

The Windsock

Commandant shares words of wisdom with NCOs

LANCE CPL. UNIQUE B. ROBERTS

MCAS CHERRY POINT

The commandant and sergeant major of the Marine Corps addressed noncommissioned officers during town hall meetings at Marine Transport Squadron 1's hangar and the air station theater Monday.

Junior Marines make up approximately 84 percent of the Marine Corps, and according to Gen. James F. Amos, they are the Corps' "keepers."

Amos said he felt it was important to address corporals and sergeants because they lead, care for and inspire junior Marines.

"NCOs are the backbone of the Marine Corps," said Amos.

During the town hall meeting, Amos covered multiple points including promotions and responsibility.

The number of Marines in the Marine Corps is steadily decreasing, he said. The commandant urged NCOs to complete MCIs and work harder to become experts in every aspect of their career to be as competitive as possible when it comes time for promotion.

Reinforcing the commandant's viewpoint, Sgt. Maj. Micheal P. Barrett assured the Marines that the Corps will continue to maintain the highest standards despite diminishing numbers and budget cuts.

"That means Marines will have to step up and work harder to advance in rank," said Barrett.

During his address, Amos stressed the importance of motivation. He painted a vivid picture describing what he felt as he watched new Marines receive their eagle, globe and anchor emblems after conquering the crucible. Amos stated how crucial it is for Marines to stay focused and propel their careers in the right direction.

"The Marine Corps is an evolving organization," said Amos.

Amos said he intends to continuously shape the Marine Corps into a meaner, tougher and stronger entity.

"We fight so that our family members don't have to; we endure harsh conditions so the ones we cherish can sleep well at night," said Amos.

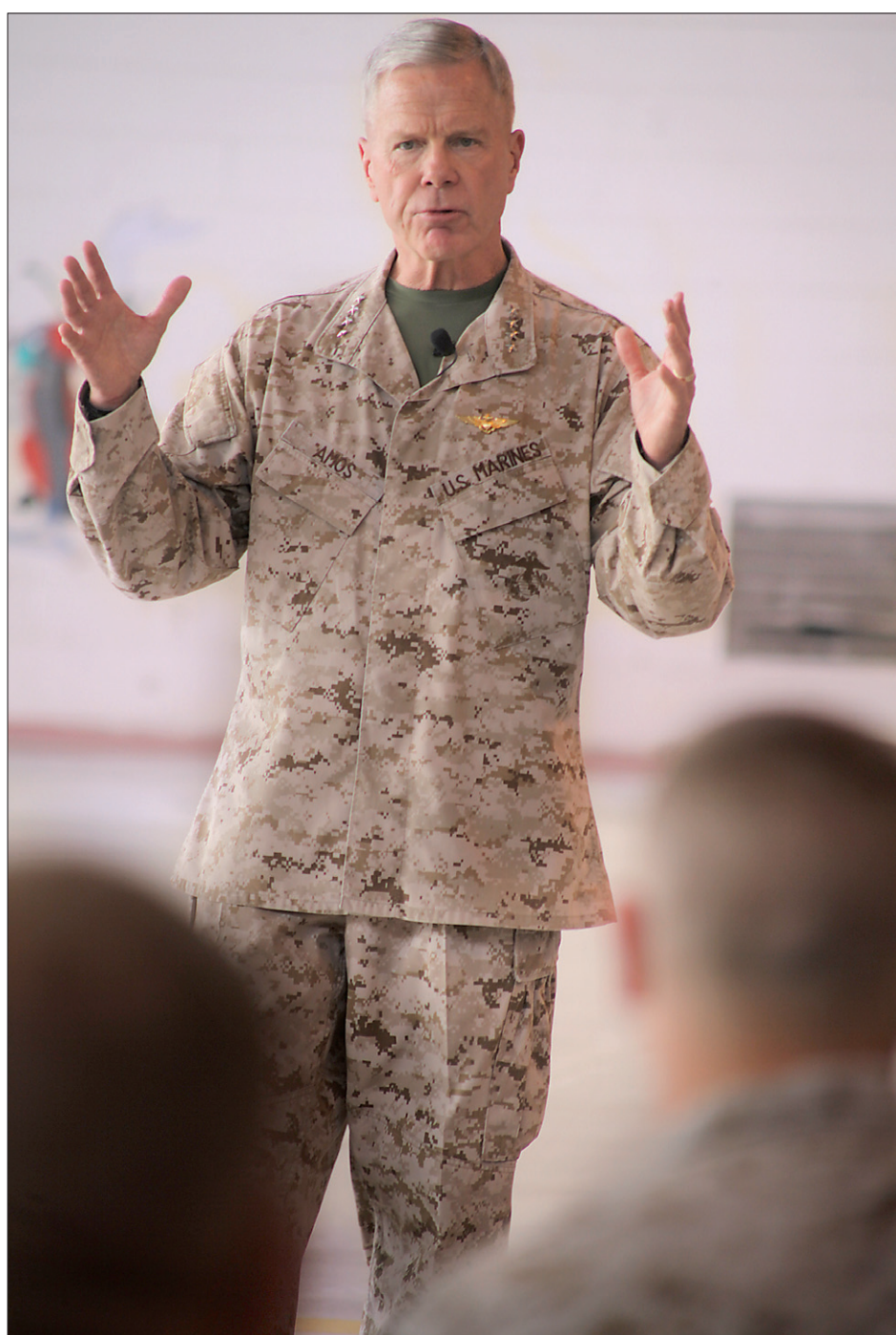
"In today's society we respond to today's crisis with today's ready Marines," said Amos. "With that comes responsibility and determination."

Amos also stressed the need for continuous self evaluation and improvement, and laid out his priorities for Marines.

"Things we have to get back to are leading Marines and Marine Corps warfighting – sustaining the force," said Amos.

NCOs heard the messages carried here personally by the commandant and sergeant major of the Marine Corps loud and clear.

"The town hall meeting was motivating," said Cpl. Victor M. Jemester, an administrative specialist with the Installation Personnel Administration Center. "It shows that he thinks about us, and that he actually cares about what happens to us. I've been on station for three years, and these meetings inspire us to do better," said Jemester.



LANCE CPL. UNIQUE B. ROBERTS

Gen. James F. Amos, commandant of the Marine Corps, addresses noncommissioned officers during a town hall meeting Monday at Marine Transport Squadron 1's hangar. During the meeting, Amos addressed promotions, responsibility, motivation and the future of the Corps.

More than 200 2nd MAW Marines depart for WTI

PFC. VICTOR A. ARRIAGA

MCAS CHERRY POINT

More than 200 2nd Marine Aircraft Wing Marines with Marine Aircraft Group 14 and Marine Aircraft Group 29 departed for Marine Corps Air Station Yuma, Ariz., over the past two weeks to participate in Weapons and Tactics Instructors Course.

WTI is a bi-annual, seven-week training evolution that trains pilots from every branch of Marine aviation to become experts in tactics and effective situational employment of their aircraft and weapons systems. Those who complete the course will return to their units prepared to pass that knowledge on to newer pilots.

WTI integrates pilots, weapons systems operators, ground combat and combat service support personnel from throughout the Marine Corps to provide the most

realistic training environment possible for all parties involved.

"The course's objective is to provide standardized advanced tactical training and certification of unit instructors," said Maj. Eric L. Geyer, the assistant operations officer for Marine Aviation Weapons and Tactics Squadron 1. "(WTI) was the first Marine Corps Joint National Training Capability to be accredited and certified."

The course began Sept. 8 and will conclude Oct. 27. During this time, Cherry Point squadrons such as Marine Wing Support Squadron 274 will support aviation elements, taking advantage of the opportunity to provide their own Marines additional training and experience.

"To support this WTI, we will be providing Marines

to execute forward arming and refueling points so that refuels go as smoothly and efficiently as possible," said Master Sgt. Jayson Franco, the airbase ground defense chief for MWSS-274. "The Marines will do great, and our efficiency will improve because of this training."

Marines training to be instructors will go through all six aviation functions which include assault support, anti-aircraft warfare, offensive air support, electronic warfare, control of aircraft and missiles, and aerial reconnaissance.

"This is great because it gives the units and Marines the ability to employ and train with weapon systems that they don't use all the time," said Gunnery Sgt. Eddie L. Colon, air operations company first sergeant with Marine Wing Support Squadron 274. "It will allow them to sharpen their skills and ensure the mission gets done."

Cherry Point family recognized for service



LANCE CPL. JOSHUA R. HEINS

1st Lt. Richard Salchow cuts the framing for a shed in New Bern Sept. 14. Salchow dedicates many of his Saturday hours working to build homes for Habitat for Humanity. Salchow is the aide-de-camp for the 2nd Marine Aircraft Wing commanding general.

LANCE CPL. JOSHUA R. HEINS

MCAS CHERRY POINT

1st Lt. Richard Salchow and his family received the New Bern Service Family of the Quarter award at the New Bern Golf & Country Club Sept. 12.

The New Bern Military Alliance Committee honored the family for their volunteer efforts with Habitat for Humanity and the Knights of Columbus, a men's Catholic fraternal benefits organization.

"I am truly humbled and honored to have this award bestowed upon my family," said Salchow the aide-de-camp for the 2nd Marine Aircraft Wing commanding general.

The committee awards Cherry Point service members each quarter to show appreciation for exceptional service and community involvement.

This is the first time in his more than 20 years of volunteering that Salchow has been commended for his actions. Salchow was first inspired by his family to start his volunteer work at a very young age.

When Salchow was a boy, his grandfather introduced him to volunteerism at the Detroit Medical Center. It soon became a regular family activity that taught him the value of volunteering and having fun while doing it.

"Volunteering is important to me because of the

See **AWARD** page A7

Contracting office awarded for community outreach

PFC. GRACE L. WALADKEWICS

MCAS CHERRY POINT

Thirty civil service employees working at the contracting office here received two awards for their work with small disadvantaged businesses and small disadvantaged veteran-owned small business throughout the 2012 fiscal year.

The station contracting office is responsible for purchasing things such as raw materials and providing contractors and maintenance workers for the entire air station. They are also responsible for running the heat and water plants. The organization expended nearly \$46 million for fiscal year 2012 in support of those requirements.

"We buy everything you could think of from A-Z for the station," said John Stout, the contracting supervisor with the station-wing contracting office. "We keep the base running."

One yearly goal of the contracting office is to support local small business by awarding contracts for work and supplies the air station requires. These contracts keep many small local businesses running and filters money into the local economy.

The Department of the Navy Office of Small Business Programs publishes a list of small business achievement

See **CONTRACT** page A7

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In This Edition:



Duathlon tests athletes
See B1 For Story and Photos



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

News Briefs

Flags flown at half staff

U.S. flags on all Department of Defense buildings, grounds and Naval vessels across the U.S. and abroad will be flown at half staff through Friday as a sign of respect for victims of the violent acts perpetrated Monday at the Washington Navy Yard.

DOD starts Healthy Base Initiative

To encourage healthy lifestyles for service members and their families, The Department of Defense announced the selection of 13 sites to participate in its Healthy Base Initiative, a project for Operation Live Well, aimed at increasing the health and wellness of the total force, including civilians and family members.

As part of this year-long demonstration project, participating installations will be examined for their ability to create environments that enable healthy lifestyles.

While HBI is designed to identify effective ways to improve the overall health and wellness of service members, families, and civilians, specific efforts will focus on making informed nutritional food choices, increased physical activity, weight management, and tobacco cessation. Many of the services' and installations' long-standing programs will be evaluated to ensure efficiency and effectiveness. Best practices across participants will be shared with the services for further implementation throughout the force.

HBI and DOD's Operation Live Well are part of the president's National Prevention Strategy and complements the first lady's Let's Move! campaign, promoting good health for all Americans. The National Prevention Strategy involves all agencies within the federal government and includes an aggressive plan for each agency to take action.

For more information on Operation Live Well and the Healthy Base Initiative visit <http://www.militaryonesource.mil/olw>.

Tuition assistance update

As outlined in Marine Administrative Message 456/13, additional tuition assistance requirements and procedures have been instituted.

Before authorization of TA is approved, Marines requesting assistance must meet appropriate standards and eligibility criteria.

First-time active duty TA applicants are required to have a minimum time in service of 24 months. They must also complete the Marine Corps Institute leadership course and personal financial management course.

First-time TA users with a general technical score of less than 100 shall be required to take an adult basic education test.

All Marines should be eligible for promotion. For more information, refer to the MARADMIN.

2013 Hispanic Heritage Month

National Hispanic American Heritage Month is celebrated from Sept. 15 to Oct. 15 each calendar year. The observance started in 1968 as Hispanic Heritage Week under President Johnson, and was expanded by President Reagan in 1988 to its present day commemoration.

Today, over 26,000 Hispanic Americans serve in our Corps. Hispanic Americans have gallantly defended our nation and have fought in every major battle from the Pacific theater to current contingency operations throughout the world.

We should recognize Marines like Pfc. Fernando Garcia who received the Congressional Medal of Honor for his sacrifice during the Korean War.

Installation commanders are encouraged to conduct programs and promote participation in observance events that honor military and civilian Hispanic Americans in the celebration of National Hispanic Heritage Month, both on base and in the local community.

Brig. Gen. Robert F. Castelloi
Marine Corps Installations East

Chaplain's Corner

Breaking an Enemy's Resistance

NAVY LT. STEVEN J. VORIS
MARINE AIRCRAFT GROUP 14

"Hence to fight and conquer in all your battles is not supreme excellence; supreme excellence consists in breaking the enemy's resistance without fighting." (Sun Tzu in "The Art of War")

Sun Tzu got it right. It is far better to convince your enemy to give in than to actually fight an enemy and win. If you can secure the same outcome without the actual combat, that is much better economically, emotionally and personally. Combat is expensive, both in blood and treasure. There is a certain amount of posturing and intimidation required to inspire an enemy to give in without fighting. As much effort should be put into posturing as to the actual combat. If combat can be avoided, then the posturing paid off.

Sun Tzu's same principle can be adapted toward parties that are not sworn enemies. If you can convince a co-worker, friend, colleague, family member, customer, supplier or military higher-up that you have a plan that, when implemented, will be better than anything they can imagine, then you win without having to fight a war. If the plan is sound, the consequences of not following your plan are clear, and the amount of resistance you will apply if the "other" doesn't accept your plan is made real, then the "other" has incentive to go with your plan. Confidence, planning, salesmanship and posturing put you in a better position to secure their cooperation. Any plan you can sell without fighting is worth the time and energy spent planning and posturing. Hopefully, with friends and allies, any plan or posturing will be mutually beneficial!

September 19 - September 25, 2013

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SGT. JON-ALBERT PALMER

Job Title: Communications maintenance chief
Unit: Marine Wing Support Squadron 271
Age: 31
Hometown: Glens Falls, N.Y.
Date Joined: Aug. 12, 2001

Sgt. Jon-Albert Palmer has a keen eye for detail. It is a must-have trait when other units count on you for reliable communications capabilities.

"I love the attention to detail required in my job," said the communication maintenance chief with MWSS-271.

Communications maintenance chiefs order all ground communication assets and ensure equipment is up to date and working properly.

Palmer said he enlisted in the Marine Corps with hopes of landing an accounting-related job but stuck with his current job for a dozen years because he enjoys the challenging combination of training, teaching and technology.

Palmer is in charge of ordering ground communication assets like radios, switchboards and telephones.

Palmer said he loves learning and moving forward in his career. He takes every available opportunity to lead his Marines. Palmer said it is an honor seeing the Marines he has taught taking over his job and doing it properly.

Palmer supervises five Marines and is reassured to know that when he gets out of the military they will do the job well.

"My job is important to the 2nd Marine Aircraft Wing because we are keeping MWSS-271 at a high state of readiness," said Palmer. "This helps us accurately perform the mission while keeping ground communication assets operational."



The Windsock

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PFC. GRACE L. WALADKEWICS

Family keeps home fires burning on POW/MIA Recognition Day

CHRISTINE LAFRATE

SPECIAL TO THE WINDSOCK

Editor's note: Service members, veterans and families across the nation will pause Friday to observe National POW/MIA Recognition Day. What follows is a personal account of one family's faithful search for a Marine radio operator who served in Vietnam.

POW/MIA Recognition Day can mean different things to POW/MIA families, veterans or even the general public. Oftentimes, after a busy summer, we need to regroup, refocus and remember. We have much to be thankful for here in the United States, and our family has Gregory J. Harris to thank for that. We remember him on his birthday and on the day he was captured, but on POW/MIA Recognition Day, it is our day to truly honor him. We appreciate this day because it also gives us a sense of rejuvenation to continue our work on Greg's case. We allow the public into our private lives on this day and share Greg with them so he isn't just a name on a wall or a statistic in a textbook.

Greg was a real person, with dreams, hopes for the future and a desire to serve his country. In fact, before he left on that ill-fated mission in June of 1966, the last thing he said to one of his fellow Marines was, "Someday, I want to be able to tell my grandkids I did something in this war."

This day is a day we usually share with the local Veteran community attending as many of the Recognition Day ceremonies as possible in our area. Each organization honors Greg and others in different ways, yet they all have one thing in common; they solemnly show a deep-seated level of respect and dignity toward these men, their brothers in arms. Some use candles, others have speakers or organize something more ceremonial. No matter the setting, we are thankful that there are people around who still remember Greg because most have little concern for something that happened 47 years ago.

Who was Gregory J. Harris? Greg was a radio operator with the 3rd Battalion, 11th Marine Regiment, based out of Chi Lai Airbase, not far from Da Nang. He was outside the wire in an advisory capacity with three other Marines who were all attached to an Army of the Republic of Vietnam unit on a search and destroy mission in Quang Ngai Province. Sadly, their group walked into an ambush. Two of the other Marines were killed, another did end up surviving, but Greg was last seen being taken away at gunpoint into the jungle by two Viet Cong soldiers. While the Vietnamese never released his photo and his name was never given to the press, Greg's mother, Catherine, was led to believe by U.S. officials that her son was being held and that he, along with all the other POWs, would be released at the end of the war.

Catherine became very active in the POW/MIA movement during the war and regularly attended rallies, conferences and meetings in Washington, D.C., and other cities, sharing the story of her missing son. Catherine wrote monthly letters to her son, believing that they were being received, yet in 1973 as the war was winding down, she received a telegram informing her that her son's name was not on the list of those POWs that the Vietnamese were releasing back into U.S. custody. She spent the next year of her life protesting to anyone who would listen to her about her son who was left behind in Vietnam.

Catherine passed away in 1974 from cancer and since then, the battle flag for answers on her son's fate have passed through the hands of Greg's grandfather, several aunts and uncles and now is in my hands, his cousin.

There are many stones yet unturned in Greg's case, and we plan on making sure that every possible lead is followed, every potential witnesses is questioned and every question is answered. It is a battle of wills, but we have no intention of giving up. We will not rest until we either welcome him home as he walks down a gangway or as we receive his remains in a flag-draped coffin from a U.S. military aircraft landing at Syracuse's Hancock International Airport here in Upstate New York.



COURTESY PHOTO

Cpl. Gregory J. Harris was last seen in June 1966 being led into a Vietnamese jungle at gunpoint. His family continues their quest to find Harris, or his remains. Harris was a radio operator with 3rd Battalion, 11th Marine Regiment.

National POW/MIA Recognition Day

September 20, 2013



Keeping the Promise

www.dtic.mil/dpmo

Multiple agencies work toward standard UAV procedures

Pfc. Grace L. Waladkewics

MCAS Cherry Point

Marine Unmanned Aerial Vehicle Squadron 2 hosted a live-fly joint test of RQ-7B Shadow unmanned aerial vehicles using a sense and avoid system Sept. 7 and 8 at Cherry Point.

The sense and avoid system is used to positively identify, track and maintain separation among manned and unmanned aircraft in the airspace. The goal of the test is to create tactics, techniques and procedures for standard operating procedures to propose to the Federal Aviation Administration.

The test combined personnel from Cherry Point Air Traffic Control, VMU-2, Civil Air Patrol, Army Personnel and Unmanned Aircraft Systems Airspace Integration Joint Test Group, Northern Command and Naval Air Systems Command.

With UAS employment expanding, the need to establish a baseline and common ground is becoming more essential every day, said Thomas Baker, the director of UAS joint integration. Developing standard operating procedures within the Department of Defense and Federal Aviation Administration will facilitate access to airspace currently unavailable to unmanned aircraft, he said.

"There are a wide variety of operational standards in the DOD depending on the service and their location," said Maj. Chris Bailey, the director of emergency services with the Civil Air Patrol. "Each UAS has a different set of performance characteristics and the goal of this testing is to provide a baseline for all UAS operations."

Currently, in order for a flight to take place personnel involved are required to transport aircraft in a vehicle from a storage location to an authorized launch location where it can fly only along restricted pathways. The new system will provide air traffic control personnel with clear visibility of UAV's, ensuring their ability to maintain separation and safety.

This is the first year of a three-year joint testing period. The Department of Defense, Civil Air Patrol and the FAA are conducting initial briefs, simulator flights and live-fly tests to create a common set of procedures for all aircraft to follow.

The proposed policies and procedures are expected to make it less difficult and more effective for operators to train and fly unmanned aircraft.

"If this testing is a success, it will allow operators to train and fly more frequently," said Cpl. Christopher J. Anagnos. "This will ultimately allow for expansion of the usage of UAV'S and more proficient and unrestricted flights," said the UAV operator with VMU-2.

The data collected during this three-year test will be analyzed by the FAA in 2015 for viability and safety before it is implemented.



An RQ-7B Shadow soars through the sky during a test flight at Marine Unmanned Aerial Vehicle Squadron 2 Sept. 7.



Cpl. Christopher J. Anagnos monitors a UAV test flight at Marine Unmanned Aerial Vehicle Squadron 2 here Sept. 7. Anagnos is a UAV operator with VMU-2.



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Crew chief critical to Super Stallion operation, safety



PHOTOS BY: LANCE CPL. MATTHEW BRAGG

Lance Cpl. James J. Eck communicates with flight personnel aboard a CH-53E Super Stallion during a pre-flight inspection on the flightline aboard Marine Corps Air Station Kaneohe Bay. Eck is a helicopter crew chief with Marine Heavy Helicopter Squadron 463.

LANCE CPL. MATTHEW BRAGG
MARINE CORPS BASE HAWAII — KANEOHE BAY

KANEOHE BAY, Hawaii — Upon receiving his mission brief, the 5-foot-9-inch tall Marine makes his way across the hangar toward the gear room. Inside, he checks out a flight vest, cranial helmet and

other personal protective equipment. After signing for his gear, the Marine, dressed in a brown jumpsuit, heads outside to the flightline to prepare for departure.

Lance Cpl. James J. Eck, a 23-year-old helicopter crew chief with Marine Heavy Helicopter Squadron 463, is tasked with

conducting pre-flight inspections and making sure everything checks out with his CH-53E Super Stallion.

Helicopter crew chiefs perform duties critical to the maintenance and operation of Marine CH-53 helicopters.

“I’m here to make sure nothing goes wrong with the aircraft,” Eck said. “I also manage 90 percent of the back of the chopper, meaning I am responsible for everyone and everything behind the pilots steering the chopper.”

As a fully-qualified crew chief, Eck’s role is to keep his coworkers’ flightline training up to date. Also qualified as a night systems instructor and aerial gunner instructor, Eck is able to train Marines in those fields as well.

“We do a lot of sweet stuff like (terrain flying), gun shoots and transporting cargo (and Marines),” Eck said. “Our main goal is to deliver the cargo to where it needs to go, and we know how to defend ourselves if we’re attacked.”

Eck, who has served three and a half years with HMH-

463, arrived shortly after the unit deployed to Afghanistan. He explained the role he played during that time, when he helped maintain some of the aircraft the unit uses today while they were deployed overseas.

“When we aren’t flying, it’s essentially our job to maintain the aircraft,” said Eck. “Right now we’re flying pretty much every day, and it’s an amazing feeling looking down and seeing the world from a different perspective. It really makes me appreciate my job.”

As Eck continues to train Marines to become crew chiefs themselves, he hopes his knowledge and experience will allow him to advance in his career and become more than a crew chief.

“My goal is to attend the Weapons Tactics Instructor’s Course,” Eck said. “Becoming a WTI instructor would change my (career path) and help plan future flight missions. My new job would require me to train any enlisted personnel from a private to gunnery sergeant.”

When asked what his favorite moment was working as a crew chief, Eck chuckled and said parachute operations.

“We got to do this training exercise called para ops where we flew up to 10,000 feet,” Eck explained. “It was pretty cool to watch the guys bail out of the aircraft and disappear through the clouds.”



Lance Cpl. James J. Eck’s visor reflects the image of a Ch-53E Super Stallion during a pre-flight inspection aboard Marine Corps Air Station Kaneohe Bay. Helicopter crew chiefs perform duties critical to maintenance and operation of the helicopters.

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Programs and Benefits Subject to Change

AWARD from page A1

impact that you can have on your local community," said Salchow. "Each time I volunteer, it is such a rewarding feeling. It has a positive influence on my community and my family."

Salchow shared the award with his son and his wife, Colleen. Though they invest a large amount of time into raising their son, Salchow still finds time to lend a helping hand to his community.

"You do not have to know how to build a house in order to volunteer. Even if you do not like to build homes, there are endless opportunities for people of all ages to volunteer in our local community," said Salchow.

Volunteering can not only help those in need, it can build skills for individuals and shape their lives, he said.

"The best way to find yourself is to lose yourself in the service of others," said Salchow.



LANCE CPL. JOSHUA R. HEINS

1st Lt. Richard Salchow strengthens the frame of a shed in New Bern Sept. 14. The aide-de-camp for the 2nd Marine Aircraft Wing commanding general and his family were named as the New Bern Military Alliance Committee's Military Family of the Quarter.

CONTRACT from page A1

goals among different socioeconomic small business groups for the contracting offices to focus on, said Stout. Each small business type is associated with a target percentage for the contracting office to hit. End-of-year awardees are selected based on their success in hitting or exceeding the target.

The different socioeconomic groups being targeting are small disadvantaged businesses, disabled veteran-owned small businesses, women-owned small businesses and businesses operating in historically underutilized business zones.

"At times it is extremely difficult to contract small businesses because they don't always have the supplies or services the base is looking for," said Chris Poulos, the chief of contracting with the Marine Corps Installations East satellite contracting office at Cherry Point.

However, Poulos and his team are diligent in their search for those small businesses that can meet or exceed the air station's needs. Requests for supplies and services come to the contracting office from various assets aboard the air station, and civil service employees working there seek out small local businesses to take on the tasks.

"We work very hard to seek out small businesses for contracts on base because they put in the time and effort to get certified, so it's only right that we work hard for them too," said Poulos. "Also it is a win-win situation because many small businesses are qualified and certified in more than one area so we get credit more than once for their work."

This system is mutually beneficial because it provides jobs, stimulates the local economy and ensures the air station receives adequate supplies and quality services.



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MCAS Cherry Point

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September 20
1 p.m.
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Marine Warrior Library
(Bldg 298, E Street)

For more info call 466-8002

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A workshop geared specifically toward spouses of deployed service members. This workshop will cover specific stressors faced during a deployment, typical stress reactions of spouses, and mechanisms for coping effectively with stress. Stress management tips and techniques will be provided.

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For more info call 466-4637.

Mini Career & Education Fairs

Friday, Sept. 27
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at The T&E Building (Bldg. 4335, Rm 171B)

Contact the Education Office at 252-466-3500 or the Career Assistance Resources Office at 252-466-4201

Breast Cancer Awareness Month

October 2013

CAUSE

In honor of Breast Cancer Awareness Month, we will be providing information packets with self-detection screening tools at the Semper Fit Center.

Oct 2 we will be handing out packets at the MCX
10:30am - 12:00pm

CALL 466-6474 FOR MORE INFO

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



MCCS HAPPENINGS

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

Sports

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For more info 466-1147

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 - New City Deli 463-7358/7361
 - Subway 444-1864
 - Five Guys Burgers and Fries 444-2500
 - Wings Restaurant 466-9224
 - Library Cafe 466-9553
 - Rice King 444-2505
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- Cherry Tree House/Youth Activities 466-3861
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 - Counseling - Personal & Marital 466-3264
 - Employment Assistance 466-4201
 - Exceptional Family Member Assistance 466-3305
 - Family Advocacy 466-3264
 - Family Child Care 466-4867
 - Family & Parenting Education 466-3264
 - Financial Management 466-5834
 - Library 466-3552
 - Military & Family Counseling 339-0262, 339-0290, 339-6084
 - New Parent Support 466-3651
 - Relocation Assistance 466-5662/4201
 - Retired Activities 466-5548
 - Substance Abuse Counseling 466-7568
 - Transition Assistance 466-4201
 - Victim Advocacy 24hr hotline 665-4713
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QUALITY OF LIFE PROGRAMS FOR OUR MARINES & SAILORS & THEIR FAMILIES



LANCE CPL. CALEB HOOPER

U.S. Marine Corps pilots and crew of MV-22B Osprey with Marine Medium Helicopter Squadron 262 (HMM-262), perform post-flight procedures after landing on Marine Corps Air Station Futenma (MCAS Futenma), August 12, 2013. The aircraft will be based at and operate out of MCAS Futenma, and will be replacing the CH-46 helicopter. The MV-22B combines the capability of a helicopter with the speed and range of a fixed wing aircraft. Basing the Osprey in Okinawa will significantly strengthen the United States' ability to provide for the defense of Japan, perform humanitarian assistance and disaster relief operations and fulfill other alliance roles. HMM-262 is part of Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force.



LANCE CPL. KATELYN HUNTER

MV-22B Ospreys assigned to Marine Medium Helicopter Squadron 262 (HMM-262) park behind a CH-46 Sea Knight also with HMM-262 after landing on Marine Corps Air Station Futenma (MCAS Futenma).

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Life & Times

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September 19, 2013

Cherry Point duathlon puts athletes to test



PHOTOS BY PFC. VICTOR A. ARRIAGA

Dion Lynn encourages his wife, Gin, during the final push to the finish line of Cherry Point's annual duathlon Saturday. The Lynns teamed up to take on the 16-mile course together.

PFC. VICTOR A. ARRIAGA
MCAS CHERRY POINT

As a first-year duathlete, Kevin Soeder led the pack Saturday, finishing first in Cherry Point's annual duathlon. Sarah Horn led the women's division in the event, which began and finished at the Hancock Pool.

Soeder completed the 16-mile course in 1:07:08, nearly four minutes ahead of runner up Steven Pruitt, who ran a 1:10:58.

Horn, a more experienced endurance athlete, completed the course in 1:23:52 ahead of Stephanie Geraghty, who ran a 1:25:46.

The duathlon was part of the Semper Fit Grand Prix '13 Series, which consists of events ranging from 5k runs to half marathons where participants earn points throughout the season. The more events athletes compete in, the more opportunities they have to earn points toward their overall score.

The more than 70 racers pushed themselves through a three-mile run down Roosevelt Boulevard before boarding their bikes for a 10-mile ride across base. With just their inner will and cheers from the crowd to push them on, the only thing standing between the duathletes and the finish line was another three-mile run.

"Feeling pain out there is just part of the course," said Soeder. "I like to think about my family and have good thoughts to keep me going because it's all mental."

Marines, civilians and retirees left trails of sweat behind them as they traversed the 16-mile course. Athletes

were greeted with cheers, water and completion medals as they crossed the finish line.

"It's great to see Marines and civilians compete against each other in marathons, duathlons and triathlons," said Michael Marion, the race director at Marine Corps Base Camp Lejeune. "It creates good sportsmanship and a better relationship among everyone."

Good sportsmanship was evident as participants encouraged one another to push themselves as they approached the finish line.

"I ran my best time today and I just feel great about it," said Gin Lynn who teamed up with her husband, Dion, to split the events. "My husband and I put a lot of pressure on ourselves to do our best because we aren't here to set any records; we are just here to have fun."

The Lynns are endurance sport rookies, but say they may have found their athletic niche.

"Me and my wife started training in August because this is a family event for us," said Dion. "We've only been doing these types of events for six months and we love it. It definitely brings our family closer together."

Horn, who is new to the area after changing duty stations from Marine Corps Base Camp Pendleton, said she was not expecting her division win.

"It was quite the surprise to find out that I was the first female to finish," said Horn. "It's a nice reward after you've been training for a while."

Grand Prix '13 events are held throughout the year from February to December. At the end of the season, all

the points will be tallied up and participants with the highest scores will be recognized for their hard work.

The next event in the Grand Prix series will be a half marathon at Camp Lejeune Sept. 21. For more information, visit <http://www.mccslejeune.com>.



Each participant in Cherry Point's duathlon Saturday received a medal upon completion of the 16-mile course.



Stephen Whalen turns into a transition area during Cherry Point's duathlon Saturday. More than 70 duathletes competed in the event, which is part of Marine Corps Community Services' Grand Prix '13 Series. Whalen finished with a time of 1:27:18.

CHERRY POINT MESS HALL

HOURS OF OPERATION

Monday-Friday

Breakfast 6-8 a.m., Lunch 10:30 a.m.-12:45 p.m.,
Dinner 4-6 p.m.

Saturday-Sunday/ Holiday Hours

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

FAST FOOD LINE

Monday-Friday

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

Breakfast Menu

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

Specialty Bar Menu & Blends

Tuesday and Thursday Lunch (Blends) - Banana-strawberry yogurt, banana-blackberry yogurt, banana-peach yogurt, banana-pineapple yogurt, banana-mango yogurt, banana-blueberry yogurt, Asian chicken chopped salad, Asian beef chopped salad, Savannah fried chicken salad, Southwest chicken strip salad, chef salad bowl, buffalo chicken salad, turkey club salad, beef fajita salad, BLT club salad, Southwest flank steak salad, chicken caesar salad, Chinese chicken salad, antipasto salad.

Monday - Pasta primavera, lasagna, chicken rotini casserole, baked ziti with four cheeses, meatballs, baked Italian sausage, boiled rigatoni, boiled spaghetti, simmered ziti, simmered linguine, simmered fettucini, simmered penne rigate, simmered rotini, Italian meat sauce, alfredo sauce, caesar salad, toasted garlic bread and breadsticks

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

Friday - Wings of fire, honey-barbecue wings, teriyaki wings, French fried chicken wings, French fried garlic fries, corn on the cob, baked beans, carrot sticks, celery sticks, blue cheese dressing, ranch dressing

Weekly Menu

Thursday September 19

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

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

Friday September 20

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 September 21

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 September 22

Lunch - Baked fish with butter crumb topping, herbed baked chicken, potatoes au gratin, confetti rice, herbed roasted carrots, balsamic roasted vegetables, tomato soup

Dinner - Pork chops smothered with onion, chili macaroni, roasted sweet potatoes, French cut green beans, cauliflower combo, Wisconsin cheese soup

Monday September 23

Lunch - Southwestern corn chowder, pepper steak, turkey monterey roasts, rosemary red potatoes, steamed rice, wax beans Creole, stewed chick peas and zucchini

Dinner - Spanish chorizo and potato soup, veal parmesan, Tex-Mex chicken and rice, penne rigate noodles, marinara sauce, scalloped cream-style corn, broccoli and red peppers

Tuesday September 24

Lunch - Beef with vegetables and barley soup, linguini with clam sauce, bayou chicken, rissole potatoes, mashed cauliflower, sautéed green beans and mushrooms

Dinner - Bean with bacon soup, country fried steaks, baked turkey and noodles, mashed potatoes, brown gravy, squash and carrot medley, peas

Wednesday September 25

Lunch - Cream of mushroom soup, chicken piccata, bayou jerk pork loin, chipotle roasted sweet potatoes, islander's rice, steamed spinach with garlic, Lyonnaise carrots, mango and black bean salsa

Dinner - Chicken tortilla soup, Hungarian goulash, Creole shrimp, brussels sprouts parmesan, corn

Basics of child seat belts, restraints

COURTESY ARTICLE
WWW.BUCKLEUPNC.ORG

North Carolina has three occupant restraint laws. Their basic requirements are that all drivers and front seat passengers, regardless of age, must be properly buckled up.

Children younger than age 8 and who weigh less than 80 pounds must be properly secured in a child restraint seat.

Booster seats are a type of child restraint that can be used for older and larger children if lap and shoulder combination seat belts are available.

Lap-only seat belts can be used for children over 40 pounds if no lap and shoulder combination seat belt is available. Belt-positioning booster seats must not be used with just a lap belt.

Child restraints for children younger than 5 and less than 40 pounds must be installed in the rear seat in vehicles with active passenger-side air bags.

When a child reaches age 8, regardless of weight, or 80 pounds, regardless of age, a correctly-fitted seat belt may be used instead of a child restraint or booster to restrain the child.

Children younger than 12 are prohibited from riding in the open bed of a pickup truck or other open cargo areas. Drivers are responsible for obeying these laws.

The penalty for not complying with the child Restraint/Booster Seat law is two driver license points, a \$25 fine, and court costs, currently \$120.

There are differences between what is legal and what is recommended for buckling up children.

Protecting children in crashes requires three important steps:

The restraint used must be the right type for the size and age of the child, the child must be buckled correctly into the restraint according to the manufacturer's instructions and the restraint must be correctly installed in the car according to instructions.

Basics of restraint selection

The restraint used must be the right type for the size and age of the child:

Use rear-facing child restraints for children until at least 2 years of age or until they reach the maximum height and weight for their seat. Most children need to be in a rear-facing convertible child restraint approved for heavier children.

Children who have outgrown the weight or height limit for their rear-facing child restraints, should use a forward-facing child restraint with a harness for as long as possible, up to the highest weight or height allowed by the manufacturer of their child restraint, usually 40 pounds or more.

There are a number of models that have harnesses that can be used over 40 pounds.

Use belt-positioning booster seats that make lap and shoulder belt combinations fit correctly for children who have outgrown their child restraint with harness until they are large enough for the seat belt to fit correctly.

Add-on shoulder belt adjusters are not recommended since they are not covered by any Federal standards and may, in fact, do more harm than good.

Never tuck the shoulder belt under the arm or behind the back. Both of these common practices are dangerous and illegal.

Use seat belts for older children only when they are

large enough for the belt to fit correctly. Usually, this will be about 8-10 years old and 80 pounds or more. To tell if a child is big enough to use just the vehicle lap and shoulder belt, ask the following questions: If the answer is "no" to any of these questions, a belt-positioning booster seat is needed for the best child restraint protection:

1) Can he sit all the way back against the auto seat, 2) Do his knees bend comfortably at the edge of the auto seat, 3) Does the shoulder belt child restraints his shoulder between his neck and arm, 4) Is the lap belt positioned low and touching his thighs, and 5) Will he stay seated like this for the whole trip? Whenever possible, keep children younger than age 13 buckled up in a rear seat of the vehicle.

Child restraints older than 10 years should not be used. Any child seat, regardless of age, that has been in a severe accident should be replaced.

Basics of harnessing

The child must be buckled correctly into the restraint according to the manufacturer's instructions.

The type of harness or shield must be appropriate for the size of the child. Harnesses with shields do not fit small infants well.

All parts of the harness must be present and in good condition.

In general, the harness straps should be at or below shoulder level for rear-facing restraints and at or above shoulder level for forward-facing restraints. Refer to the child restraint manufacturer's instructions to be sure.

The harness must be as snug as possible without pressing into the child's skin and causing physical discomfort. You should not be able to pinch the strap to make a fold in the harness webbing.

Basics of installation

The restraint must be correctly installed in the car according to instructions:

Never install a rear-facing restraint in front of an active air bag. The rear seat is safer for children than the front seat. Whenever possible, child restraints should be installed in the center-rear seat. Follow the child restraint's instructions for the correct recline angle. The vehicle seat belt must be routed correctly through or around the restraint according to the child restraint's instructions.

Lower anchors and tethers for children are a new system that can make child restraint installation easier and without using seat belts. Lower anchors and tethers for children are found on most child restraints and vehicles manufactured after Sept. 1, 2002.

The child restraint must be installed tightly in the vehicle.

To check, hold the shell of the child restraint at the seat belt path (where the seat belt goes through the child restraint or where it would go through if not using the lower latch attachments) and pull toward the front of the car and side-to-side. There should be no more than one inch of movement in either direction.

The seat belt attachments must be locked in order to stay tight. Locking clips are needed on some seat belts. Check the vehicle owner's manual to be sure.

Top tethers can make most front-facing restraints work better. Follow instructions to install and use tether straps whenever possible.

For more information, visit www.buckleupnc.org.

Two Rivers

Theater & Event Center

ADULTS ONLY \$4 • KIDS (4-12) ONLY \$3

Movie Hotline: 466-3884

www.mccscherrypoint.com

NOW SHOWING

Friday, September 20

5:00pm - The Mortal Instruments: City of Bones PG13
7:50pm - Lee Daniels' The Butler PG13

Saturday, September 21

2:00pm - Planes G
4:10pm - The Mortal Instruments: City of Bones PG13
7:00pm - Lee Daniels' The Butler PG13

Sunday, September 22

9:40pm - You're Next R
2:00pm - Planes G
4:10pm - Mortal Instruments: City of Bones PG13

movie synopsis

The Mortal Instruments: City of Bones - When her mother disappears, Clary Fray learns that she descends from a line of warriors who protect our world from demons. She joins forces with others like her and heads into a dangerous alternate New York called Otherworld.

Lee Daniels' The Butler - As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society.

You're Next - When the Davison family comes under attack during their wedding anniversary getaway, the gang of mysterious killers soon learns that one of victims harbors a secret talent for fighting back.

Planes - A cropdusting plane with a fear of heights lives his dream of competing in a famous around-the-world aerial race.

MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Combined Federal Campaign
MCAS Cherry Point



Annual CFC Cup
September 20
1 p.m.
Roadhouse



TUG-OF-WAR COMPETITION for the 2013 Cherry Point CFC Cup

- Must be active duty
- 10-person teams - at least one male and female per team
- Single elimination
- Defending champions - VMR-1

SIGN UP:

Email - chpt.jpao.omb@usmc.mil

Announcements

► Indicates new announcement

Tug of war challenge

The Combined Federal Campaign Cup tug of war competition will be held Friday at 1 p.m. at the Roadhouse.

Participants must be active duty and each 10-person team must include at least one male and one female.

Marine Transport Squadron 1 is the competition's defending champion.

To register, email chpt.jpao.omb@usmc.mil.

11th Annual Riverwalk Festival

The 11th Annual Riverwalk Festival will be held Friday and Saturday at Riverwalk Park in New Bern. Events begin Friday at 6 p.m. Saturday events include water activities, kayaks, paddle boats, boat rides and water safety.

Entertainment will be on stage all day featuring beach music, country, gospel and rock 'n' roll.

For more information, visit <http://bit.ly/11thRiver> or call (910) 937-7222.

Octoberfest

The New Bern Farmers Market will host Octoberfest Sept. 27 featuring Wilmington's authentic Blaskaspelle band and the Harbor Towne Fest Band.

The event costs \$15 for adults and \$5 for children 7-12; children 6 and under are admitted free.

Beer, wine, soft drinks, pretzels and dessert will be available for purchase.

Tickets will be available throughout August at Beer Army located at 4412 Highway 70 East, Mitchell Hardware located at 215 Craven Street and River Bend Country Club located at 94 Shoreline Drive.

For more information or to purchase tickets online visit <http://www.NewBernRotary.org>.

2013 North Carolina Shell Show

The Cape Fear Museum of History and Science in Wilmington, N.C., will host the annual North Carolina Shell Show Sept. 28 from 9 a.m.-5 p.m.

Spectacular seashell exhibits prepared by members of the North Carolina Shell Club will be on display. Free shells will be given to children. The event is an opportunity to learn more about seashells, both local and worldwide.

For more information, call (910) 798-4370.

Outdoor Exploration

Marine Corps Family Team Building will host Deployed Spouses Outdoor Exploration Day Oct. 11 from 10 a.m.-noon at Ordnance Point.

Kayaks, canoes and stand-up paddle boards will be provided along with a yoga class presented by Semper Fit. The

free event is intended to help reduce the stress of deployment in a positive way and provide spouses with a necessary break from their normal routines.

For more information, call 466-4908.

Seafood Festival

The North Carolina Seafood festival will be held in Morehead City Oct. 4-6.

For more information, visit <http://ncseafoodfestival.org>.

MUMFEST

The 33rd annual MUMFEST will be held Oct. 12-13 in downtown New Bern. The festival combines family fun, entertainment, attractions, exhibitors and savory foods and is enjoyed by more than 90,000 festival-goers every fall.

For more information, visit <http://www.mumfest.com> or call 639-2907.

Havelock Chili Festival

The Havelock Chili Festival will take place Oct. 18-19 beginning at 5 p.m. on Oct. 18 and 10 a.m. on Oct. 19.

The event will feature live entertainment, chicken wing competition, chili verde cook-off competition, chili verde for people's choice awards, a red chili cook-off, booth competition and a salsa competition.

For more information, visit <http://www.chilifestival.org>.

► Carolina BalloonFest

The Carolina BalloonFest will be held Oct 18-20 in Statesville, N.C. Colorful balloons and their crews compete for prizes culminating in an illuminated balloon glow in the evening. The festival will feature craft beer, regional wine tastings, live entertainment and more. Oct. 18-20

For more information, visit <http://www.carolinaballoonfest.com>.

Lighthouse Beer Festival

Lighthouse Beer and Wine will host the 12th annual Lighthouse Beer and Wine Festival Oct. 19 in Wilmington from noon-5 p.m. Over 100 craft breweries, with the new addition of wineries, will be all in one place.

It's a great way to try many of the various beers and wines available. Admission includes entrance to the Lighthouse Beer Festival grounds, a sample glass and live music.

For more information, call 256-8622.

► Morehead Manor

A haunted house will be held at the Crystal Coast Civic Center Oct. 25-26 from 7:30 p.m.-midnight.

Tickets are \$10 each and will be available for purchase at Merve's Joke Shop, Jack's Waterfront Bar, the Crystal Coast Civic Center and the Carteret Chamber of Commerce.

Monthly and Weekly Events

Disabled Veterans Meetings

Chapter 26 of the Disabled American Veterans meets the third Wednesday of the month at the Senior Center in Havelock at 7 p.m.

For information, call Ancil Jones at 349-0006.

Cadet program

A cadet program for children ages 12-18 will be hosted by the Civil Air Patrol on Tuesday nights from 6:30-9 p.m. Meetings will be held at building 4101.

For more information, call 269-3309.

Baby Boot Camp

New Parent Support Program hosts a free Baby Boot Camp monthly at the Training and Education Building.

The next Baby Boot Camp is Oct. 2 from 8:30 a.m.-3:30 p.m.

Parents with children 1-year-old or younger will receive a hands-on

experience learning to adjust to parenthood.

Reservations are required.

To register, call 466-3651.

Domestic Violence Support

Support groups for victims of domestic violence are provided by the Carteret County Domestic Violence Program. Meetings take place Wednesdays at 6 p.m.

For more information, call 728-3788.

L.I.N.K.S. for Marines

Marine Corps Family Team Building hosts a Lifestyles, Insights, Networking, Knowledge and Skills course, for Marines class at the Center for Naval Aviation Technical Training every month.

The next class is Oct. 16 from 7 a.m.-noon.

Marines will get a chance to test their knowledge of Marine Corps history, culture and traditions while discovering resources, services and benefits avail-

able on base.

They will also gain insight on separation and deployments.

For more information, call 466-4637.

Ready for Anything

Marine Corps Family Team Building hosts a Ready for Anything workshop each month at building 232.

The next workshop is Oct. 23 from 9:30 a.m.-noon.

The workshop guides Marines, their spouses and family members through the logistical, financial and emotional aspects of deployment.

Welcome Aboard Expo

Cherry Point hosts a Welcome Aboard Expo each month at Miller's Landing.

The expo is open to all new Marines, Sailors, civilian employees and spouses. The next expo is Wednesday at 9 a.m.

For questions or to register, contact Sandy Langlo is at 466-5743.

For more information, visit <http://bit.ly/mhm2013>.

Whistle Stop Thrift Shop

The Whistle Stop offers a wide variety of inexpensive, previously-owned clothing, uniforms and merchandise to Navy and Marine Corps members and their families. All proceeds go toward the Officer Spouses Club and financial assistance program.

The Whistle Stop is located in building 1691 and is open Tuesdays and Thursdays from 10 a.m.-2 p.m.

For more information, <http://visitwww.cherrypointosc.org>.

Marine and Family Programs

Marine, Family Programs Office Numbers

Building 298

- Library – 466-3552.
- Retired Activities – 466-5548.

Building 232

- Exceptional Family Member Program – 466-3305.
- Child Development Resource and Referral – 466-3595.

Building 232

- Sexual Assault Prevention and Response Program – 466-5490.
- Substance Abuse Counseling – 466-7568.
- New Parent Support Program – 466-3651.
- Family Advocacy Program – 466-3264.
- Military Family Life Consultant – 339-6084.
- Families Overcoming Under Stress Representative – 466-7137.

Building 4335

- Education – 466-3500.
- The Family Member Employment Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4201.

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.

Marine Corps Family Team Building

Educational resources and services to foster personal growth and enhance the readiness of Marine Corps families. Marine Corps Family Team Building is located in Building 232.

For more information, email family.readiness@usmc.mil.

Religious Services

Sundays

9 a.m. – Liturgical Protestant Service, Fellowship Chapel

9 a.m. – Roman Catholic Mass, Memorial Chapel

11 a.m. – Contemporary Worship Service, Memorial Chapel

Tuesdays – Thursdays

11:45 a.m. – Roman Catholic Mass, St. Michael's Chapel

Signs of Terrorist Activity:

Suspicious Persons

People who don't seem to belong in the workplace, neighborhood, business establishment or anywhere else on or near a military facility are suspicious persons.

Specific activities include non-standard base access or people in military areas without obvious reason to be there.

If you observe suspicious activities, call Cherry Point Emergency Dispatch immediately at 466-3616 or report it online at USMCEagleEyes.org.

OPERATION EAGLE EYES

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.

Suicide/Stress

To talk to someone at the National Suicide

Hotline, call 1-800-273-8255.

To seek confidential counseling with personal battles, call the DSTRESS line at 1-877-476-7734.

Sexual Assault

This procedure is not meant to replace calling 911 if you are in immediate danger. Immediately call 665-4713, which is monitored 24/7.

Severe Weather and Force Protection

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

Off Limits

MCAS CHERRY POINT AREA

98 CENT ONLY STORE
(BIG DADDY) WESLEY'S GROCERY
COASTAL SMOKE SHOP
EXPRESSIONS
FLYERS (AKA FLYERS 101, BIKERS, BEERS AND BABES (NORTH SHORE)
FRIDAY'S NIGHT CLUB (AKA CLUB INSOMNIA, CLUB CLASSICS, INFINITY LOUNGE)
H&D EXPRESS (AKA CITGO)
NADINE'S FOOD MART
SUPER EXPRESSWAY
TOBACCO OUTLET (HAVELOCK AND NEW BERN)
TOBACCO SHOP
TOBACCO SHOP & GIFTS (BEAUFORT AND NEW BERN)
TOBACCO TOWN
TWIN RIVERS (NOT THE MALL)
WHITE SANDS CONVENIENCE STORE

MCB CAMP LEJEUNE AREA

ATHEAS ATTIC
BELL AUTO SALVAGE II
C&K AUTO/ C&A AUTO REPAIR
DASH-IN
DISCOUNT TOBACCO
D'S DRIVE THRU
D'S QUICK MART
EXPRESSIONS
EXPRESS WAY
KING'S DRIVE THRU
LAIRD'S AUTO & TRUCK REPAIR (U-HAUL RENTAL)
MOE'S MART
MP SUPER DISCOUNT
NEW YORK TOBACCO CENTER (AKA TOBACCO FOR LESS)
NORTHERN LIGHTS SMOKE SHOP
ONE STOP SHOP
PRICE IS RIGHT LAWN DESIGN
SMART BUY
SMITTY'S R&R
TOBACCO
TOBACCO CLUB
TOBACCO HOUSE CIGARETTE CENTER
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By Mail: ENC Classifieds
1300 Gum Branch Road, Jacksonville, NC 28540

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



Cool Cheap Stuff:

Items under \$150 run free for 7 days. Some restrictions apply.

Specials are available for the following classifications:

Pets For Sale, Autos For Sale, Boats For Sale, Garage Sales, Items For Sale under \$2,500.

Call a Classified Ad-Visor at 888-328-4802 for information.

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Jones County Health Department has a position open for a Physician Extender II (Family Nurse Practitioner) to provide well care for patients from infant to adult in specialized areas of women's health, communicable disease, and child health clinical settings. Work schedule is 20-30 hours per week with some flexibility. Education Requirements: Completion of an approved Nurse Practitioner program and one year of related experience; or an equivalent combination of education and experience sufficient to successfully perform the essential duties of the job such as those listed above. The approval to practice in NC is dictated by the NC Board of Medical Examiners. Employees must meet the stated requirements. Licensure Requirements: Current license to practice as a registered nurse by the North Carolina Board of Nursing. Salary Range: \$64,616 - \$82,315 will be prorated based upon hours worked. Closing date for accepting applications: Open until filled. Please visit www.jonescountyhealth.com for applying details. Jones County Health Department is an equal opportunity employer.

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RN

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THH
MLS#88112 Suzy Edington 252-670-2440
Zavtoun-Raines Century 21

1123 Wintergreen Road ~ \$157,500
Country home on 2.12 acres in Cove City. Large covered back porch & deck. Garden area. Detached 2 car garage & attached workshop. Nice place!
THH
MLS#91134 Tina Mills 252-617-5564
Trent River Realty, Inc.

JUST LISTED
177 Lima Road ~ \$158,000
Best value in the county! Great home featuring 3BR/2.5BA, L.R, DR, Eat-In Kitchen, Separate Laundry/Mud Room, Detached 2 Car Garage/Workshop and additional Workshop w/power & water! Huge deck and gazebo all on 1.5 acres! Home in need of 'wanting' buyer!! All offers considered. Sold "AS IS"
THH
MLS#91537 Darlene Boyd 252-617-7315
Zavtoun-Raines Century 21

416 Satterfield Drive ~ \$159,500
Owner's love their home but it's a career move for this family! Come see this great 3BR/2BA Open Floor Plan home located close to award winning Brinson School! 12x19 Unfinished Bonus Room offers possibilities galore. Convenient to New Bern & Cherry Point!! Priced to Sell!
THH
MLS#91293 Johnnie Bunting 252-671-0414
Prudential Clear Water Realty

208 Country Club Drive ~ \$159,900
Nice 3 b/r 2 bath brick home in Trent Woods on .85 ac. Near NBG&CC & EC Yacht Club. Walking distance to Bangert School. New roof. Mature yard.
THH
MLS#91027 Tyson & Hooks Realty (252) 633-5766

4903 Woodbrook Drive ~ \$162,900
Darling well kept home with new paint, carpet & siding. One floor living tucked back on a wooded 1/2 acre lot w/lovely trees, fenced in doggie area, screened in porch, formal dining room and large living room with cathedral ceilings. Bright and sunny. Nicely maintained home in a comfortable neighborhood.
THH
MLS#91030 Linda Holland 252-259-0756
WILLIS-SMITH COLDWELL BANKER

NEW LISTING
2105 Fox Horn ~ \$165,000
Located on a cul-de-sac in Fox Hollow, this brick home features a LR/Dining room with a fireplace. Fenced backyard. Nice storage building. Wooded lot and patio. This well kept home has plenty of space for kids and is close to schools.
THH
MLS#90930 Jack Morton 252-259-4736
Zavtoun-Raines Century 21

5811 Port Drive ~ \$169,000
Roomy and open floor plan in this lovely 4 bedroom home. Relax on the front porch or the private back screened porch. Large rooms with a bright and sunny carolina room. Breakfast nook along with a formal dining room for those larger gatherings. Soft water system and lawn irrigation system in place.
THH
MLS#91535 Linda Holland 252-259-0756
WILLIS-SMITH COLDWELL BANKER

TRENT WOODS
3206 Hunt Master Road ~ \$169,500
3 BR/2 bath home in Trent Woods. Master on first floor. Granite counter tops in kitchen, back screened in porch and deck with large fenced in back yard.
THH
MLS#90954 Carlene Burke 252-626-5086
Zavtoun-Raines Century 21

322 Lochbridge Drive ~ \$169,900
Well maintained brick, one story home in River Bend. Split bedroom plan. Spacious living with fireplace. Carolina room overlooks backyard & woods behind.
THH
MLS#88502 Patty Douglas 252-670-6100
Trent River Realty, Inc.

TRENT WOODS
3303 Tack House Road ~ \$169,900
Beautifully maintained and upgraded 1700 sqft 3 bedroom 2 bath in Bangert School District. Vaulted ceilings, oak hardwood, crown and panel mouldings and gas fireplace. Separate laundry room, shed and wood deck out back.
THH
MLS#91052 The Bartram Team 252-636-7313 & 252-670-2440
Zavtoun-Raines Century 21

OPEN TODAY 2-4 PM
4403 Haywood Farm Road ~ \$172,900
3 BR, 2.5 bath, private backyard with big deck for entertaining. Well built home with nice size rooms, close to everything!
THH
MLS#90641 Carlene Burke 252-626-5086
Zavtoun-Raines Century 21

TABERNA
111 Boleyn Loop ~ \$175,000
Great brick starter or downsizer home in one of New Bern's most desirable neighborhoods! 3BR/2BA with eat-in kitchen, formal dining and vaulted living room. Large covered front porch, rear deck and screened porch. Creekside Elementary District and priced to sell!
THH
MLS#89705 Darlene Boyd 252-617-7315
Zavtoun-Raines Century 21

111 Barden Drive ~ \$175,000
Lovely 4 bdrm, 2.5 bath home in Sherwood Forest at the end of Barden Drive. Home looks good, is well maintained. The home is Brick and Board in a city neighborhood minutes to MCAS Cherry Point. Rooms are spacious. New carpet. Large yard. Garage was made into Family room and it could easily be converted if desired.
THH
MLS#89042 Linda Rawls 252-670-8787
FIRST REALTY COLDWELL BANKER

3115 Drew Avenue ~ \$179,900
Spacious floor plan w/FROG. Fenced back yard. 15 x 11 Sunroom. 3 patio areas. Convenient to Cherry Point.
THH
MLS#89333 Tina Mills 252-617-5564
Trent River Realty, Inc.

NEW PRICE COMING
785 Askin Brick Road ~ \$179,900
Country living in this 4 B/R 2.5 bath brick home. Beautiful location. Large trees & mature landscape. Chicken Coop. Workshop. In-Ground Pool.
THH
MLS#90231 Tyson & Hooks Realty (252) 633-5766

3000 Brices Creek Road ~ \$185,000
Spacious 7 BR / 4 Bath home currently being used as a group home facility. Fenced in large lot w/ 1.15 ac. Close to Croatan National Forest. MLS# 90948
www.tysonandhooksrealty.com
THH
MLS#90948 Tyson & Hooks Realty (252) 633-5766

REDUCED
23 Pier Point ~ \$189,500
3 BR 3 Bath townhome in River Bend. Immaculate. Glassed-In Room. Includes boat slip.
THH
MLS#88591 Tyson & Hooks Realty (252) 633-5766

MOTIVATED SELLERS
219 Venturi Drive ~ \$192,000
Motivated Sellers! Bamboo/tile floors, granite kitchen top, split floor plan w/ FROG. Fenced backyard, patio & screened porch. Fabulous home!
THH
MLS#89532 Stacy Wilson 252-725-2939
FIRST REALTY COLDWELL BANKER

4911 Creekside Drive ~ \$199,900
Inside is warmth and welcome, from the front door large foyer looks into a natural faced fireplace. On the right is a 13x10 formal dining room. The Kitchen 20x14 with lots of cabinets, large eat-in area and over looks a stunning deck and yard. A marvelous 12x20 work shop. Home Warranty for buyer.
THH
MLS#90416 Barry Evans 252-259-5076
Assist 2 Sell

REDUCED
605 Pinetree Drive ~ \$200,000
5 B/R 3 Bath Home Close to Hospital & Shopping. Presently Under Lease. Great Investment.
www.tysonandhooksrealty.com
THH
MLS#89309 Tyson & Hooks Realty (252) 633-5766

MOVE-IN READY
233 Venturi Drive ~ \$207,500
Large 4 BR home ready to move in. FROG, deck & screened patio. All the little" extra finishes. Ideal for anyone needing a lot of space.
THH
MLS#90307 Stacy Wilson 252-725-2939
FIRST REALTY COLDWELL BANKER

EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED

Free Classifieds

How to place a free classified ad in The Windsock

Active duty, retired military personnel and their dependents may place classified ads in **The Windsock** at no charge. DoD Civil Service employees receive a 25% discount from the standard classified fee schedule.

To submit a free classified ad you must go to the Joint Public Affairs Office in Bldg. 1 (Headquarters Bldg.) to fill out and submit a free ad request form.

There is a 20-word limit on free classified ads and a two-ad (two separate categories) per household maximum per week.

Deadline for submitting free classified ads is 4 p.m. Monday.

When Monday is a Federal holiday, ads must be submitted by noon, Friday

To re-run, free ads must be resubmitted

Policy for Free Classified Ads

Providing free advertising for business ventures is prohibited by government printing regulations and conflicts with the civilian publisher's advertising (which pays for printing and distributing **The Windsock**.) Therefore, as stated on the free ad request form, free classified ads "... must not be of a commercial or business nature."

Examples of commercial or business ads include baby-sitting, property for rent by owner, and yard work. Such advertisements may only be run as paid ads. Likewise, ads promoting fund raising, activities sponsored by any organization, or events for which a fee is charged, are also not authorized under the free ad provision.

The Windsock will only publish free ads for animals which the owner is giving away. Real estate for sale must be exclusively "By Owner."

Failure of an ad to appear in **The Windsock** usually indicates the submission did not meet the criteria for free publication.

NUTRITION MANAGER - FULL TIME

This is an administrative position responsible for program design and development regarding aspects of the of nutrition services for CCA's child development centers. This position is responsible for the development of policies, procedures and practices that ensure sanitation guidelines, USDA's CACFP program, state licensing requirements, and Head Start Performance Standards are met. Requirements: Bachelor's Degree in a related field with professional experience in child nutrition. MUST have advanced skills in Excel and database management. Location Newport, NC

TO APPLY SUBMIT APPLICATION AND COVER LETTER TO:
Dora J. Sprague, Director of Human Resources
Coastal Community Action, Inc.,
P.O. Box 729, Newport, NC 28570
E-Mail: dora.sprague@coastalca.org
Fax: (252)223-1688
ADDITIONAL INFORMATION AT:
www.coastalcommunityaction.com

TAX ADMINISTRATOR

SALARY RANGE: \$50,813 - \$64,616
AGENCY: Jones County
CLOSING DATE FOR APPLICATIONS: Open Until Filled
Plans, organizes, directs, controls and administers all County ad valorem tax and revenue functions including listing, billing, collections, real property appraisal, personal property appraisal, registered motor vehicle administration, business personal property taxation, mapping, etc. Reports to the County Manager and is appointed by the Board of Commissioners. Requires a Bachelor's Degree in business administration, accounting or a related field; experience in management and supervision of tax assessment, appraisal or collections; or any equivalent combination of training and experience which provides the required skills, knowledge and abilities. Visit www.jonescountync.gov for a full description.

Applications may be picked up at the Employment Security Office, or online, and must be submitted before the closing date to:

Jennifer King
P.O. Box 340
Trenton NC 28585

Selection will be by structured interview. Applications will be reviewed to select the best-qualified applicants for discussion in the interview. You may contact Jennifer King at 252-448-7571 for additional information.

JONES COUNTY IS AN EQUAL OPPORTUNITY EMPLOYER

Just Around the Corner
www.enhomefinder.com

REDUCED
502 Neuchatel ~ \$209,900
Updated brick 3 B/R 2 Bath home in Taberna. Top-notch condition. Well-manicured lawn. Cathedral & Tray ceilings. Screened porch & patio with fenced backyard.
www.tysonandhooksrealty.com
MLS#89737 Tyson & Hooks Realty (252) 633-5766

GREENBRIER **FREE GOLF MEMBERSHIP**
1110 Basil Drive ~ \$212,000
3 bedroom 2 bath home with Carolina Room. New Carpet, wooded backyard with screened porch & wood deck for entertaining.
Century 21 Zaytoun-Raines
MLS#90311 The Bartram Team 252-636-7313 or 252-670-2440

REDUCED
102 Magnolia Lane ~ \$215,000
4 BR/2 1/2 bath home: Older but better than new with the following updates: Granite Countertops, New paint inside and outside, New Mannington Hardwood Floors downstairs, new carpet upstairs, bathrooms remodels, workshop, and the list goes on. A great house priced at \$238,700. Work is ongoing at this time but will be completed by mid-July. Take a look at this great house.
COLDWELL BANKER
FIRST REALTY
MLS#90237 Linda Rawls 252-670-8787

NEW LISTING
111 Iverson Lane ~ \$224,900
Very nice 3 BR / 2 BA split floor plan. Cathedral ceilings. Large FROG, screened porch and a deck. A must see!
Century 21 Zaytoun-Raines
MLS#90939 Jack Morton 252-259-4736

1.68 ACERS
755 Honolulu Road ~ \$224,900
Older home completely remodeled on 1.68 acre lot with approx 1700 sf as well as a 2800 SF workshop w/ 20 ft roll up doors on each end & add 1 2.3 acres for sale next to home. 3 BR 2 BA, bamboo floors, granite in kitchen, marble/tile/stone baths & stainless appliances & 6 burner gas stove.
Century 21 ELITE PROPERTIES
MLS#108011 Peggy Bryan 252-320-3832

1310 Benfield Avenue ~ \$229,900
Immaculate brick home with well-manicured yard. Brick edging and walkway. 2 Car garage plus a Carolina Room. Well established neighborhood.
Century 21
MLS#88987 Tyson & Hooks Realty (252) 633-5766

3611 Wedgewood Drive ~ \$230,000
Spacious home in Trent Woods near Bangert School. Beautiful established yard. Vaulted ceilings. Skylights. Detached 24 x 32 workshop.
www.tysonandhooksrealty.com
MLS#89737 Tyson & Hooks Realty (252) 633-5766

1236 Pine Valley Drive ~ \$234,900
Outstanding brick 3 B/R 2 Bath home in Greenbrier. Nicely Landscaped. Large Screened Porch & Deck. Call the "Tyson Team"
Century 21
MLS#87694 Tyson & Hooks Realty (252) 633-5766

1115 Coral Reef Drive ~ \$239,000
Awesome home in FFH "2013 Community of the Year". Home in great condition. Hardwood. Granite in kitchen & baths. Stainless appliances. Wet bar w/wine cooler. New Deck. Outdoor fire pit. Irrigation. Come look!
Century 21
MLS#89094 Tyson & Hooks Realty (252) 633-5766

6312 Cardinal Dr. ~ \$245,000
One of a kind! Big gorgeous 4 BR, 3 BA, all upgrades. Built in TVs, hardwoods. 2-10 Home Owners Warranty
Century 21
MLS#87789 The Bartram Team 252-636-7313 & 252-670-2440

1011 Yacht Court ~ \$249,500
4 BR 3 BATH w/ FROG in Fairfield Harbour. Carolina Room. Split bedroom floor plan. Rianni hot water heater. Circular drive plus more bells & whistles. Water view & water access.
www.tysonandhooksrealty.com
MLS#90725 Tyson & Hooks Realty (252) 633-5766

HUNTERS RIDGE **PRICE IMPROVEMENT**
101 Bargate Drive ~ \$259,900
4 bedroom 3.5 bath brick home on large corner lot. Gleaming hardwood floors, screened porch for entertaining. Home Owners Warranty
Century 21
MLS#87789 The Bartram Team 252-636-7313 & 252-670-2440

102 Knollwood Court ~ \$262,500
Built in 2007. Quiet cul-de-sac street. Open floor plan. Huge FROG. Screened porch. Granite countertops & stainless appliances. Nice!
Trent River Realty, Inc.
MLS#89082 Patty Douglas 252-670-6100

123 Pinehurst Drive ~ \$279,000
This is an exceptionally lovely home. Enjoy golf course views from walls of windows, sun room and patio. Formal living room, dining room and family room. Room over garage has full bath with tub plus 2 skylights.
Trent River Realty, Inc.
MLS#91522 Linda Wahnsiedler 252-670-2734

PRICE REDUCED
101 Fern Court ~ \$279,900
A 4 Bdrm and 3 Bath home on a cul-de-sac in Reedy Creek Subdivision. On over 1/2 acre lot with fenced backyard. Gas heat, gas stove, Corian countertops, wood floors and large Master Bedroom on the ground floor. Master Bath has His/Her sinks, a jetted tub, tiled floor & separate shower. Home Warranty.
Assist2Sell
MLS#90817 Barry Evans 252-259-5076

NEW LISTING
6117 Castleton Court ~ \$299,000
Beautiful 3 BR/ 2.5 bath waterfront home in Fairfield Harbour. New floors, paint. Stainless appliances. Beautiful pool w/ large deck. Dock w/ electric & water.
www.tysonandhooksrealty.com
Call the "Tyson Team"
MLS#91215 Tyson & Hooks Realty (252) 633-5766

REDUCED
101 Barkside Lane ~ \$299,000
Upscale 4 B/R 3.5 Bath home in Hunters Ridge. Desirable location. Above-ground swimming pool. Updated country french kitchen. Bonus room plus more.
www.tysonandhooksrealty.com
Call the "Tyson Team"
MLS#89958 Tyson & Hooks Realty (252) 633-5766

Taberna Golf & Country Club **REDUCED**
106 Arbon Lane ~ \$299,900
Exceptional house throughout. Lots of built-in cabinetry, kitchen with lots of extras, architectural details throughout, Carolina room, 2 Car oversized garage, professional landscaping plus more. A must see!
www.tysonandhooksrealty.com
MLS#90056 Tyson & Hooks Realty (252) 633-5766

BEST IN SHOW
68 Shoreline Dr ~ \$339,900
Parade of Homes - Best in Show. Beautiful new construction in New Bern on a golf course & pond front lot. American Cherry Hardwood floors and cupboards. Study is 3rd Bedroom. Bonus Room could be 4th Bedroom. 2,206 heated sq.ft plus 184 sq.ft. All Season Room.
COLDWELL BANKER
MLS#90657 Mary Beth Simmelink 252-229-1115. WILLIS-SMITH

WATERFRONT
15 Batts Hill Rd. ~ \$350,000
Water views will WOW you. Lovely, large deck off Living Room to view sunsets. Newly painted & floors refinished end of April. Ground floor is garage, 2nd floor is spacious living areas. 3rd floor is Master Bedroom, guest bedroom, 2 full baths & laundry closet. Boat slips are included, but not deeded.
COLDWELL BANKER
MLS#89702 Mary Beth Simmelink 252-229-1115. WILLIS-SMITH

REDUCED
306 Camelia Road ~ \$350,000
Premiere double lots on 2 holes of NBG & CC. Older home or incredible location for custom-built. Established yard with beautiful azaleas. Call "The Tyson Team".
Century 21
MLS#88166 Tyson & Hooks Realty (252) 633-5766

116 Covey Court ~ \$369,000
Beautiful custom 3 BR/ 3 Bath home overlooking lake in Quail Woods. In-ground pool. Carolina Room. FROG. Quiet cul-de-sac. Built-ins. S/D has underground utilities & brick entrance.
www.tysonandhooksrealty.com
MLS#91433 Tyson & Hooks Realty (252) 633-5766

5210 Bucco Reef Drive ~ \$389,900
Terrific views with this 3 B/R 2.5 Bath home located on NW Creek in Fairfield Harbour. Dock w/2 slips and 50 AMP power. Priced to sell.
Century 21
MLS#90411 Tyson & Hooks Realty (252) 633-5766

3107 Coriander Drive ~ \$395,000
-CONVENIENCE- PRIVACY-SPACE-
A 3 or 4 Bdrm, 3 Bath Home with Apx 3490 Sqft. A 3 Zone Florida Heat Pump System. 3.5 Acres with a 45' x 60' bulk-headed Pond. 3 Car garage. A lovely, impressive, and a very livable family home. All Formal areas. Split Bdrm design. Home Warranty.
Assist2Sell
MLS#90035 Barry Evans 252-259-5076

JUST REDUCED!
212 New Street ~ \$395,000
1903 Home w/a view of the Neuse. 4 B/R 3 Bath home w/beautiful front porch w/mosaic tile enclosed w/stately bannister. Beautiful woodwork, 7 fireplaces, pocket doors, extensive woodwork. Needs TLC.
Century 21
MLS#90695 Tyson & Hooks Realty (252) 633-5766

4405 Cobblestone Alley ~ \$399,000
Awarded Blue Ribbon from 2013 Builders Association. Beautiful home in desirable neighborhood. Open concept with great room and gas fireplace with stone surround and pre-wired for audio TV. Large kitchen with granite countertops and island with Jenn-Air range. If closes by Sept. 30, 2013, seller to pay \$1000 toward closing cost.
CAROLINA COLOURS
MLS#86024 Joyce Costello 252-229-4980

JUST LISTED
3320 Brices Creek Road ~ \$475,000
Beautiful customer home on 6.24 acres estate lot. 4BR/3.5BA with exceptional upgrades. Exceptional quality & value. Equestrian permitted.
Century 21 Zaytoun-Raines
MLS#91536 Darlene Boyd 252-617-7315

EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED

050 Help Wanted
General
The Courtyard New Bern is taking applications for an experienced:
MORNING COOK/PREP COOK
Drug test & background check required.
PLEASE APPLY IN PERSON AT:
218 E. Front Street
NEW TODAY

General
PHOTOGRAPHER SEEKING
Amateur models ages 18-40.
I will provide portfolio/ID at interview. You must show photo ID. Send your name, email (no home addresses/phone numbers please), and town/city of residence to: JustForLadies2013@yahoo.com. write Model/Last name in subject line, and attach recent photo. I will respond to all sincere applicants.

SUVs Cars TRUCKS
SUVs Cars TRUCKS
Find a Great Deal on your next set of wheels in the Classifieds!
To place ad, Call 1-888-328-4802
The Windsock

050 Help Wanted
Medical
Riverpoint Crest CNA
Full or Part Time 3-11
Call: 252-637-4730 or drop in to see us at: 2600 Old Cherry Point Rd., New Bern
We honor years of experience and offer an excellent benefit package, competitive wage scale, shift and weekend differential.
AA/EOE

Medical/Health
Cherry Point Bay Nursing Rehabilitation Center is now hiring for CNAs
Full-Time & Part-Time LPN/RN Part-Time
(8 hour shifts)
Apply in person at 110 McCotter Blvd Havelock or call Samantha Cook, RN or Peter Geisler, RN at (252)444-4631 EEO/AAP

Lost Something?
Find it in the Classifieds! Or if you don't find it in the "Lost & Found" section, you can place your own ad there and let the finder... find you! The Classifieds are your best connection to meet up with buyers, sellers, prospective employers or employees. Call today to place your Classified Ad.
1-888-328-4802 Windsock

050 Help Wanted
Medical/Health
Croatan Ridge Nursing & Rehab is now hiring for the following position:
CNAs
All shifts
LPN
7pm-7am
WEEKEND RN SUPERVISOR
Please contact Daniella Smith R.N., S.D.C. at (252)223-2560 or come to Croatan Ridge Nursing & Rehab 210 Foxhall Road, Newport NC 28570 during normal business hours, Monday-Friday.

050 Help Wanted
Sales
BEST of the BEST UP-SELLERS WANTED!
REPEAT PROMOTIONS B2B TELESALERS
Realistic wages \$10 - \$30 hour plus bonuses!
Clean, no drama, New Bern office (252)639-9937

050 Help Wanted
Trades
CRAVEN AG SERVICES, INC.
TAKING APPLICATIONS FOR THE FOLLOWING POSITIONS:
CLASS A CDL LOCAL SPREADER TRUCK & TRACTOR OPERATOR & CDL VACUUM TRUCK OPERATOR
Drug testing, clean driving record and background check required.
PICK UP APPLICATION MONDAY-FRIDAY AT: 2115 Hwy. 55 West, New Bern (252)633-5334

Trades
Position available!
FUEL/PROPANE DRIVER
Call Cherry Energy (252)523-3874 Mon-Fri, 8am-5pm

080 Antiques
FURNITURE, FURNITURE, FURNITURE! At J.L. Kirkman's Antique Mall we always have quality furniture for every room in the house. We purchase "whole estates" and that's a lot of nice stuff! Whatever your needs, check with us first! Our mall is always loaded with very nice things for your gift giving. Very reasonable! *See facebook* "A short trip across the bridge to Bridgeton!" M-F 9-6, Sat. 10-6 No Sun. (252)634-2745

050 Help Wanted
DOG CLASSES with DONA BAKER
Proven methods = great results! In-home, group, and CGC classes. (252)672-K9ED (5933)

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

GERMAN SHEPHERD PUPS AKC, great protection for your family, vet checked & 1st shots. Taking deposits now \$500 (252)916-9601

HAPPY JACK® DURASPOT®: Latest technology in flea, tick, mosquito & mite control. 92% flea control in 24 hours. Lasts longer. Contains NO Fipronil!! Sportsman's Toy Store (252)638-5600 www.happyjackinc.com

150 Miscellaneous
AFFORDABLE BARNES! 12X16 \$1,995; 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
\$4.50 per bale! Delivered! (252)244-1738

155 Lawn & Garden Equipment
CENTPEDE SOD Delivery or pick up. Installation available! (252) 229-2557

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

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

CRAVEN MAXI STORAGE S. Jimmies Creek Rd. 1,000-2,000sq.ft. \$250/month and up. Tyson Mgmt 252-514-0188

202 For Sale By Owner
CHARMING 3BR HOME convenient location in Grantsboro. 1,900 sq ft on spacious 2 acres. 400+ sq ft carport. \$122k Call (252) 745-3996

205 Homes for Sale
3 BEDROOM, 2 bath brick. 223 Snead Rd, Carolina Pines, 1 car garage \$145,000 252-447-1320

FOR SALE BY OWNER - 3 bedroom, 2 bath, den, detached wired workshop, a whole house generator, separate well for landscaping and new siding. Show by appointment only! (252)223-6115

210 Homes for Rent
3 BEDROOM, 1 BATH 8275 Hwy. 304, Messic, Pamlico County. \$525 per month plus deposit. Call (252)322-9983 or (336)228-8029

3 BEDROOM, 1 BATH Water view & access, garage. Wildlife Road. No pets. \$750 (252)675-9200

3 BEDROOM, 2.5 BATH Country home, 5 acres, outside buildings, wrap around porch. \$1,500/month. Call Tracy (330)323-5777

Just Around the Corner
www.enhomefinder.com

3704 Cerise Circle ~ \$477,500
Spectacular setting overlooking 3rd Green of the Carolina Colours Golf Course. Energy Star Certification, superb trim work, unique double FROG, Rennai hot water system. Too many features to list - A MUST SEE!
MLS#90469 Bruce Birnbaum 252-229-9160
CAROLINA COLOURS

3807 Pine Needle Place ~ \$499,000
Extraordinary home. Well designed floor plan with 2-story Foyer. Breakfast area, 2 fireplace, MBR features Sitting area and Bath w/jetted tub and oversized shower. Butler's bar area between MBR and Study. Kitchen boasts custom Electrolux full size freezer and refrigerator, large island.
MLS#89860 Larry Beck 252-229-8980
CAROLINA COLOURS

147 Dylan Lane ~ \$515,000
Incredible 3 Story Trent River Waterfront townhome. 2 balconies with view of Tryon Palace, History Museum & Downtown. 3 B/R 3 Baths w/ elevator plus numerous upgrades.
MLS#89143 Tyson & Hooks Realty (252) 633-5766

2359 Chinquapin Road ~ \$550,000
Beautiful Trent River Waterfront Property on 1+ ac. of land. Home has 4 B/R 2 Baths sitting across from NBG&CC & E C Yacht Club on 1+ ac.
www.tysonandhooksrealty.com
MLS#88492 Tyson & Hooks Realty (252) 633-5766

493 River Island Road ~ \$625,000
Beautiful contemporary brick home situated on the Trent River. Large, open floor plan with fully appointed kitchen. SS appliances, 6 burner gas cook top and sep breakfast area. Newly refinished H/W floors, 4 fireplaces, includes dbl sided for LR & Kitchen. 16x32 in-ground pool, dock and boat lift.
MLS#87282 Darlene Boyd 252-617-7315
Century 21 Zaytoun-Raines

308 Madam Moores Ln ~ \$639,800
A rare opportunity to own a Trent River waterfront home with deep-water dock. Amazing water views & expansive lawn. Upstairs has office & 2 large guest rooms. Guest quarters over the detached 2-car garage includes full kitchen. Close & convenient to downtown restaurants, art galleries & boutiques.
MLS#84939 Debbie Taggart 252-349-0332
Prudential Clear Water Realty

405 Surrey Lane ~ \$699,000
2.7 ac. w/ 145' waterfront on Wilson Creek. Private. Ideal restoration, teardown or subdivision. "Call the Tyson Team"
www.tysonandhooksrealty.com
MLS#77706 Tyson & Hooks Realty (252) 633-5766

4001 Trent Pines Drive ~ \$715,000
Sold as is. Premiere waterfront property anywhere!!! Close to Yacht Club & NBG&CC.
www.tysonandhooksrealty.com
MLS#81403 Tyson & Hooks Realty (252) 633-5766

661 Hanes Farm Road ~ \$1,250,000
3.5 +/- acre Trent River Waterfront.
"Call Capt. Harry" The Tyson Team
www.tysonandhooksrealty.com
MLS#85160 Tyson & Hooks Realty (252) 633-5766

**ATTENTION REALTORS:
NEED TO RAPIDLY SELL A HOME?**
Advertise it on the Real Estate Rapid Seller Page
Simply Call Celia Rolison at (252) 635-5640 or Jennifer Harrell at (252) 635-5645 for Details

Home Buyer Support: Before & After

DEDICATED. PROVEN. TRUSTED.
Darlene Boyd
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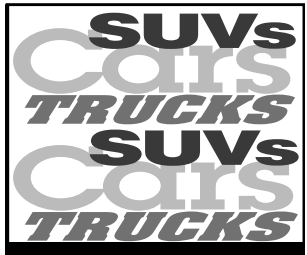
220 Apartments for Rent

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MAZDA 2002 TRIBUTE LX Great Mileage, Clean, Very Sporty was \$4775 Sale \$3886 Plaza Auto Supermarket Havelock 252-447-0314



270 Autos for Sale



BMW 1997 3 Series 328i. Blue, 4 Door Sedan, Great CARFAX was \$3900 Sale \$2900 Plaza Auto Supermarket Havelock 252-447-0314

270 Autos for Sale



LEXUS 1992 LE 400 Clean, Loaded, Good Dependable Transportation was \$2985 Sale \$2400 Auto Supermarket Havelock 252-447-0314



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- 906 Port Royal Court/Bulk Sale/6 lots ~ Listed by: Tyson & Hook Realty • (252) 633-5766..... \$15,900
- 1023 Barkentine Drive/FFH Lot w/Pond ~ Listed by: Tyson & Hook Realty • (252) 633-5766 \$24,900
- 5919 Santo Domingo Court/Fairfield Harbour ~ Listed by: Tyson & Hook Realty • (252) 633-5766 \$39,900
- 112 Covey Court/Lakefront!/Underground utilities ~ Listed by: Tyson & Hook Realty • (252) 633-5766 \$45,000
- 3 Old Airport Road ~ Listed by: Tyson & Hook Realty • (252) 633-5766..... \$54,900
- 2 Old Airport Road ~ Listed by: Tyson & Hook Realty • (252) 633-5766..... \$56,900
- 124 Pinhurst Dr ~ Greenbrier/Backs to putting green & clubhouse MAKE AN OFFER ~ Listed by: Bob Bartram Century 21 Zaytoun Raines • (252) 636-7313 \$70,000
- 105 Knotline Rd. ~ River Bend/ Waterfront, 128 ft. on canal. Nice views of main canal ~ Listed by: Bob Bartram Century 21 Zaytoun Raines • (252) 636-7313 \$82,500
- Taberna S/D Lot 396, 122 Friburg Road, .5 acre ~ Listed by: Yvonne Scott Fonville Morisey Realty • (919) 229-2039 \$84,800
- Oak Creek S/D Lot 17: 208 Mickelson Drive, 1.33 acres ~ Listed by: Yvonne Scott Fonville Morisey Realty • (919) 229-2039 \$84,800
- Oak Creek S/D Lot 23: 213 Mickelson Drive, 2.08 acres ~ Listed by: Yvonne Scott Fonville Morisey Realty • (919) 229-2039 \$84,800
- SR 1124 Greentown Road/49+ Acres/Trenton ~ Listed by: Tyson & Hook Realty • (252) 633-5766 \$122,500
- 1698 Simmons Street/Acreage ~ Listed by: Tyson & Hook Realty • (252) 633-5766 \$150,000
- 6102 Cassowary/FairField Harbour Waterfront ~ Listed by: Tyson & Hook Realty • (252) 633-5766..... \$175,000
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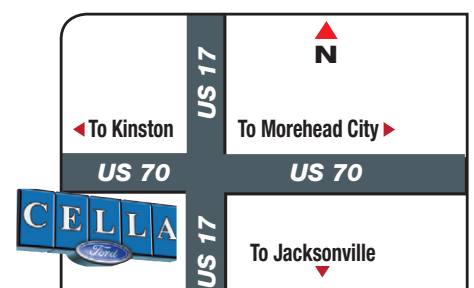
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