

The Windsock

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March 4, 2010

Marine Corps prohibits legal substances

LANCE CPL. CORY D. POLOM
MCAS Cherry Point

Eastern Marine Corps commands recently clarified the rules regarding illegal use of legally obtainable substances that can induce a psychologically altered state of mind.

According to Marine Corps Forces Command Order 5355.1, effective Jan. 27, the overall intent is to preserve good order and discipline and ensure the health and mission readiness for all service members.

Secretary of the Navy Instruction

5300.28D states the wrongful use, possession, or manufacturing and distributing of any substance, legal or illegal, is prohibited to all persons subject to the Uniform Code of Military Justice.

"Any substance used to get high is wrong and illegal," said Sgt. Maj. Jerry L. Bailey, the air station's sergeant major. "We use weapons and can't be using things to alter our state of mind. That should be reason enough to stay clean."

The new order 5355.1 provides commanders an updated list of prohibited legal

substances in the Marine Corps.

The order states the use of the following legal substances: "spice," Salvia divinorum and salvinorin A, Mitragyna speciosa korth, Nymphaea caerulea, Convolvulaceae argyria nervosa, lysergic acid amide, Amanitas mushrooms, datura, and 5-methoxy-dimethyltryptamine, are illegal to all Marines and Sailors.

"Spice" is a brand name for a mixture of herbs sold as incense and when smoked produces a cannabis-like effect.

Cannabis has both psychological and

physiological effects on the human body. Acute effects while under the influence can include temporary short-term memory loss and circulation effects that increase the risk of heart attacks and strokes.

"We have had a few different cases involving 'spice,'" said Bailey. "These Marines have been caught by the Provost Marshal's Offices, either through traffic stops or in their barracks rooms. The Marines were punished like they would be

See **SUBSTANCE** page A4

Morehead City recognizes Cherry Point EOD, fire department efforts

LANCE CPL. SANTIAGO G. COLON JR.
MCAS Cherry Point

Morehead City recognized multiple Cherry Point Marines and civilians during a ceremony at the town's Army Reserve Center, Feb. 26.

Explosive ordnance disposal technicians from Cherry Point and Marine Wing Support Squadron 271, airfield operations, operations directorate, the fire department and emergency medical services were recognized for their support during a hazardous spill incident in Morehead City, Jan. 12.

Also recognized for their support were service members and civilians from local state and federal agencies.

Morehead City mayor Gerald A. Jones Jr., Cherry Point's executive officer Col. Robert D. Clinton, airfield operations officer Lt. Col. Kenneth L. Asbridge and MWSS-271 commanding officer Lt. Col. Paul D. Baker were in attendance. Also present were a number of EOD technicians from station and MWSS-271, and the fire department.

The Jan. 12 incident involved a forklift operator puncturing several barrels filled with the explosive chemical Peta erythritol tetranitrate during vessel operations. The spill caused a temporary 10-mile shutdown of U.S. Highway 70.

Cherry Point and MWSS-271 EOD Marines and civilians worked with other agencies to contain and clean up the spill.

During the ceremony, Mayor Jones remarked on how much the support means to Morehead City.

"These individuals, without hesitation, responded," Jones said. "They are hometown heroes for helping the city in a time of need."

As part of the ceremony, certificates of appreciation were presented to each organization.

See **CEREMONY** page A4



LANCE CPL. SANTIAGO G. COLON JR.



LANCE CPL. SANTIAGO G. COLON JR.

2nd LAAD trains with simulators

(Above) A 2nd Low Altitude Air Defense Battalion Marine fires a simulated Stinger missile during a training exercise near 2nd LAAD's Bravo Battery, Feb. 24. In total, the Marines fired 33 simulated Stinger missiles. According to Sgt. Rogelio Villanueva, a 2nd LAAD section leader, the training is held once a year.

(Left) Marines from Cherry Point's 2nd LAAD prepare a Stinger missile simulator prior to firing the weapon near 2nd LAAD's Bravo Battery. The simulators launch a dummy projectile and imitate the use of an actual missile. Marines from the battalion participated in the exercise in order to become proficient at using the Stinger missile.

(Right) 2nd LAAD Marines wait their turn to fire the simulated Stinger missile near 2nd LAAD's Bravo Battery. More than 15 Marines participated in the annual training.



LANCE CPL. SANTIAGO G. COLON JR.



JULI BARRA

MWSS-274 departs for Afghanistan

More than 100 Marines with Marine Wing Support Squadron 274 board an aircraft at Cherry Point's Aerial Port of Embarkation, Feb. 28. The Ironmen left to support operations in Afghanistan. MWSS-274's mission will be to provide support to the air combat element.



LANCE CPL. SANTIAGO G. COLON JR.

Nine-year-old Belgian Malinois, Cchyna, lunges full-force towards military working dog handler Lance Cpl. John P. Schnack during a demonstration, Feb. 26. According to Lance Cpl. Luis D. Vallejo, a military working dog handler with PMO, they are constantly training their canine counterparts for any situation they may face.

Military working dogs demonstrate abilities

LANCE CPL. SANTIAGO G. COLON JR.

Military working dog handlers from Cherry Point's Provost Marshal's Office held a demonstration for a group of spectators, Feb. 26.

Military working dogs and their handlers entertained the Primetimers, a senior citizen social group from New Bern's Centenary United Methodist Church.

For demonstration, the dogs ran an obstacle course, performed a patrol and displayed basic obedience.

According to Lance Cpl. Luis D. Vallejo, a military working dog handler with PMO, military police officers are constantly training their canine counterparts for any type of situation they may face.

"We train the dogs five-days a week," Vallejo said. "Half of our training is for garrison and half for deployments to Afghanistan. We train for everything, from

See **DOGS** page A4

MASS-1 trains, coordinates fire from above

LANCE CPL. SANTIAGO G. COLON JR.
MCAS Cherry Point

Marine Air Support Squadron 1 continued training for operations in Afghanistan by conducting a direct air support center exercise near the squadron's headquarters, Feb. 23.

The Cherry Point-based support squadron has executed three Afghanistan-specific exercises since September in an effort to be best prepared for future deployments.

Sgt. Herbert T. Barber, the noncommissioned officer in charge of the exercise, said MASS-1 Marines have to adjust to a different environment and ways of accomplishing their mission than they did in Iraq. Some changes are due to the NATO's International Security Assistance Forces' major role in Afghanistan operations. According to the NATO Web site at <http://www.nato.int>, ISAF is a key component of the international community's engagement in Afghanistan.

"In Iraq, the DASC was autonomous," Barber said. "In Afghanistan, it is a little different. With the help we are receiving from NATO, we have to rehearse proper ways of reporting and requesting coalition medical evacuations and aviation assets."

Lance Cpl. Carl D. Butler, an air support net operator, said his job is to receive requests from troops on the ground.

"I receive communications from infantry under fire, take what information they give, and pass it to the plotter who plots the infantry's position on our maps," Butler said.

Butler added the mission of the DASC is to determine what type of air support is needed. Then, the tactical air and helicopter director communicates with pilots in the air to coordinate support for troops on the ground.

"If we didn't do our job, infantry would not have air support and could be bombarded with enemy fire," Butler added.

The support squadron will continue to train its Marines for service in Afghanistan until they deploy, said Barber.

"We are trying to do this type of exercise every two weeks to keep up to speed with the current fight," Barber said. "We should be well prepared by the time we get called on."



LANCE CPL. SANTIAGO G. COLON JR.

1st Lt. Todd E. Hancock, a tactical aircraft and helicopter director trainer, guides 1st Lt. Brian D. Johnson through his procedures during a direct air support squadron exercise, Feb. 23. The tactical air and helicopter director communicates with pilots in the air to coordinate support for troops on the ground.



PHOTO: SAMANTHA H. ARNINGTON

VFW auxiliary president visits Cherry Point

Members of the Ladies Auxiliary to the Veterans of Foreign Wars, visited Cherry Point's Aerial Port of Embarkation during a trip to learn more about the air station and the surrounding area. From left, Jeanette Clark, the president for the Ladies Auxiliary VFW, N.C.; Farris Opton, the chief of staff for Ladies Auxiliary VFW, N.C. department; Lynn Jones, the president for the National Ladies Auxiliary VFW; Ann Yamrus, a national council member of the Ladies Auxiliary VFW of North and South Carolina; Maria Myers, the president for the Ladies Auxiliary VFW, Beaufort, N.C.; Nancy White, a past department president and member of the Ladies Auxiliary VFW, New Bern, N.C.

From the Chaplain:

CMR. CARL P. KOCH
MCAS Cherry Point

The Super Bowl is seemingly long past. But some of the great Super Bowl commercials continue. I still crack up at the ones with the babies staring at the computer screens doing online trading or talking about it while flying in first class.

I have a few commercials I'd like to share with you. I know they can't compare with Super Bowl commercials, but what do you expect? They didn't cost me a few million dollars to produce, and I didn't have to find a bunch of talking babies.

First, a commercial for our 11 a.m. Protestant service. Chaplain Nieto started a series just a few weeks ago with a message titled, "Does God Exist?" Between now and the last message in the series, he will address the questions, "What is

truth?" and "Who am I?" and "Why am I here?", and "What happens when I die?" If you're looking for answers to any of these questions, make your way to our 11 a.m. Protestant service. While there may be a few talking babies, none will be trading stocks.

Second, a commercial for our 9 a.m. Protestant service.

We are in the season of Lent, and I am bringing messages based on scripture passages which address the life and ministry of Jesus prior to his crucifixion on Good Friday. Our Liturgical Protestant service will also hold Holy (or Maundy) Thursday and Good Friday services at 6:30 p.m. Keep your eyes open for the all-hands message with further details.

You are invited to the Fellowship Chapel here at the Main Chapel for all of these

See CHAPLAIN page A4

LANCE CPL. COLTON S. DURAN

Job Title: Powerline Mechanic
Unit: VMAQ-2
Age: 19
Hometown: Bakersfield, Calif.
Date Joined: July 7, 2008

What's your job?

I inspect the aircraft prior to take off and make sure it is able to fly without any mishaps.

What's your favorite part?

I love take off. I give hand and arm signals to the pilot to start the aircraft. On the flightline, the pilot doesn't do anything unless I give him the signal =.

What's the most challenging part?

The next step I can take in my military occupational specialty is going from a plane captain to a collateral duty inspector. Once I do that I will follow the plane captains around and inspect their inspections. It's challenging to get there.

How do you support the missions of 2nd MAW and MCAS Cherry Point?

All of our pilots need flight hours and the flight hours are in a direct connection to the maintenance we do. If maintenance fails its mission then the pilots flight hours aren't reached.

Highlight Your Superstar

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



Highlighting Cherry Point's Warriors



PHOTO: SAMANTHA H. ARNINGTON

The Windsock

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PHOTO: SAMANTHA H. ARNINGTON

MWSS-372 expands Camp Dwyer



CH. SAMUEL NASSO

Marines with 1st Battalion, 6th Marine Regiment, Regimental Combat Team 7, Marine Expeditionary Brigade-Afghanistan, conduct on and off drills on CH-53D Super Stallion helicopters from Marine Heavy Helicopter Squadron 463, Marine Aircraft Group 40, MEB-Afghanistan, Jan. 23. The north parking ramp, recently constructed by Marine Wing Support Squadron 372, MAG-40, MEB-Afghanistan, allows increased flexibility for units within MEB-Afghanistan to conduct drills like this involving Marines from the ground and aviation combat element.

Flexibility for MAG-40 increases

CPL. SAMUEL NASSO

MAG-40

CAMP DWYER, Afghanistan – Marine Wing Support Squadron 372, the “Diamondbacks,” Marine Aircraft Group 40, Marine Expeditionary Brigade-Afghanistan, have tirelessly worked to make significant changes to the airfield aboard Camp Dwyer.

Since the Diamondbacks arrived in Afghanistan in late September, they have been responsible for the continued improvement of the runway for Marine Aircraft Group 40’s assets.

In just over four months, they have built a parking ramp for KC-130 Hercules aircraft, repaired the runway, built a parking ramp for rotary and tiltrotor aircraft, installed a tactical airfield fueling dispersing system, and connected all the ramps to the runway by building taxiways for the various aircraft.

The improvements to the KC-130 parking ramp consisted of laying approximately 145,000 square feet of aluminum matting, increasing the amount of incoming troops and supplies that can be brought in.

“The C-130 ramp allows more than one C-130 to be on station at one time,” said Master Sgt. Daniel DeVries, the staff noncommissioned officer in charge of the MWSS-372 detachment here. “Two can park on the ramp and one can take off or land on the runway, creating more flexibility and allowing more supplies to flow in.”

The north parking ramp was expanded with more than 340,000 square feet of aluminum matting, which increased the amount of aircraft that can park at the airfield. Additionally, the ramp increases traffic flow by serving as a taxiway for aircraft to access the newly-installed TAFDS when another aircraft is landing or taking off on the runway.

The TAFDS is a fuel pit with the square footage of nearly one and a half football fields and the ability to refuel multiple aircraft at the same time. The TAFDS also provides triple the amount of fuel of previous fueling pits, minimizing the amount of time an aircraft needs to spend on the ground.



CH. SAMUEL NASSO

Two KC-130J Super Hercules aircraft refuel at the tactical airfield fueling dispersing system recently established at Camp Dwyer by MWSS-372, MAG-40, MEB-Afghanistan.

The work the Diamondbacks have done to Camp Dwyer has not come easily. The squadron was working diligently on three major projects only to encounter a new obstacle in the middle of December. They had to pull up the old landing strip and parking ramp due to the wear resulting from the high volume of traffic on the airfield.

“Our Marines were in high gear, working nonstop to get multiple projects done to meet timelines,” said DeVries. “With all of our forward momentum coming to a dead stop, it was like being kicked in the teeth.”

Before the Marines had to halt their other projects, their Air Force counterparts took charge to lead a combined effort to get the runway operational again.

The 809th Expeditionary RED HORSE (Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers) Squadron assisted MWSS-372 by preparing all of the groundwork, which allowed the expeditionary airfield Marines to lay matting simultaneously.

“The work that RED HORSE did freed our Marines to focus on laying aluminum matting for the runway and C-130 ramp, but also to focus on the multiple other projects that had to be done to meet the timelines,” DeVries said.

Currently, the Diamondbacks are working on expanding the runway and adding a south parking ramp similar to the north parking ramp.

“We can’t overlook the capabilities of these projects,” said DeVries. “They extend the ability for the air combat element to reach the entire area of operations.”

The Diamondbacks are responsible for placing more than one million square feet of aluminum matting here so far with more projects in store for the future.

“The Marines never stop and don’t complain,” said 2nd Lt. Chad Presley, the heavy equipment platoon commander. “They came in and did exactly what I expected from them.”

After four months, more than one million square feet of aluminum matting, close to 101,000 cubic yards of dirt, and countless man-hours, the Diamondbacks’ Camp Dwyer evolution has improved the capabilities of MAG-40 as operations in Afghanistan continue to increase.



CH. SAMUEL NASSO

Lance Cpl. Travis Vliet, a combat engineer with MWSS-372, MAG-40, MEB-Afghanistan, aligns a bag of concrete for the expansion of the C-130 runway aboard Camp Dwyer, Afghanistan.



CH. SAMUEL NASSO

Lance Corporals Brandon Gromala, (left) and Jack Cardenas, both engineer assistants with MWSS-372, MAG-40, MEB-Afghanistan, survey the dirt to ensure the expeditionary airfield Marines are laying concrete in a straight line.

CHAPLAIN from page A2

services. We haven't had any talking babies in this service for quite a while, but they are welcome.

Just like the Super Bowl, the commercials continue. Third, our Catholic congregation holds Mass Tuesdays, Wednesdays and Fridays at 11:45 a.m. and on Sunday mornings at 9 a.m. Father Lesak's homilies are also based on the scriptures used during the season of Lent. All Catholics are invited to any and all of these services.

I spoke with a few friends this week and

I'm not in the habit of putting commercials in place of an article nor am I in the habit of commercials for other churches, but hey, there's some good stuff going on off base as well.

The commercials are over. Sorry, not a talking baby in any of them. Betty White didn't even get tackled to the ground. Just some straight-forward gouge on some great opportunities you can enjoy. And now, back to the rest of the Windsock.

SUBSTANCE from page A1

with any other drug related incident."

The new order also makes it clear that the use of a substance, which alters your behavior is punishable under the UCMJ. Marines and Sailors convicted of such an offense may be administratively separated from service.

"It's out there, we know that," said Bailey. "At parties people are pulling out

these abnormal substances and smoking it. It comes in all different forms, but it's all a waste of time. Stay away from it. Eventually, we will catch you."

For more information on the new drug policy and a list of nicknames for the substances listed, see Marine Corps Forces Command Order 3555.1.

CEREMONY from page A1

Regardless of the recognition, Clinton said the air station service members and civilians feel it is their job to support the community.

Jones expressed how much the assisting

civilians and service members understand what community means.

"This was the community coming together," Jones said. "That is what makes a community."

DOGS from page A1

vehicle extractions to building searches."

During the demonstration, PMO dog handler Sgt. Travis J. McConnell spoke about the handlers' and dogs' job while Valjeo and his 8-year-old Belgian Malinois, Asia, tackled the obstacle course.

The handlers followed the obstacle course by showcasing the dog's ability to protect its handler from an attacker. Lance Cpl. Christopher M. Krupa, a dog handler with PMO, donned a protective suit as he imitated an attacker lunging at Cherry Point civilian police officer Michael Copeland. Copeland's 9-year-old Belgian Malinois, Cchyna, immediately prepared to execute her training. It was not until her handler gave the command that Cchyna attacked the supposed perpetrator, locking her jaws onto the protective suit.

After the display, the police played with the canines, showing that aggressiveness was only part of the dog's train-

ing.

During the demonstration Joe M. Hudson, a retired airmen and spectator expressed his awe during the performance.

"I really liked the demonstration," Hudson said. "This is the first time I have seen what they do and I am truly glad I came."

Larry Gilliam, the Primetimers event coordinator, said of the different areas visited during the tour, the working dog demonstration was at the top of his list.

"The working dogs were definitely a number one interest," Gilliam said. "We are very appreciative of all the military members and their jobs."

Valjeo explained the demonstrations are not just for putting on a show. There's also a practical reason for their canine display.

"We demonstrate for units so service members will be confident in the dog's abilities," Valjeo said. "It's amazing what these dogs can do."

Train Show advertisement for New Bern High School, featuring dates for Saturday and Sunday, ticket prices, and contact information for Joe Hoffman and Chuck Moody.

JACKSON HEWITT TAX SERVICE advertisement for seniors, offering a 50% OFF discount on tax preparation and listing multiple office locations.

Advertisement for the FREE Consumer Action Website, encouraging users to visit www.pueblo.gsa.gov for consumer assistance.

H&R Block advertisement highlighting tax professionals' expertise and training, with contact information for various office locations.

parenting.org advertisement, a service of Girls and Boys Town, providing resources for child development and family life.

NEW BERN HOME & GARDEN SHOW advertisement for Saturday and Sunday, listing vendors like Creekside Cabinets and Mosquito Squad, and sponsors like Sun Journal and V103.3.

Shell Pointe advertisement for a Crystal Coast Retirement Community, featuring a photo of a couple and contact information for the Welcome Center.



Lance Cpl. Amy A. Trail
MCAS Cherry Point
Cherry Point's Navy-Marine Corps Relief Society honored its volunteers with an awards ceremony, Feb. 25.
Pins, tote bags, pen sets and watches were given to volunteers, as a show of appreciation for their time.
"We only have two paid employees in our office," said Lisa Jefferies, Cherry Point's NMCRS chairman of volunteers and award winner. "In order to serve the Marines and Sailors, we rely on our volunteers."
According to Jefferies, the Cherry Point office begins recognizing volunteers when they reach 50 volunteer hours while NMCRS Headquarters recognizes volunteer milestones from 100-hours to 20,000 hours and beyond.
The ceremony started with a few words from Jefferies and Col. Douglas A. Denn, the air station's commanding officer, followed by Kelly Flock, an honorary chairman of volunteers, presenting the awards to the volunteers.
"We give these awards to show our appreciation to the volunteers," said Jefferies. "Having volunteers allows the Marines and Sailors that need help to get it quickly. It also allows for the society to be able to financially assist more Marines and Sailors."
Cherry Point's NMCRS office recognizes its volunteers twice a year in addition to naming a

Cherry Point's NMCRS honors volunteers

volunteer of the quarter. Cherry Point's office has 30 volunteers who serve as client service assistants, caseworkers, chair positions and layette knitters.
"I feel appreciated when I receive awards from NMCRS," said Jefferies. "It shows they care about you and the work you do for them. They ask a lot of you during your volunteer time, but they make it worth your while."
The NMCRS was founded in 1904 as a non-profit, charitable organization with a mission to provide financial, educational and other assistance to members of the Naval services.
The Society provides financial assistance, budget counseling services, infant layettes and visiting nurse services to Marines and Sailors. It also operates food lockers and thrift shops.
In 1943, Cherry Point's NMCRS was established. Since then it has strived to accomplish its mission to help Marines and Sailors aboard the air station with the help of its volunteers.
Today, Cherry Point's NMCRS is helping Marines and Sailors but can always use more volunteers to help accomplish its mission.
"We are looking for people with compassion and a desire to help others," said Jefferies. "The society also pays childcare and mileage for volunteers."
For more information on volunteering for the NMCRS call 466-2031.

Cherry Point's NMCRS office recognizes its volunteers twice a year in addition to naming a



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Working together for better tomorrow



Capt. Stephan P. Karabin II, left, with Charlie Company, 1st Battalion, 3rd Marine Regiment, meets with British soldiers with Alpha Squadron, Cavalry Regiment; local Afghan leaders and Afghan National Policemen near Marjah, Afghanistan, Feb. 21. Their units are working to improve security and stability in Helmand province.

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Marines prepare Afghanistan for success

CPL. ZACHARY J. NOLA
Regimental Combat Team 7

FARAH PROVINCE, Afghanistan – Before coalition forces can leave Afghanistan they must first make sure the government has a reliable and proficient fighting force. Without one, the country is vulnerable to invasion and insurrection.

Both an Afghan army and police force exist, and the training of these forces is ongoing, but coalition forces must ensure Afghan National Security Forces aren't pushed through training too quickly just to get them into the fight.

Through on-the-job training, Marines of 3rd Battalion, 4th Marine Regiment, Regimental Combat Team 7, Marine Expeditionary Brigade-Afghanistan, have found a way to ensure ANSF members are well trained and used as an immediate asset in the fight against the Taliban.

ANSF members recently received this training when they joined Marines from Company I, 3rd Bn., 4th Marines, for an operation to clear the Taliban presence from Buji Bhasht Pass and the surrounding towns.

While the Marines of Co. I admitted their Afghan counterparts still need additional training to be a premier fighting force, they were impressed with the knowledge and effort ANSF members put forth.

"The ANA did well," said Lance Cpl. Jordan T. Stevenson, 21, a rifleman with Co. I. "You go into a compound, and they'd do everything you need them to do. You'd point out a locker, and they'd know how to search it."

Marines take pride in knowing they can trust the Marines to their left and right during critical situations. Stevenson said he felt no different when it was an ANSF member instead of a Marine.



Cpl. Bradley Penn, a section leader with Company I, 3rd Battalion, 4th Marine Regiment, gives a thumbs up to an Afghan National Security Force member during a patrol of villages north of the Buji Bhasht Pass.

"I felt completely confident that the ANA were doing their job just as well as we were doing ours," said Stevenson, a native of Fletcher, Okla. "They did their job efficiently and effectively."

The training implemented by 3rd Bn., 4th Marines, is paying dividends since it is strengthening ANSF members with strong training and providing the Marines a helpful tool when interacting with Afghan locals.

"They know how to handle the people," said Lance Cpl. John J. Seguna, a rifleman

with Co. I. "They're very important when it comes to cultural aspects. They know what's normal in a house and what to search."

While a language barrier existed during the operation, the Marines and ANSF members did their best to communicate through hand signals. Both groups also made sure to learn each other's names and shared rations and the occasional laugh.

Throughout the operation, the Marines and ANSF had to battle inclement weather. Rain, sleet, high winds and low tempera-

tures attacked the clearing force throughout the day.

While the situation was less than perfect, the training allowed the Marines and ANSF to share an experience that neither will soon forget. Sharing these experiences will hopefully break down any barriers remaining between the two forces and create a sense of brotherhood between them.

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Exercise Cobra Gold 2010 comes to close in Thailand

LANCE CPL. SALVADOR MORENO
Marine Corps Air Station Iwakuni
MARINE CORPS AIR STATION IWAKUNI, Japan – Exercise Cobra Gold 2010, a multi-lateral exercise demonstrating joint and multinational capabilities, to improve interoperability between the United States and Thailand, came to a close with the main body of Marines departing Thailand Feb. 20.

Although there was no official closing ceremony, the exercise ended Feb. 11. However, Marines and Sailors were still conducting training until their final departure.

Marine Fighter Attack Squadron 115, Marine Aircraft Group 12, Marine Aviation Logistics Squadron 12 and Marine All-Weather Fighter Attack Squadron 242 participated in the 10-day exercise with units from other bases around the world.

Exercise Cobra Gold 2010 provided VMFA(AW)-242 and VMFA-115 pilots an opportunity to put their training to the test against the Thai Royal Air Force's F-16's as well as other aircraft.

"It gives the pilots the opportunity to practice," said Gunnery Sgt. Tarik Fleming, VMFA(AW)-242 ordnance technician. "It helps their proficiency when they go out and actually shoot or drop live weapons/high explosive weapons."

Cobra Gold 2010 differed from previous years exercises due to the involvement of the Republic of Korea's Marine Corps in the annual exercise. U.S. Marines, Thai Marines

and Republic of Korea Marines all worked together for an ultimate show of Marine Corps strength and skill at Ban Chan Khrem, Thailand.

The Ban Chan Khrem maneuver was highly important because it allowed all three services to live side by side, eat together, work together and, most importantly,

overcome cultural differences and communication barriers.

The U.S. and Thai military set up numerous events for Marines, Sailors and airmen to interact, such as social events and soccer games.

The MAG-12 chaplain, Lt. Cmdr. Denis Cox, set up more than 15 community relations projects

in which Marines and Sailors were encouraged to visit the local community and represent the United States as ambassadors.

The community relations projects took place almost every day the Marines and Sailors were in Thailand. The Marines and Sailors visited a Thai youth prison and also constructed a basketball court

for the local community.

The exercise was an overall success and beneficial for all militaries involved.

From start to finish, the Marines and Sailors who participated in Cobra Gold 2010 hit the ground running and strengthened the relationship and interoperability between all countries involved.



U.S. Marines, Korean and Thai service members work side-by-side as they train on the firing range at Ban Chan Khrem, Thailand, Feb. 6, as part of Cobra Gold 2010. The exercise commenced Feb. 1, and is a regularly-scheduled joint/combined exercise in the series of U.S.- Thai military exercises.

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Life & Times

Section B

March 4, 2010



PHOTO: SAMANTHA H. ARRINGTON
MWHS-2 Marines help each other secure their chemical protective suits before entering the Cherry Point gas chamber for their annual qualification, Feb. 24.

Gas, gas, gas!

PHOTO: SAMANTHA H. ARRINGTON
Marine Wing Headquarters Squadron 2 Marines stand inside the Cherry Point gas chamber waiting to begin their annual qualification.



PHOTO: SAMANTHA H. ARRINGTON
A chemical, biological, radiological and nuclear defense specialist with MWHS-2 empties a capsule of OrthoChlorobenzylidene Malononitrile, more commonly known as CS or tear gas, onto a hot plate causing the CS to be released into the air.

Marines execute gas chamber requalification

PHOTO: SAMANTHA H. ARRINGTON
MCAS Cherry Point

On the morning of March 20, 1995, five cult members boarded different subway trains in central Tokyo. The cult members carried and released plastic bags filled with liquid sarin, a toxic substance classified as a weapon of mass destruction, into the Tokyo subway trains.

The attack killed 12 and injured an estimated 6,000 commuters. Injuries ranged from migraines to comas.

The Marine Corps participates in daily, monthly and annual training exercises to remain the nation's 911 force in readiness and to be prepared for situations like the 1995 Tokyo attack.

The ability to stop such attacks may not be possible but through training, Marines stay prepared and remain ready for any situation.

Most people would not look forward to a trip to the gas chamber, but for Ma-

rines it's all part of their routine training and qualification.

More than 60 Marines with Marine Wing Headquarters Squadron 2 held their annual gas chamber requalifications, Feb. 24.

Prior to entering the gas chamber, the Marines received a series of classes covering proper fit and usage of gas masks.

After a safety briefing and instructions, the leathernecks were ushered into a small brick room 10 to 15 at a time. The room was hot and a single window was covered with a thick haze of OrthoChlorobenzylidene Malononitrile, more commonly known as CS or tear gas.

Inside the chamber, Marines followed the instructor's orders to perform jumping jacks, increasing their heart rate and making them breathe heavily. The Marines also shook their heads side to side, to demonstrate the mask's mobility. Fi-

nally, they broke the seal on the mask, exposing their faces to the gas.

As the Marines performed these tasks, their skin, eyes and throats burned.

"Marines never know what environment they are going to be in," said Cpl. Ryan C. Anderson, a chemical, biological, radiological and nuclear defense specialist with MWHS-2. "This training is necessary."

The Marines who exited the gas chamber welcomed the fresh air. Their faces were bright red and dripping with sweat.

"This is my first gas chamber qualification since I was in boot camp," said Lance Cpl. Joshua A. Herbison, a saxophone player for the 2nd Marine Aircraft Wing Band. "It was a good refresher course, and I am more confident in my ability to react to a situation where I might need these skills."



PHOTO: SAMANTHA H. ARRINGTON
Marines with Marine Wing Headquarters Squadron 2 plunge into the Cherry Point combat pool as part of their annual swim requalification.



PHOTO: SAMANTHA H. ARRINGTON
MWHS-2 Marines line the edge of Cherry Point's combat pool during their annual swim requalifications, Feb. 23.

MWHS-2 Marines attack annual swim requalification

PHOTO: SAMANTHA H. ARRINGTON
MCAS Cherry Point

When they weren't conducting gas chamber requalification, more than 60 Marines from Marine Wing Headquarters Squadron 2 participated in annual swim requalifications at Cherry Point's combat pool, Feb. 23.

"Swim qualification could save your life," said Sgt. Christopher A. Kendall, a Marine combat water survival instructor. "Marines are amphibious by nature, and swimming is a valuable skill set."

Each swim requalification session begins with an hour of refresher training that covers risks in an aquatic environment, personal survival techniques and lifesaving procedures, such as various breathing techniques and hypothermia prevention.

"This is my first swim qualification since boot camp, and the classes taught me a lot about water survival," said Lance Cpl. Joshua A. Herbison, a saxophone player for the 2nd Marine Aircraft Wing Band. "Swim qualification gives me the chance to get comfortable with swimming in my uniform."

Presently, there are four levels of combat water survival training, and each level has its own set of tasks that must be performed in order to advance.

The MWHS-2 Marines tested for level four swim requalification, which is the minimum requirement. After level four, the Marines had the option to advance onto levels three, through one.

Soon after the refresher courses were over, the Marines plunged into the water to learn the basics of operating in combat gear, how to utilize their uniform as a life preserver, and tips for maintaining a relaxed state while in stressful situations in the water.

"I'm swim qualifying to deploy," said Staff Sgt. Jeffrey Quattlebaum, an imagery analyst chief with the 2nd Marine Aircraft Wing. "Swimming is great for you, and it's a skill you have to practice because you never know what position you might be in."

Annual training is required for deployment and helps Marines with many things, including promotions, meritorious boards and overall experience, said Kendall.

Young Marines receive donation



Lawrence Ch. Swain/USMC G. Colon Jr.

Former Marine Staff Sgt. Bill Sanford, a member of the Ka-Bar chapter of the Leathernecks Motorcycle Club Inc., gives a short history lesson about the club and the Marine Corps to the Havelock Young Marines and recruits at the Fleet Reserve Association's facility, Branch 141, Feb. 20. Havelock Young Marines received a \$250 donation from the Ka-Bar chapter of the Leathernecks Motorcycle Club Inc., which is based in Jacksonville, N.C., and donates funds to several Young Marine programs in the region. The Young Marines program is a national youth education and service program for boys and girls ages 8-18. The program is run by an all-volunteer staff including Marines, Sailors and civilians. According to Staff Sgt. Preston M. Lamb, a volunteer with Havelock chapter, the Young Marines help to build confidence, teamwork and leadership in children.

FRC-E presents 2009 equal opportunity awards

HILDA M. DAVIS
Fleet Readiness Center East

Fleet Readiness Center East commanding officer Col. L. Scott Loch, executive officer Col. Mitchell A. Bauman and deputy equal employment opportunity officer Hilda M. Davis, presented the 2009 equal employment opportunity awards to the winners and runners-up during an awards ceremony and luncheon at the Havelock Tourist and Event Center recently.

This year's winners were: Supervisor of the Year, Donald Kelly; Non-supervisor of the Year, Tracy Pettipas; Woman of the Year, Sheila Cuthbertson; Man of the Year, Christopher Holder; Leadership Award, James Dickinson; and Unit Award, Support Equipment and Aircraft Launch Recovery Equipment Department (AIR-4.8).

This year's runners-up were: Woman of the Year, Sandra Sanderson; Man of the Year, Jewel Walls; Supervisor of the Year, Alex Davis; Non-supervisor of the Year, Beatrice Respers; Leadership Award, Dennis West; and Unit Award, Industrial Compliance and Operations Department (Code 6.5).

The commanding officer, executive officer, deputy EEO officer and the EEO staff Sharron Bryant, Martha Vasquez and Rita Lindsey congratulate the winners and runners-up.

A special thank you to toastmistress Mary Beth Fennell

and guest speaker Mark Ammisah, for their help making the 2009 EEO Award Ceremony a tremendous success.

Special recognition was given to Joann Tadlock in appreciation of 27 years of outstanding contributions and

continued dedicated support to the FRC East EEO Program. Tadlock retired Feb. 3.



Davis Hoover

Equal employment opportunity award winners display their accolades with guest speaker Mark Ammisah. Pictured left to right are Ammisah, Chris Holder, Sandi Sanderson, Beatrice Respers, Jewel Walls, Tracy Pettipas, Randy Turner, Paul Kelley, Amy Morgan, James Dickinson, Sheila Cuthbertson, Alex Davis and Jonathan B. Garner.

Back disorders make top ten Marine Corps Center for Lessons Learned offers tips to prevent back injuries at work

SPECIAL TO THE WINDSOCK
MARINE CORPS CENTER FOR LESSONS LEARNED

Back disorders are listed in the top ten leading workplace injuries published by the National Institute of Occupational Safety and Health.

They account for 27 percent of all nonfatal injuries and illnesses involving days away from work.

Your back is a sophisticated piece of machinery made up of numerous muscles, bones, nerves and supporting tissues. It's a machine you use every day, probably in ways you don't even notice. Just like the finest machinery, your back requires proper care to keep it working. If it's not working right, you'll suffer.

An injured back affects your ability to move your limbs, your hips, your neck and your head. Injuries to the back can be very debilitating, causing a lot of pain, time away from work, and often requiring physical therapy or even surgery.

Anyone whose job involves stressful lifting or awkward postures is at risk for back injury.

Common causes of back pain:

- Standing or sitting too long, especially without changing position
- Lifting or carrying something that is too heavy and/or awkward
- Lifting things using an incorrect technique, with your back in the wrong position
- Sleeping in the wrong position or on a bad mattress

Several symptoms can warn you that your back is injured.

While lifting:

- Don't bend over an object you are lifting. Bend your knees, squatting in front of the object to reach it.
- Lift the object slowly and carefully, using your leg and arm muscles to lift, not pulling with your back.
- Keep your head up and look straight ahead while making the lift.

- While lifting, keep the object as close to your body as possible.

- Keep abdominal muscles tight while making the lift.
- Use the same techniques when you put the object down.

- If the object is too big or too heavy to lift using these techniques, use mechanical assistance or get someone else to help.

When reaching for objects:

- Do not reach for an object unless you're sure you're strong enough to lift it.

- Use a step ladder to reach objects above shoulder height.

- Avoid awkward stretches while reaching. These stress your back and could cause you to lose your balance.

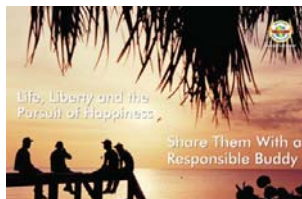
- Don't depend on structures to support you (e.g., a shelf support, a storage rack, etc.). These could easily give way if you pull or tug on them.

Exercise also plays an important role in keeping your back strong, healthy and flexible. A properly exercised back is less likely to be injured. Your physician, corpsman, company medical personnel or other health care provider can recommend the best exercises for you, taking into account your physical condition and the type of work you do.

Finally, a word about back belts. There's a lot of controversy about using back belts to control lower back injuries in workers who don't have an existing injury. One thing that is agreed upon is that back belts should never be a substitute for a comprehensive back injury prevention program.

If you do use a back belt, be aware that you may experience a false sense of security by wearing the belt. You may be tempted to lift loads you wouldn't otherwise lift.

Remember, it's your back doing the work, not the belt. Always be alert for situations that could cause a back injury. Don't take unnecessary chances.



THE LOCAL BUZZ

Announcements

► Indicates new announcement

► Free Kindergarten Informational Session

Parents who have a child entering kindergarten in Craven County this year are encouraged to attend "Kindergarten: Ready, Set, Go" a free information session to help parents prepare for their child's transition to kindergarten.

The second session will be held on March 9 at the central office of Craven County Schools, located at 3600 Trent Road in New Bern. A third session will be held at the Craven County cooperative extension office, located at 300 Industrial Drive on March 15. Each session will run from 7 to 8 p.m., with registration starting at 6:30 p.m.

Pre-registration is required to attend the sessions. Parents should register at least one day prior to the session they attend.

To register call the child care resource and referral program of Craven at 672-5921 or send an e-mail to kindergarten@embarqmail.com.

For information about Kindergarten: Ready, Set, Go parent information sessions, call Pinkie Moore at 671-0689.

► New Bern Civil War Trolley Tour

The Civil War trolley tour will start March 20 on the third Saturday each month at 10 a.m.

The 90-minute narrated tour recounts the capture and occupation of New Bern by Union Troops and will include Civil War sites and landmarks in the Downtown Historic District.

Tours will depart and end at the corner of George and Pollock Streets directly across from the Tryon Palace Visitors Center.

Tickets for adults are \$15 and children 12 and under are \$8. Reservations are required.

For reservations or more information, call New Bern Tours at 637-7316 or visit the Web site at <http://www.newberntours.com>.

► Coastal Home and Garden Show

The 22nd Coastal Home and Garden Show will be at the Crystal Coast Civic Center in Morehead City, N.C., this weekend, March 5-7.

Admission is free to active-duty military families and \$3 for the general public.

The hours are Friday 4-8 p.m., Saturday 10 a.m. to 5 p.m. and Sunday 11 a.m.-4 p.m.

Call Janie Jones at 247-3883 for more information.

► Free Care Packages for Deploying Troops

Deploying troops are invited to sign up to receive free

care packages from Give2thetroops.

Packages contain an assortment of items including snacks, toiletries and recreational equipment for 8-12 troops to share.

Troops can sign up at <http://www.give2thetroops.org> and follow the link to troop sign up.

Kindergarten Registration 2010

Kindergarten registration for Craven County schools is scheduled for March 11.

Parents or legal guardians should present the following directly to Craven County schools:

- Proof of residency in the form of a tax statement, rental or lease agreement, residence contract with closing date or occupation of dwelling date, or a current utility bill
- A picture identification
- Certified copy of the child's birth certificate
- Up-to-date immunization records.
- Custody documentation (if applicable)

For specific dates and times, contact your child's school.

Tryon Palace and Historic Sites and Gardens

The Tryon Palace Gardens will be open to the public at no charge every Sunday beginning Saturday through October.

This is a wonderful opportunity to stroll through the gardens or take family photographs in the area.

An all-inclusive two-day Governor's Pass will be available at a reduced price of \$12 for adults and \$5 for students.

For more information, visit the Web site at <http://www.tryonpalace.org> or call 514-4900.

2010 Census Bureau Jobs

The U.S. Census Bureau is recruiting temporary, part-time census takers for the 2010 census, including positions for Cherry Point base housing.

These short-term jobs offer good pay, flexible hours, paid training and reimbursement for authorized work-related expenses, such as mileage incurred while conducting census work.

The bureau will hold a workshop Friday at the Havelock campus of Craven Community College from 9:15 a.m. to 3:30 p.m. to screen and prepare applicants.

Apply today by calling (866) 861-2010 to schedule an appointment.

Scholarships Available for Dependents

The Officers' Spouses Club of Cherry Point is now accepting college scholarship applications.

Eligible applicants must be students who are beneficia-

ries of active-duty military members aboard Cherry Point or beneficiaries of retirees or deceased military members living in Craven, Carteret or Pamlico counties.

Applicants who are high school seniors, community college or university students will be considered based on eligibility and must be enrolled or applying for admission in the 2010-2011 school year.

Applications must be post marked no later than March 31. For more information or to download an application, visit <http://www.cherrypointosc.org>.

Marine and Family Services

Marine, Family Services Office Numbers

The Family Member Employment Assistance Program, Transition Assistance Management Program, Relocation Assistance Program and accredited financial counselors can be reached at 466-4401.

- The Exceptional Family Member Program can be reached at 466-7547.
- The Family Counseling Program at 466-3264
- Retirees can contact the Retired Activities Office at 466-5548.
- The Substance Abuse Counseling line at 466-7568
- New parents can call the New Parent Support Program at 466-3651.

Budget For Baby

The Navy-Marine Corps Relief Society offers Budget for Baby classes.

Learn about and plan for new expenses. Call 466-2031 for information or to register.

Veterans' Assistance

A representative from the Veterans Affairs Office visits Cherry Point each Thursday in building 232. Call 466-4401 for assistance.

Monthly and Weekly Events

Courage to Change

Cherry Point and Havelock Courage to Change Al-Anon Family Group offers hope and support for friends and family of alcoholics.

Meetings are at St. Pauls Lutheran Church in Havelock, every Tuesday at 8 p.m.

For more information call 241-6155 or 670-6236.

Together For Life

The "Together for Life" one-day premarital seminar is held for active duty personnel age 26 and under, within 90 days of marriage.

Please visit the chapel Web site at <https://www.cherrypoint.usmc.mil/chapel/default.asp> to sign up.

Disabled Veterans

Chapter 26 of the Disabled American Veterans meets on the third Tuesday of each month at the Veterans of Foreign Wars Post 7315 in Havelock at 7 p.m.

For information, contact Doug Matthers at 447-2761.

Al-Anon Family Group Meet

There are Al-Anon family group meetings Tuesdays, 8-9 p.m., for family members and friends of individuals who may have or had alcohol problems in their lives.

The meetings are held at Havelock First Baptist Church.

For more information, call 447-8063 or 447-2109.

Domestic Violence Victims

A support group for victims of domestic violence is provided by the Carteret County Domestic Violence Program.

The group meetings are held every Wednesday at 6 p.m.

For more information, call 728-3788.

School Volunteers

Mentors are needed for individual students in school. Several schools have also requested volunteers for their reading programs.

For more information call Donna Bagley at 466-4196.

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This week in Marine Corps History

March 8, 1965

The 9th Marine Expeditionary Brigade landed at DaNang, Vietnam. Three thousand five-hundred men arrived both across China Beach with Battalion Landing Team 3/9 and at DaNang Airfield with Battalion Landing Team 1/3.

March 11, 1778

The Continental Navy frigate Boston, enroute to France, sighted, engaged, and captured the British merchant ship Martha. John Adams seized a musket and joined the Marines on deck until the frigate's captain, Samuel Tucker, sent him below for safety.

Operation Eagle Eyes

Tests of Security

Are you aware of any attempts to penetrate or test physical security or procedures at the military facility?

If you observe this or other suspicious incidents, call 466-3616 or 466-3617 immediately. MCAS Cherry Point Emergency Dispatch

Got MCIs?
www.mci.usmc.mil

Hotlines

2nd MAW Command Inspector General
466-5038

If you are a victim of sexual assault

Immediately call 466-3264 during working hours or (800) 208-8086 after hours and on weekends. The person answering the call will help you decide the next steps to take. You may remain anonymous. This procedure is not to replace calling 911 if you are in immediate danger. Remember, it's not your fault. Support is available.

Severe weather and force protection information

Military personnel call 466-3093.
FRC East personnel call 464-8333.
DDCN personnel call 466-4083.

Fraud, Waste and Abuse

If you know of or suspect any fraud, waste or abuse aboard MCAS Cherry Point, call 466-2016. This line's automated answering service is available 24 hours a day.

Now Partnered with Monster.com!

How Do I Place An Ad?

By Phone: 888-328-4802
By Fax: 888-328-8261
Online: encclassifieds.com

In Person: Mon-Fri 8am-5pm
3200 Wellons Blvd, New Bern, NC 28562

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 \$500 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.

Publication Policy

To ensure the best response to your ad, please take time to be sure your ad is correct the first time it appears. If you see an error, please call us immediately to have it changed. However, the publisher is responsible for one incorrect day only. Liability shall not exceed the portion of the space occupied by the error and is limited to the copy submitted for publication. We reserve the right to classify and index any advertising based on the policies of this newspaper. The publisher will not be liable for any advertisement omitted for any reason. Ad position is not guaranteed. Rates are based on consecutive insertions. For information about lower contract rates, please contact an Ad-Visor at 888-328-4802.

Services Directory

NEW TODAY

Cleaning Services
RESIDENTIAL & COMMERCIAL
"FREE" estimates. Reasonable rates! Call (252)814-9793

Cleaning/Gravel
BULLDOZER, excavator, grading, demolition work. Fill dirt, topsoil & sand. (252)659-6932

NEW TODAY

Concrete
DISCOUNT PRICES Driveways, patios sidewalks No one can beat my price Daugherty's (910)989-8575

Disposal
WANTED PAYING TOP dollar for junk cars and trucks. Free pickup. Call (252)745-5661

Drywall Repair
NEW WORK or repair to existing walls and ceilings. Free estimates. Call 252-633-4909

Flooring
Hardwood Floors Sanding, refinishing, staining, repairs & install. Old floors made new! Free estimates. Call (252) 286-2295

Flooring
Hardwood Floors Sanding, refinishing, staining, repairs & install. Old floors made new! Free estimates. Call (252) 286-2295

Gutters/Construction
DAD & THE BOYS LLC
Seamless gutters. \$ Gutters \$3.50 per foot 1 story. \$4.50 per foot 2 story plus downspouts. We specialize in flooring & remodeling. We do all phases of residential construction. 252-659-2224

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

Handyman
DEPENDABLE AND QUALITY work. Carpentry, painting, vinyl siding, decking & more! (252) 571-4335

Handyman
Mr. Odd Job! Plumbing, Electric, Carpentry, Tile, Painting. Free Estimates. 252 249-0381

Services Directory

Handyman
EASTERN CAROLINA'S HANDYMAN We do it all! A level ahead of the rest! Where quality counts. 1 year warranty. References. Fully insured. 252-670-7981 or 514-3013

NEW TODAY

Hauling
Fill dirt, topsoil, sand, rock, backhoe, grading, debris removal, demolition, drainage tile Reid Avery (252)638-2801

NEW TODAY

Home Improvement
ATLANTIC BUILDERS Room additions, remodeling & repairs, garages, decks, sheet rock, painting & roofing. Ability with dependability. "FREE" estimates! (252)447-2394

Music Lessons
PIANO LESSONS
(252)447-4086

Services Directory

Home Improvement
CANNON VINYL PAINT & Remodeling. 25 years experience. Call Joel (252) 634-8078 for estimate.

Home Improvement
MCR Remodeling Kitchens, baths, hardwood, tile, laminate, painting. Insured. 252-626-5340

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

Landscaping
RANDY'S BED MAINTENANCE & LANDSCAPING Spring is coming. Planting, mulch, sodding, pine straw, and irrigation repairs. Call 910-743-2951 or 252-474-4491

Lawn Care
SPRING CLEANUP! Raking yards, pressure washing, mulching flower beds, removing small trees, landscaping. Campbell's Lawn Care (252)942-1984 or 342-4488

Services Directory

Painting
A-1 HIGH QUALITY PAINTING & PRESSURE WASHING Where quality counts. We care about your home and business. References. 252-670-7981 or 571-7551

Patios and Walkways
WIDE SELECTION OF pavers and flagstone. Installation available. Stone Craft (252)633-4956

Retaining Walls
ROCK, BLOCK & P.T. TIMBER, retaining walls. Call (252)637-ROCK www.rockyards.com

Roof Repair
J&L ROOFING CO. Free estimates. Fully Insured, 24 hour patch repair 252-626-2740

Stone
FLAGSTONE, BOULDERS, Veneer, River Rock. Installation available. Stone Craft (252)633-4956

Services Directory

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

Services Directory

Tile Installation
BATH/KITCHEN REMODELING and granite/marble Countertops. Free estimates! (252)463-3700

NEW TODAY

IMMEDIATE OPENINGS:
HOME HEALTH & HOSPICE RN's
LICENSED OCCUPATIONAL THERAPIST
PART TIME HOME HEALTH MSW
HOSPICE CNA's

Continuum
Home Care & Hospice

Call: 888-814-8904, Fax: 910-989-2691
or Email resume to: info@continuumhch.com

NEW TODAY

Monarch
Helping Dreams Take Flight

RESIDENTIAL/VOCATIONAL DEVELOPMENTAL SPECIALISTS

to work with individuals with disabilities in their homes, at work, and in the community.
FULL TIME, PART TIME AND SUBSTITUTE POSITIONS AVAILABLE. FLEXIBLE HOURS AVAILABLE!

Experience is preferred, but not required. Paid training is provided. Qualified applicants will have a high school diploma or equivalent and a driver's license that conforms to NCDMV.

APPLICATIONS ARE ACCEPTED ONLINE AT:
www.MonarchNC.org
AN EQUAL OPPORTUNITY EMPLOYER

Fleet Readiness Center(s) & MCAS Cherry Point, NC Job Fair

Service Disabled Veteran Owned Businesses (SDVOSBs) and Select Partners are looking for:
Logisticians,
Engineers,
IT Specialists,
Program Managers,
Acquisition Managers,
Financial Managers

March 4th 3:30 - 6:00 pm
Havelock Tourist Center
201 Tourist Center Drive
Havelock, NC 28532
252-444-4348

PRECISE SYSTEMS

Privately Sponsored Event, not affiliated with the US Government

wyle

3

The Windsock Free Classifieds

How to Place a Windsock Free Classified Ad

Active duty, retired military personnel and their dependents may place classified ads in *The Windsock* at no charge. You must go to the Joint Public Affairs Office in Bldg. 4817 and fill out an ad request form.

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

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 the entire Windsock.) Therefore, as stated on the free ad request form, free classified ads "...must not be of a commercial or business nature."

This includes baby-sitting, property for rent, 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.

- ▶ Deadline for submitting free classified ads is noon, Monday ◀
- ▶ When Monday is a Federal holiday, ads must be submitted by noon, Friday ◀
- ▶ To re-run, free ads must be resubmitted ◀

005 Services Directory

Tractor Work
FOOTINGS, BUSHING, BACK-
HOE and tractor work. Call
(252)670-0555

NEW TODAY

Tree Service
A-1 TREE
Tree removal and
trimming, stump grinder,
up to 95' bucket truck.
Mastercard/Visa accepted
Earl Temple (252)636-0611

000 Instruction & Training

J.Y. Monk
Real Estate School
Get your
Real Estate License
FAST
Raleigh, Wilmington
& Greenville. Courses
Free. Free Home & Schedule
1-800-849-0932
www.jymonk.com

000 Help Wanted

NEW TODAY

General

GARRIS
EVANS
Lumber Co.

425 Garner Rd., New Bern
now hiring for the
following positions for our
New Bern location:

★ ★ ★

MANAGER
OUTSIDE SALES
INSIDE SALES
TRUCK DRIVER
CDL required
YARD PERSON

★ ★ ★

For appointment, contact
Jeff Massey
jmassey@
garrisevans.com
(252) 633-4104 or
814-4123

NEW TODAY

General

LICENSED
COSMETOLOGIST
needed part time or full time.
(910)617-1355

NEW TODAY

General

MEAT WRAPPER
NEEDED AT GRANITSBORO
PIGGLY WIGGLY
Experience preferred.
PLEASE CONTACT
K.D. OR BILLY
APPLY IN PERSON!

NEW TODAY

General

FREE PHOTO SHOOT
if accepted. Local Agency
Interviewing Expressive Babies
and Kids for commercials
& print. Bookings pay well.
www.cbgroup.com for info
(252)670-0464

000 Help Wanted

NEW TODAY

Human Services

THERAPEUTIC
FOSTER CARE
COORDINATOR

LIFE, Inc. is a private company
providing behavioral healthcare
services throughout Eastern
N.C. We are currently hiring
for a Therapeutic Foster
Care Coordinator.

Candidates must have a
bachelor's degree in human
services and 2 years
experience in therapeutic
foster care. LCSW, LPA or
LPC preferred. Duties include
overseeing day to day
operations of TRC homes and
children and maintain
relationship with department
of social services. LMC and
private service providers.
Must have ability to work
a flexible schedule and
be on call.

SALARY
COMMENSURATE
WITH EXPERIENCE!

FAX RESUMES TO
JIM WALKER AT:
(919)778-2920
OR EMAIL:
jimwalker@
lifeincorporated.com

000 Help Wanted

NEW TODAY

Human Services

RHA Health Services Inc.
LICENSED CLINICAL
PROFESSIONALS
NEEDED FOR
IH AND THERAPY

OFFERING A \$500
SIGN ON BONUS

Must be an individual
who holds a license,
provisional license,
certificate, registration or
permit issued by the gov-
erning board regulating a
human service profession.

Job Descriptions Summary
Serves as the primary team
leader supporting individu-
als with MH/SA issues. Co-
ordinates and monitors the
array of services and sup-
ports identified in each per-
son's Person Centered Plan.

These interventions are
strength-based and focused
on promoting recovery,
symptom reduction, in-
creased coping skills, and
achievement of the highest
level of functioning in the
community. This position
will be on the Intensive
In-Home Team. Therapists
needed to provide individual
and group therapy to indi-
viduals with MH and SA
issues for children and adult
population. Will perform
Clinical Comprehensive
Assessments.

Benefits: In addition to a
bright future in a growing
and dynamic company, we
offer a competitive salary,
excellent benefits package,
free training for CPR
and first aid, tuition reim-
bursement and 403b plan

Job Requirements
Supervision: May manage
2 or more employees.
Education and/or Experi-
ence: Must hold a license,
provisional license, certifi-
cate, registration or permit
issued by the governing
board regulating a human
service profession Four
years of full-time accumu-
lated experience in MH/DD/
SA with the population

Contact: Carol Villarreal
Email:
cvillarreal@rhanet.org
Fax 252-638-7586
or call 252-638-9091

000 Help Wanted

NEW TODAY

Management

CLINICAL
DIRECTOR

LIFE, Inc. is seeking a licensed
professional for director of
clinical operations. LIFE, Inc.
provides community support
team, therapeutic foster care,
DD case management and Calp
direct services. This position
will oversee daily service
operations and supervise
clinical staff. Must be fully
licensed and have a minimum
of 2 years supervisory
experience.

COMPETITIVE
SALARY & BENEFITS!

PLEASE FAX RESUMES
TO JIM WALKER:
(919)778-2920
OR EMAIL:
jimwalker@
lifeincorporated.com

000 Help Wanted

NEW TODAY

Medical

Brithaven
of Havelock
CNAs and LPNs

Please contact
Meg Campbell, LPN/SDC
at 110 McCotter Blvd
Havelock NC 28532
(252)444-4631
EEO/AAP

000 Help Wanted

NEW TODAY

Medical

MEDICAL
RECEPTIONIST
PART TIME
Medical Experience
Preferred. Monday-Friday,
4pm-8pm, Saturday,
10am-3pm
Resumes to: NOVA
1813 Glenburnie Ave,
New Bern NC 28562
fax (252) 672-9897

NEW TODAY

Medical

OB GYN OFFICE NEEDS:
MEDICAL

RECORDS CLERK
Good computer skills
essential and previous
medical office experience
preferred. Full time position
with benefits.

SEND RESUME TO:
B. Hurley
801 McCarthy Blvd.,
New Bern, NC 28562

OR FAX TO B. HURLEY:
(252)633-3332

NEW TODAY

Medical

TO GO

PRIVATE
HOME CARE

CNAs

Apply today and
earn a \$450 bonus!

ALL SHIFTS/
FULL TIME
PLACEMENT
♦ ♦ ♦ ♦ ♦

Home Care for the
Elderly. Hourly/24
hour care. Work 3-4 days
& have off 3-4 days.
New Bern, Havelock,
Morehead, Jacksonville
and Swansboro areas.
Errands, Transportation,
Meal Prep, Medication,
Companionship,
Reminders,
Housekeeping, etc.

TOP PAY
Call Today
(252)634-9307

TO GO

NEW TODAY

Medical/Dental

DENTAL ASSISTANT
NEEDED

for our New Bern/Greenville
offices. Must be willing to
commute. X-Ray Certified
preferred but willing to train
Apply in person at
2801 Village Way New Bern
For directions call
(252)636-1011

NEW TODAY

Medical/Health

Experienced Medical
Office Manager/
Patient Coordinator
needed for new Surgical
Practice. Salary Negotiable.
Full time benefits.
Send resume to:
Jarvis@aplusmed.biz

000 Help Wanted

NEW TODAY

Professional

DECHLA (NEW BERN)
Bilingual Executive
Director

Experience with grant writing
and community outreach.
20-30 hours; Bilingual preferred-
Spanish & English.
SEND RESUME TO:
dechlanb@gmail.com

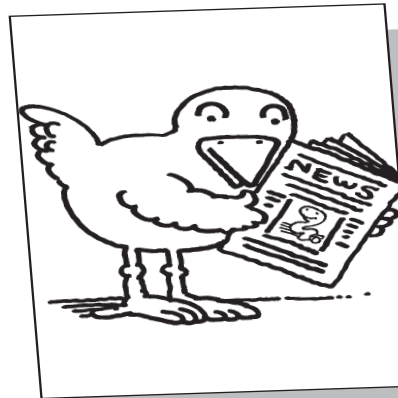
000 Help Wanted

NEW TODAY

Restaurant

MOORE'S BARBECUE
Full Time Counter &
Kitchen Help Needed
Now accepting applications!
NO PHONE CALLS!

BE AN EARLY BIRD!



Don't miss a
single issue of
the Havelock News.
It's packed with
information!
And the latest
happenings in Sports,
Entertainment, Business,
the Military and
Farming.

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subscription
to the
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first time or to
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call the
Havelock News:
444-1999

HAVELOCK NEWS

050 Help Wanted
 + NEW TODAY +
 Technical
IMMEDIATE POSITION
 Available for
Experienced Soil/Concrete Technician
 for Jacksonville geotechnical company. Opportunity for advancement. Medical, dental, 401K, EOE.
 Email resume to:
gghomeier@getsolutionsinc.com

050 Help Wanted
 + NEW TODAY +
 General
FISHERMEN AND VESSEL PERSONNEL
 Omega Protein is currently seeking qualified/experienced Personnel for our seasonal Gulf of Mexico fishing operations. If you are a:

- LICENSED 500/1600 TON MASTER/MATE
- LICENSED/UNLICENSED MATE
- LICENSED/UNLICENSED CHIEF OR ASST ENGINEER
- FISHERMAN

A representative will be at the North Carolina Employment Security Commission/Craven County JobLink Career Fair on Thursday, March 11th from Noon to 4:30 pm at the New Bern Convention Center

Omega Protein offers paid training, advancement opportunities and an excellent compensation and benefits package. Candidates must provide favorable work references and the ability to pass a post offer medical exam and drug screen. Omega Protein is proud to be an equal opportunity employer, promoting diverse opportunities throughout our workplace.

To request an application call 1-866-944-0844
www.omegaproteininc.com

205 Homes for Sale
 + NEW TODAY +
1,850SQ. FT. 3/2 Large closets, whirlpool, fireplace, heat pump, 2 car garage, landscaped on hill. By appointment (252)637-3868

APPROX 2200 SQ. FT. 3 bedroom brick home. 2.5 bath with bonus room. 2 car garage, workshop. Havelock on 2 acres with pond. \$210,000. Call for appointment. (912)228-4117 or (808) 223-7759

TUCKER CREEK HAVELOCK 3 bedroom, 2 bath with FROG. 346 Farina. Call (252)652-4382

205 Homes for Sale
 + NEW TODAY +
1007 MEADOWS STREET 2 bedroom, 1 bath in nice neighborhood, great yard, gas heat/stove, \$525 a month/deposit. (252) 638-6680 before 9pm!

2407 OAKVIEW DRIVE, NEW BERN 4 bedrooms, 2 bath, 2,294 sq.ft., 1/2 acre lot. \$1,250/month. (252)638-4569

3/2 HISTORIC HOME Cozy front porch, picket fences, family & formal rooms, fenced yard, nice kitchen, \$395. 252-635-7822

075 Child Care
 + NEW TODAY +
QUALITY CARE HOME DAYCARE has 2 full time openings. Ages 3 & up! Structured learning environment, lots of TLC. NC Credentials I & II. First Aid & CPR Certified. (252)626-3416

080 Antiques
 "A short trip across the bridge to Bridgeton", JL Kirkman's Antique Mall has 48 different vendors in the store. We purchase whole estates, therefore, we always have a huge selection of practical stuff for the whole home. Quality furniture, collectibles, jewelry, etc. 9-6 M-F, 10-6 Sat. 1198 Hwy 17N Bridgeton. 252-634-2745

050 Help Wanted
 + NEW TODAY +
FACTORY DEALS-SAVE \$1,000'S
 18x21-60x80 Can Erect & Deliver. www.utilitylink.com Source#1GQ 866-609-4321

110 Pets & Supplies
 + NEW TODAY +
"DOG SCHOOL"
 Basic/Advanced training for all breeds! wellerkamels.com
 New Bern, NC (252)636-5225

130 Furniture & Household
 + NEW TODAY +
#1 ABSOLUTE BARGAIN! Brand new mattresses, still in factory plastic. Queen/Full \$89. Twin \$79. King \$159. With warranty, can deliver, layaway and financing available. Call (910) 325-7008

150 Miscellaneous
 + NEW TODAY +
AFFORDABLE BARN! 12X16 \$1,895; 12X20 \$2,395; 16X16 \$2,795. Other sizes available. Built on your lot. Call (252)831-0664 or 800-218-BARN, Ayden

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

180 Lots & Acreage
 + NEW TODAY +
Great Opportunity SACRIFICE SHORT SALE
 5 acre tidal creek front reduced 70% to just \$49,900. Nearly 3 acre interior parcel with boat ramp just \$29,900. Nearly sold out completed vibrant subdivision on Crystal Coast. County maintained roads with water, boat docks permissible. Enjoy kayaking, canoeing, jet skiing or boating. Buy & Hold or Build anytime. Mortgage directed sale. Call (866)753-3226

200 Business Opportunities
 + NEW TODAY +
Established Vending Route
 Turn key, very profitable bulk route in Jacksonville area. Will sell all or part. (800)854-2382

205 Homes for Sale
 + NEW TODAY +
1,850SQ. FT. 3/2 Large closets, whirlpool, fireplace, heat pump, 2 car garage, landscaped on hill. By appointment (252)637-3868

205 Homes for Sale
 + NEW TODAY +
WE BUY HOUSES! CASH!
 Any area, condition, or price. (252) 876-7925

210 Homes for Rent
 + NEW TODAY +
1007 MEADOWS STREET 2 bedroom, 1 bath in nice neighborhood, great yard, gas heat/stove, \$525 a month/deposit. (252) 638-6680 before 9pm!

2407 OAKVIEW DRIVE, NEW BERN 4 bedrooms, 2 bath, 2,294 sq.ft., 1/2 acre lot. \$1,250/month. (252)638-4569

3/2 HISTORIC HOME Cozy front porch, picket fences, family & formal rooms, fenced yard, nice kitchen, \$395. 252-635-7822

TYLER PLACE LUXURY APARTMENTS
 • High efficiency heat pumps
 • Water, sewer, trash pickup included • Large, open floor plans
 Call or come by today for more information
 Email for Application: tylerplace@embarqmail.com

AFFORDABLE ASK FOR SPECIALS
 No \$!money...No Problem...Move in Today w/ approved credit!

Call for Details
\$525 2 Bedrooms
\$565 3 Bedrooms
 Office Hours: Monday-Wednesday 9-5 & Thursday 9-2
447-5160
 Located at 100 Tyler Place, Havelock, NC 28540

210 Homes for Rent
 + NEW TODAY +
519 WATSON NEW BERN 3 bedroom, 1 bath, fenced yard, \$675 per month plus deposit. No HUD 252-617-7963

210 Homes for Rent
 + NEW TODAY +
AVAILABLE HOUSES
 2 AND 3 BEDROOM HOUSES New Bern, James City & Weyerhaeuser areas. Fenced yard. \$700-\$1,000. No pets. Requires lease, deposit & credit check (252)636-1093

210 Homes for Rent
 + NEW TODAY +
ENERGY EFFICIENT TOWN-HOUSES 2 bedrooms, extra large living room, fireplace, private deck, 1 pet unit. \$500-\$625/month. Call (252)447-6170 www.ccrrentals.net

210 Homes for Rent
 + NEW TODAY +
FREE ROUND TRIP TO THE BAHAMA'S WITH ONE YEAR LEASE OR 1 MONTH FREE RENT on newly remodeled 3/2, 2 car garage in beautiful Greenbrier. Military discount. \$1,200 mo. Contact Tyson Group for details (252)514-9157

210 Homes for Rent
 + NEW TODAY +
FREE ROUND TRIP TO THE BAHAMA'S WITH ONE YEAR LEASE OR 1 MONTH FREE RENT on newly remodeled 3/2, 2 car garage in beautiful Greenbrier. Military discount. \$1,200 mo. Contact Tyson Group for details (252)514-9157

210 Homes for Rent
 + NEW TODAY +
LEASE TO BUY! 3/2, Trenton. 2100 sq ft with pool. \$1100/month or \$169,900. (252) 448-0102

210 Homes for Rent
 + NEW TODAY +
NEWER 3 1/2 BATH, Garage A/C, fresh paint, Small pet ok. \$835. elliarow@earthlink.net or (909) 973-4791 or (252)626-6942

210 Homes for Rent
 + NEW TODAY +
STRICTLY RENTALS : 2 bed rentals \$550-\$750 3/4 bed houses \$750 & up. Call (252)447-0222

210 Homes for Rent
 + NEW TODAY +
TOWNHOUSE End unit, 3 bedroom, 2.5 bath. \$825 per month. No pets. (252)626-3907

210 Homes for Rent
 + NEW TODAY +
UNFURNISHED 2 BEDROOM, 2 BATH Refrigerator and stove, privacy fence, on cul-de-sac, \$725 per month. 252-633-4975

210 Homes for Rent
 + NEW TODAY +
WATERFRONT! FOR SALE OR RENT! 350K or \$1,500 a month rent. 3/2 bath, living, dining, kitchen, sunroom & 2 car garage, lakefront. Call (252)638-3776 or (508)419-1452 for appointment. 9am-3pm

215 Rooms for Rent
CLEAN FURNISHED NO SMOKING near Tryon Palace, for single. \$130 week & up 252-249-2200

220 Apartments for Rent
 + NEW TODAY +
1 BEDROOM Furnished Apartments waterfront setting, weekly, monthly 910-578-5777

1 BEDROOM STUDIO WITH ALL UTILITIES INCLUDED. Only 1 apartment left. \$425/month. Call (252)447-6170 www.ccrrentals.net

210 Homes for Rent
 + NEW TODAY +
1,650 SQ. FT. 2 BEDROOM Deck, fenced yard, \$750/month. NO pets. (252)670-9297

220 Apartments for Rent
 + NEW TODAY +
2 BEDROOM DOWNSTAIRS Just remodeled. \$500 mo. References. 1011 N Craven St. 910-545-2802

220 Apartments for Rent
 + NEW TODAY +
2 BEDROOM Very nice, central A/C, washer/dryer, dishwasher, storage unit, quiet neighborhood, no pets. Call 252-447-1497 between Noon-9pm Mon-Fri.

220 Apartments for Rent
 + NEW TODAY +
ALL THE BEST DEALS Apartments, Townhouses, Duplexes, Mobile home lots or mini storages. Section 8 accepted. (252) 637-5600 Mgmt Svcs

220 Apartments for Rent
 + NEW TODAY +
Carolina Colours 2/2.5 Condo
 Modern, classic details 1400sqft \$1200 mo. Cable/Internet included OrsusMgmt.com (252)649-0410

220 Apartments for Rent
 + NEW TODAY +
COPPERFIELD APTS. 1, 2, 3 bedroom \$425 to \$850. Best location & deals (252)633-3240

220 Apartments for Rent
 + NEW TODAY +
NEUSE WOODS APARTMENTS 211, 1180sq. ft., waterfront, beautiful, quiet location. OrsusMgmt.com (252)649-0410

220 Apartments for Rent
 + NEW TODAY +
Neuse Builders Property Management
 For Lease Homes & Apartments
New Bern Locations
 From the 3075's
 •Arcadia Village
 •Academy Commons
 •Academy Green
 •Havelock Locations
 From the 3395's
 •Crosnan Forest
 •Christopher Downs
 •Tinker Creek
 252-635-6800
neusebuildersrentals.com

220 Apartments for Rent
 + NEW TODAY +
RIVERSIDE HISTORIC DISTRICT 2 bedroom 1 bath, 2nd floor, 1200 square feet. Recent renovations, washer/dryer hook-up, trash included, air conditioned. \$595 plus deposit. (252) 633-6715

220 Apartments for Rent
 + NEW TODAY +
RIVERWALK IN HISTORIC NEW BERN 2/1, refrigerator, wash-er/dryer, range, new carpet & paint. \$650 month. No pets. **Johanne Bunling**, (252)671-0414 New Bern Real Estate

220 Apartments for Rent
 + NEW TODAY +
www.neusebuildersrentals.com

225 Condos for Sale / Rent
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