 Sport Utility Vehicle

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



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



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



FORD 1995 F-250 XLT White, tool boxes, Auto, Service Bed, was \$3900. Sale \$2800 Plaza Auto Supermarket Havelock 252-447-0314



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



FORD 2003 TAURUS SES Model, V6, Loaded, Gas Saver, was \$4860 **SALE \$3700.** Plaza Auto Supermarket Havelock 252-447-0314



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

265 Sport Utility Vehicle



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

270 Autos for Sale

CAR INSURANCE
BEST PRICES IN TOWN!
GRADY & GRADY
3330 Neuse Blvd. New Bern **(252)638-5433**
Non-Owner Insurance
BEST RATES FOR DWI



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

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



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

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

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

275 Vans for Sale



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



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

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

1st First Carolina REALTORS

DO IT YOURSELF

Ready to put your ad in the classifieds online?
Do it yourself!

Post your ad online instantly!

- upload unlimited images
- edit your ad anytime from the 'my account' area
- upgrade your ad to make it stand out
- your ad will get displayed throughout our network

Log on today anytime 24/7

ENCClassifieds.com

YOUR EASTERN NORTH CAROLINA MARKETPLACE



Let Us Help You Find Your Dream Home

We're happy to call this town our home. We know where to find the best ice cream sundaes, the best tucked-away restaurants, the best picnic spots, and the best one-of-a-kind shops. So no matter what's important to you, we can help you find it.

ENCHomeFinder.com
FIND YOUR NEW HOME IN EASTERN NORTH CAROLINA ONLINE