

## CNO and CMC come to NSA PC



Photo by JOSN Joseph Moon  
Chief of Naval Operations, Adm Michael Mullen, right, and the Commandant of the Marine Corps, Gen. Michael Hagee both visited NSA PC on Oct. 25 during the National Defense Industrial Association Expeditionary Warfare conference in Panama City.

## DoD and Office of Personnel Management Announce New Human Resource System

From Office of the Assistant Secretary of Defense

The Department of Defense and Office of Personnel Management announced last week submission of final regulations for the National Security Personnel System (NSPS) to the Federal Register.

The final regulations define the rules for implementing a new human resources system that will affect about 700,000 DoD civilian employees regarding pay and classification, performance management, hiring, workforce shaping, disciplinary matters, appeals procedures and labor-management relations.

“To transform the way DoD achieves its mission, it must

transform the way it leads and manages its people who develop, acquire, and maintain our nation’s defense capability,” said Gordon R. England, acting deputy secretary of defense, who also serves as the DoD senior executive for NSPS. “Our civilian workforce is critical to the department’s success and NSPS will provide a modern, flexible system to better support them.”

NSPS will improve the way DoD hires, assigns, compensates and rewards its employees, while preserving the core merit principles, veterans’ preference and important employee protections and benefits of the current system.

The regulations are the re-

sult of a broad-based effort that included input from DoD employees, supervisors, managers, senior leaders, union representatives, Congress and public interest groups. As a result of input received from the DoD unions as well as more than 58,000 public comments, DoD and OPM leadership have made a number of changes to the proposed regulations.

“Preserving the fundamental rights of our employees was a critical factor throughout the design process,” said England. “We believe the regulations strike a balance between employee interests and DoD’s need to accomplish its mission effectively

See **NSPS**, page 4

## NSA PC gets new assistant officer in charge

**Naval Support Activity Panama City, FL**—The Navy has assigned NSA PC a new Assistant Officer in Charge. Lt. Cmdr. Ted Cooper is a Limited Duty Officer (LDO), specializing in ordnance who was the Explosives Safety Officer responsible for the activity and its tenants explosives operations in support of EOD, Diving, SPECWAR and mine warfare. This is not his first time in Panama City, this being his second time here as an officer. “It’s great to be back,” he said after his return from being TDY in Guantanamo Bay. Now that he is here and is the assistant officer in charge he

intends to make sure that NSA PC participates with “big” Navy by doing a big part down here, he said. He takes this new job before him seriously, he said, and commented that he feels directly responsible for the Sailors in his command and the decisions that affect their lives. Cooper enlisted in the Navy in May 1982 as a Boiler Technician. His first ship was USS Dewey (DDG 45). Following his tour in Dewey, Cooper changed rates to Fire Controlman. His first ship as an FC was USS Samuel Eliot Morison (FFG 13) where he was initiated into the Chief Petty

Officer ranks. Cooper’s next tour was Naval Consolidated Brig (NAVCONBRIG) Charleston SC where he was the discharge housing unit Leading Chief Petty Officer (LCPO) responsible for prisoners whose sentences required transfer to Federal facilities. Cooper’s next tour of duty was USS Robert G. Bradley (FFG 49) as the Combat Systems Department LCPO. Midway in his tour he was selected and commissioned as an Ensign in the LDO program. Cooper’s first officer tour

See **AOIC**, page 4



Lt. Cmdr. Ted Cooper

### On the Inside

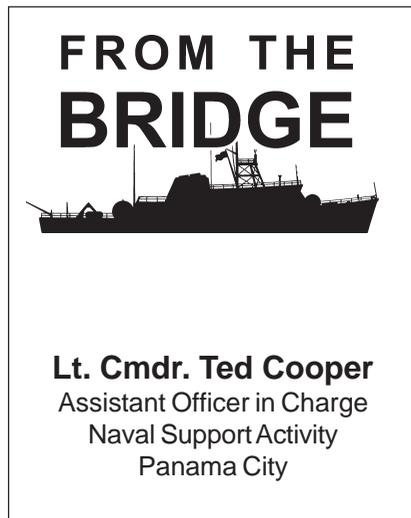
- From the Bridge ..... 2
- Superintendent’s Forum
- New Diving Det ..... 6
- Chaplain’s Corner
- CG wins tournament ..... 7
- Classifieds ..... 12

# Why the Navy cares about your weight, fitness

The Holidays are right around the corner and so are the pounds. I turned 40 a few years ago and the pounds have been harder to get rid of. I enjoy exercising but I have found that the hardest part of exercising is changing into PT clothes. I want to take a few lines to talk about fitness awareness, physical fitness options here at Naval Support Activity and some recent changes to the Chief of Naval Operations' (CNO) instruction on the Navy's Physical Readiness Program.

Why does the Navy care about body fat?

Obesity is defined as a condition of excess fatness. The National Institutes of Health (NIH) has determined that a 20 percent increase in body weight above desirable body weight



substantially increases the risk for high blood pressure, heart disease, diabetes, elevated cholesterol and triglycerides. Obesity is also considered a risk factor for some kinds of cancer and is associated with joint diseases, gallstones, and respiratory problems.

According to recent federal government statistics, 32 percent of white females, 48 percent of African-American females, 47 percent of Hispanic females, and 32 percent of men of all races were overweight or obese. Obesity has become an enormous public health problem.

It is true that many people in the United States tend to gain weight with age, but **it is not necessary that we do.** Getting fatter as we get older is not without increased health risks. It is recommended that we not allow our weight to increase as we age. Diseases associated with aging such as Type II diabetes, heart disease, and stroke are more prevalent in the obese population.

Metabolism slows about 5 percent every decade after age 30, therefore we have to decrease food intake by that much just to stay even. We tend to lose muscle and bone with age as well. We can slow down the effects of decreased metabolism and declining muscle mass if we remain physically active. Since less than 10% of the US popu-

lation currently exercises regularly 3 times per week, it is understandable that most people believe it is a normal process to gain weight as we age. Studies done on other societies show that increases in weight with age are not widespread. Getting older is not an excuse for extra

See **BRIDGE**, page 3

## Naval Support Activity

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## VIEWPOINT:

*“How are you going to honor veterans on Nov. 11?”*



“I was planning on taking my children to the Veteran’s day parade in Blountstown.”

Jamie Tindall  
Acting Manager  
Auto Skills Center



“I’m going to go to my mom’s work which is a retirement and rehabilitation center and visit veterans and hang out with them.”

SK2 Jocelyn Stamos  
Shop Keeper  
Coast Guard



“I’m going to spend time with my family.”

Jamie Graybeal  
Cashier  
MWR Marina



“I will be at work, unlike a lot of you guys who will be barbecuing and having a good time.”

Timothy Johnson  
Retired Navy  
Visitor

**BRIDGE**

from page 1

pounds!

What works to lose weight?

Four components are needed to lose weight effectively and safely:

1. Moderate calorie restriction.
2. Regular aerobic exercise, combined with strength training.
3. A low-fat/high fiber diet.
4. Behavior/lifestyle change to include these factors.

Many people choose to do only one of these components. They may lose weight, but at some point the weight loss may be slow and stop, and they may have trouble keeping it off. Remember, the human body will convert any calories it does not use to fat. "Fat-free" does not mean "calorie-free!"

"I don't have the time"

The most common excuse for not exercising regularly is **no time**. Most people tend to find time for the things they enjoy. Does your work, family, travel, etc. prevent you from keeping up your exercise goals? Work in small amounts of exercise

wherever you can. Although 40-45 minutes of aerobic activity is optimal for weight loss, other small bursts of physical activity add up. They are not meant to replace cardiovascular conditioning, but do help by using calories. How many times do you drive around the parking lot looking for that close space? Why not walk a little further? Do you live a few miles from work? How about riding a bike?

Command Exercise Policies NSA military members participate in organized command PT three times a week. NSA DOD Civilian employees are allowed one-half hour per day up to three days per week of "on-the-clock" time to participate in approved fitness activities. Tenants should check with their own command for their applicable programs and policies.

Physical Readiness Program Instruction Major Revision

Sailors, the CNO says: "Physical fitness is a crucial element of mission performance

and must be a part of every Sailor's life. Mission readiness and operational effectiveness are built on the physical fitness of the individual; therefore, all Navy personnel shall maintain personal physical fitness by regular exercise and proper nutrition."

The Physical Readiness Program instruction (OPNAVINST 6110.1H) has recently been updated and it has some career impacting changes. Members can be processed for administrative separation (ADSEP) when they do not achieve prescribed physical readiness standards by failing to pass three physical fitness assessment (PFA) cycles in a four-year period. Mandatory ADSEP processing will begin July 2006. Additionally, all PFA results during the reporting period (except the most recent) will be documented in the "Comments on performance" section of evaluations and FITREPS. See your Command Fitness Leader for more changes and information.

Fitness Opportunities at NSA Panama City

There are many Fitness opportunities here at NSA Panama City; the Gym is open for authorized patrons from 6 am to 9 pm on weekdays and from 8 am to 4 pm on weekends and holidays. You can't use the excuse that riding a stationary bike, treadmill or elliptical machine is boring. The machines at the gym have TVs attached for your viewing pleasure. There are tennis and racquet ball courts. The gym of-

fers fitness classes and the professional staff is always available to assist with guidance on equipment use. This month MWR is offering free Kayak or pedal boats for a lunch time work out from 1100-1300 for NSA or tenant badge holders. The annual 2.2 mile Turkey trot will be held Wednesday November 16<sup>th</sup>. Of course there is always old faithful... put on them walking shoes. Take that walk and enjoy this fine activity I hope to see you out there.

**Leave Donor Update**

*The following employees are approved Leave Donor Program recipients:*

- Steve Horton, Code E06
- Edna Morales, Code XPM200
- Ron Oglesby, Code A84
- William Tate Ingles, Code PCXD60
- Catherine "Cathy" Bernhardt, Code XPM2

**MBC INTERNATIONAL  
312469  
3 x 5**

**PEOPLES FIRST COMMUNITY  
297453  
3 x 5**

**NSPS** from page 1

and to respond swiftly to ever-changing national security threats.”

The implementation plan for NSPS includes a multi-year schedule. The Labor Relations System will be implemented for all bargaining unit employees shortly after the enabling regulations are in effect. The Human Resources System and the appeals process will be phased in once implementing issuances are in place and training is underway. Spiral One of the transition to NSPS, comprising approximately 270,000 employees, will be phased in over the next year. Spiral 1.1 organizations, with about 65,000 employees, should transition employ-

ees to new performance standards beginning in early 2006. These organizations will fully convert to NSPS after employees receive the January 2006 general pay increase and within grade buy-ins. As a result, no employees will lose pay upon conversion to NSPS. Spiral 1.2 organizations will begin operating under the Human Resources and appeals system in spring 2006, with Spiral 1.3 conversions occurring later in the year. Subsequently, we will incrementally phase-in the rest of the eligible DoD civilian workforce, making necessary adjustments to NSPS as it goes forward.

“Moving forward, implementing the regula-

tions will require a great deal of training and communications with employees to get this right. OPM stands ready to provide the support and technical assistance needed to ensure the success of the NSPS system,” said Office of Personnel Management Director Linda Springer.

Communication is critical to the NSPS transition, and the Department of Defense has made a serious commitment to ensure employees receive the information and training they need throughout implementation of the program. In addition to the NSPS Web sites, DoD plans a robust training program on all elements of the new system.

**AOIC** from page 1

was to Naval Magazine Guam as the Ammunition Wharf Officer where he supported 5<sup>th</sup> and 7<sup>th</sup> fleet ordnance operations, regularly handling ordnance with an equivalent explosives power of over three million pounds of TNT. He was the Ordnance Renovations Officer responsible for rework of bombs and components. While on Guam Cooper was attached to JTF Operation Pacific Haven which processed over 6,000 Kurdish refugees from Iraq.

Cooper’s next assignment was Naval Surface

Warfare Center (NSWC) Coastal Systems Station (CSS) Panama City FL as Fleet Liaison and station Ordnance Officer. While at CSS Cooper was instrumental in the testing and development of Mines and Mine Warfare Countermeasures systems now being introduced into the Fleet.

Cooper’s next assignment was aboard USS Porter (DDG 78) as Systems Test Officer, responsible for all combat systems operations, tests and training. Onboard Porter’s maiden deployment Cooper coordinated multina-

tional testing of Theater Ballistic Missile Defense systems.

Cooper’s next assignment was to stand up Naval Support Activity Panama City’s Weapons and Safety departments. He was also assigned as the Explosives Safety Officer responsible for the activity and it’s tenants explosives operations in support of EOD, Diving, SPECWAR and mine warfare.

Cooper has an Associates of Science degree in Surface Mining Engineering.

# Osprey visits NSA PC



Photo by JOSN Joseph Moon  
The MV22-B Osprey demonstrates its ability to make a vertical take off and then switch, in flight, to a fixed wing position. This aircraft, which visited the activity on Oct. 25-26, in conjunction with the NDIA ExWar conference, has a crew of 4, can carry more than 20,000 lbs. of cargo. The Osprey can also be used for search and rescue, medical evacs, assault support, and logistical support.



Photo by PH2(AW/NAC) Brandon Malone

**COCONUT  
CREEK**

**US Class  
312969  
1 x 2**

**KINGSBURY'S  
313193  
2 x 3**

## Notice for Troy University Students

The deadline to sign up for the Comprehensive Examination given in Term III is November 18, 2005. All Graduate Level students who are to graduate in Term III must take the exam.

**There is a Golf club on base?**

Yes and members play golf at a reduced rate at 4 of the local golf courses. For more information, call 234-4914

*Yard of the Quarter Winners*



Photo by JOSN Joseph Moon  
Command Master Chief Mark Fogarty gives the yard of the quarter award to Wakana Reimers, her son Taiyo, and their dog Hachi for their lovely yard on 424 Osprey Lane.

**CUNNINGHAM**  
**328943**  
**2 x 10**

**MAD HATTER**  
**312470**  
**2 x 5**

**Tyndall AFB  
Retiree Appreciation  
Days**

**November 4-6**

Featuring guest speakers with national updates on your benefits, VA Medical Care, legislative issues, Tri-Care and words of wisdom!

Nov 4

7:30 a.m. Breakfast and Mission Briefing by Vice Wing Commander at Dining Facility

9:00 a.m. Mission Tours

Fighter Squadron Tour

ACS Tour - see how today's air battle field managers are trained using state of the art electronic equipment

Weapons Evaluation Group Tour

9:00 a.m. - 3:00 p.m.

Free Health and Information Fair at NCO Club with Keynote Speakers at 10:30 a.m.

Need more information or do you want to have a booth? Contact the Tyndall Family Support Center at 283-4204.

**TAJ PALACE**  
**329542**  
**2 x 2**

**#1 CASH EXPRESS**  
**312468**  
**2 x 2.5**

# Superintendent's Forum addresses military concerns

Sue Brookhart  
Site Manager  
Fleet & Family Support Center

Naval Support Activity Panama City Fleet and Family Support Center held its annual School Superintendent's Forum on October 20, from 6 to 8pm at the Long Glass Conference Center.

NSA PC Officer In Charge, Commander Hal Harbeson, welcomed Bay County School Superintendent James McCalister, along with Ms. Judy Harris, Superintendent's Community Liaison. All military parents were invited to attend.

McCalister discussed budget, renovations, athletic policy and other issues and other concerns of parents of military children, including the two topics that have been in news lately:

school uniform policy and closed campus during lunch.

Since the 1970's, policy has allowed each high school principal to determine whether or not the campuses will be closed at lunch. Due to an automobile accident this year that claimed the life of a high school student during the lunch hour, high schools are revisiting their individual school policies on this issue. Each school advisory committee is presently studying the policy as it relates to their school and will be making a recommendation to the individual principal. All high schools are expected to inform the Superintendent and the board of their decisions in the near future.

The county's school uniform policy goes into effect in 2006-07 for all grade levels. McCalister envisions the uniform



Courtesy Photo  
Cmdr. Jeff Prater, School Superintendent James McCalister, Ms. Jeffri Stangl, and Cmdr. Hal Harbeson after discussing local school issues.

to consist of basic khaki pants/skirts and a polo-type shirt. A committee is working on the details and, hopefully, will be finalized at the January 2006 board meeting so that students and par-

ents can plan accordingly for the next school year.

McCalister also discussed plans for a new K-8 school center for students in the west end of the beaches to assist in the

overcrowding of students at Patronis Elementary, Hutchison Beach Elementary, West Bay Elementary, and Surfside Middle School.

Parents were given the opportunity to email in their issues prior to the forum or address them the night of the forum. Some of the issues included Bay Haven Charter School bus transfers and the requirement for the Florida-specific physical and immunization form.

Military parents can email Sue Brookhart, NSA-PC School Partnership Program Liaison, sue.brookhart@navy.mil, 235-5800, with any issues you have about the schools in the Bay County School District. Brookhart will refer your questions to the Superintendent's office and then follow up to ensure you were contacted.

# New diving detachment established in Panama City

Steve Applegate  
Public Affairs Officer  
NSA PC

**Naval Support Activity Panama City...**A new spoke has been added to the hub of Navy diving.

Commander, Submarine Development Squadron FIVE officially stood up Specialized Research Diving Detachment in Bldg. 410 on October 1, 2005. Squadron FIVE, located at the Kitsap County Naval Base, Washington, established the detachment in Panama City because the mission involves technical diving procedures to support research, development, testing and evaluation. Locating the detachment

here in Panama City is a good fit with the other Navy diving commands here, according to Officer In Charge CWO4 William "Rusty" Deen.

"The research diving detachment will be employed primarily to use highly skilled and experienced divers in developing unique diving procedures and techniques," Deen said. "The detachment recently completed a highly successful demonstration of a new saturation diving procedure at the Experimental Diving Unit's Ocean Simulation Facility. Two NITROX SAT dives were demonstrated to a maximum depth of 170 feet of seawater using the MK-16 Mod 1 UBA and dry suits. Future plans will

include providing augment to support the Navy's fly-a-way saturation diving system." The small unit will have eight members on board and expects to be fully staffed sometime in the spring of 2006.

The new detachment is made up of senior enlisted divers who represent a broad spectrum of the diving community. The unit's master diver, ENCM Jim Knudson, personally selects each member, Deen explained.

"If you want a highly successful team, you have to be pretty picky," Deen said. "The Master Diver picked the divers who he feels will complement the team, contribute towards success and are able to train others in the future."



Photo by JOSN Joseph Moon  
CWO4 William Deen, far left, stands with members of the new diving detachment after just finishing a dive. Also from left to right are BMC Bill Dodd, ENC Chad Leaman, LCDR David Crawford, ENC Ernst Buijten, DCC Shawn Murray, and ENCM Jim Knudson.

# Learn to live without hiding behind a mask or wall

Be Real.

We just celebrated what has now become the second biggest holiday in the United States, just behind Christmas – Halloween. Halloween is a time for people to dress up as something they are not. Whether it is trick or treating for children or Halloween parties for adults, all these events have one thing in common - costumes. Some people don't need Halloween to put on costumes, though. They go through their lives hiding who they are for various reasons so their real selves are hidden from the outside world.

There are many reasons people do this. One reason is fear of rejection. No one wants to let someone get to know them only to be rejected by them. In order to avoid that embarrassment, they never open up to anyone.

A second fear that keeps us behind masks is the fear of being taken advantage of. This is

the belief that if the wrong person knows the wrong piece of information about you, it will be used against you. Unfortunately, there are many people for whom that is true, which makes it impossible for those around to be real with them. A third reason that would keep us hiding our true selves would be character flaws that we do not want others to see. The more we keep others from knowing about us, the less chance there is of them seeing the rough edges in our lives.

While it may be easier to build masks and walls that keep others from getting to know us, there are problems that surface when we do that too often. Marriages lived behind masks make fertile ground for divorce, or at least unhappiness. A depressive personality with no friends makes a more likely victim of suicide. A person with no accountability will let those rough edges become addictive behav-

**Chaplain's  
Corner**



**Chaplain  
Ben Howard,  
Lt. J.G., USN  
Sea Shore Chapel**

iors like alcoholism and drug addiction. This is not to say that all walls are bad. Some people find it necessary to tell everyone everything, and that is never good. What we need to do is find ways to open ourselves up to the right people at the right

times, and make ourselves vulnerable in order to deepen the important relationships in our lives.

The first key to building trusting relationships is recognizing the key relationships. If you are married, the most important relationship is with your spouse. Besides your spouse, you should be able to identify several key relationships with friends that you can be yourself with. Build those relationships on trust and openness in order to develop strong and lasting friendships that will last and increase with the passing of time.

In the book of Proverbs, we are told that "As iron sharpens iron, so one man [or woman] sharpens another." Being open and honest with those we are close to will help them to be a friend who is better able to build us up and help us become a better person. On the other hand, we are able to be a better friend as we become more real and

honest about who we are.

There are other people that it benefits us to be open with, such as pastors and ministers at our churches, and accountability groups. Alcoholics Anonymous and other such groups are based on openness and accountability to the group, which helps people deal with those flaws and problems in our lives in an open and accepting way that leads to overcoming the addiction. The greatest form of openness we can have in our lives is with God. He knows all about us, and the Scripture tells us that even the hairs on our head are numbered by Him. Besides, knowing Him, He gives us the opportunity to have strong relationships with other people that will strengthen and enrich our lives here on earth. Are you making the most of the real friendships in your life by making yourself a real person who doesn't hide behind a mask and put on a costume?

## Coast Guard crushes the competition in flag football league

Heather Harris  
Sports Specialist  
MWR

surprises and two teams with less than five-hundred records during league play met in the championship game.

The final playoff teams were Coast Guard, after sinking DET SDV and sneaking by NSA Security, and Army after nailing out Sledge Hammer and battering Ram Rod.

Coast Guard was "Semper Paratus" for the competition throughout the tournament, with scores of 47-7 and 40-0. The championship game was no different with Coast Guard disarming Army 41-20. Coast Guard definitely deserved the right to be the 2005 MWR Flag Football Champions.

Coast Guard wins the NSA flag football league tournament in final game against Army.

The flag football league was comprised of eight teams, including NSA Security, Sledge Hammer (NSWC Civilians), GDC, USCG, DET SDV, Ram Rod (NDSTC Students), Army, and Air Ops.

Going into tournament play, it looked as though NSA Security or Sledge Hammer would be the champion with their records of 7-0 and 6-1, respectively.

The tournament was full of



Photo by Heather Harris

Coast Guard's team poses for a victory shot. The team includes Joe Czerwiec, Mark Petty, Paul Eggermann, Vic Stevens, Brian Manning, Chaston Dale, Brandon Lynch, Rob Finke, Mike Varsas, and Chris Vandam.

**Military Shopping Night** Toys R Us on 23rd Street across from Panama City Mall will hold a special shopping night open only to military and civilian base employees of Tyndall and NSA PC on Nov. 6 from 6-9 p.m. This private shopping opportunity will also offer refreshments, give-aways and activities for kids. Must present a valid base or military ID. For more info call Jennifer at 527-3099.

## Attend the IronKids Triathlon



**Sunday, Nov. 6<sup>th</sup>**

**Naval Support Activity, Panama City Beach**

Triathlon

Check in: 6:00-7:30 am

Start Time: 8:00 am

For more information:

[www.ironkids.com](http://www.ironkids.com) or

call IronKids Hotline 888-796-2576

Because of heightened security procedures at NSA PC, all families should allow for additional time for arrival to the event. All adults are required to have a picture ID. All non-US citizens must identify themselves as such prior to arrival. A master entrant list will allow for easier access on race morning, although random security check procedures will be in effect.

### Length of Service Recipients

November 2005

JOHNNIE WILLIAMS JR.	35
BRYAN E. SCHWAB	30
BRYAN F. JOHNSON	25
JAMES J. KLEBACK	25
MING CHEUNG	20
RICHARD M. GOLLWITZER	20
TUNG D. LE	20

**EMBRY**  
**311534**  
**1 x 3**

**PO FOLKS**  
**309589**  
**2 x 3**

**DR. PETER CLAUSSEN**  
**312155**  
**3 x 4**

**CLASSIFIED PROMO**  
**308009**  
**3 x 6**

***CLASSIFIED PROMO***  
***291733***  
***6 x 11.5***

***CLASSIFIED PROMO***  
***285171***  
***6 x 11.5***

***CLASSIFIED PROMO***  
***264102***  
***6 x 11.5***

## Classified Ads

**1997 Larson 186i with trailer and 115hp Johnson O/B – Bowrider.** Nice looking boat. USCG approved for 9 passengers. Fully Loaded. (10 life jackets, 2 anchors, Spare prop, fenders, lines, fish finder, boat cover, top, ski pylon, etc.) Seats in excellent Condition. Great gas mileage. \$7,000 Call 850-303-3006 for more info and pics. (22)

**SCUBA tank, 80 CUFT,** excellent condition, needs hydro, \$60.00, Steve 230-7038 (22)

**2002 Mazda MPV LX,** White with Beige Interior. 53,000 miles. Lots of options. Great on gas. 3.0L V6 with Overdrive 5 Speed Auto. Always dealer serviced. Excellent cond. \$12,000 OBO. Call Pete 850-819-2035 (cell) or 850-235-2468 (home) (22)

**2004 Crest II LM 25 foot Pontoon with 2004 Honda 90hp 4 stroke.** Boat has been used less than 12 times. Motor has less than 50 hrs. Boat was purchased new in 2005 at local dealer. Fully transferable warranty for the life of boat and 5 yrs on motor. Stored under cover or covered at all times. Must sell this boat due to a PCS away from the coast. CD/AM/FM with 5 speakers. Will include a new depth/fish finder for free. \$23,000 OBO Call Jeff (305) 942-1475 (22)

**1993 Ford F-150 King Cab 5.0L 302 V8,** 114000 miles, XLTP/WPDL Cruise Control, A/C Tool Box. \$2500 OBO Call 850-230-5598 or 850-258-3289

**House for Sale:** Leisure Lakes, Washington County brick 3 BR 2 BA 4 acres gated comm. w/2 lakes & pool 4 car garage borders equestrian easement \$365K Also 2 adjacent 4 ac.lots avail. at \$120K ea. 850-773-1507 owner. (22)

**1987 Plymouth Voyager mini van.** V6 3.0L Runs great. Auto, cruise. Firestone tires. Great for around town. \$1000.00 OBO. Call 914-0334. (22)

**Baldwin 2 tier organ** (Encore). Great condition. Bench included. \$500.00 OBO. Call 914-0334. (22)

**1998 Jeep Wrangler 4.0,** white Sahara edition, hard top, 71k miles, new A/C, A/T, 4.5 in. Rubicon Express Superflex lift, loaded and in excellent condition, \$13K OBO, Call 832-2514 (22)

**2002 Toyota Tundra SR5 Access Cab** V8, green, auto, cruise, pwr locks/windows, CD/cassette, alloy wheels, Mich tires, stainless step rails, custom seat covers, hitch receiver, 50.5K miles, exc cond, \$16,700, 234-4052. (21)

**2002 Honda Civic EX Coupe,** white, auto, cruise, pwr locks/windows, CD, almost-new Goodyear tires, custom seat covers, 66K miles, exc cond, \$9900, 234-4052. (21)

**5 piece solid wood & veneer lighted wall unit.** 2 book shelf, 1 curio(glass shelves), 1 pull down desk, and 1 TV unit. Use separate or together. Good condition. \$350 784-8172 (21)

**Beautiful size 4 wedding dress** with matching veil, \$200. Worn once! Call 874-1422 for details. (21)

**Wurlitzer upright Piano.** Beautiful satin oak finish. Excellent condition. \$1000.00. Call 265-1902. (21)

**Jupiter 869SG Alto Sax** (silver), intermediate level, bought 8/2003, played less than 30 minutes (son switched to bari/tenor), list price \$1950, \$750 firm, call Lisa 960-0471. (20)

**Kenmore freestanding electric range,** self cleaning, good condition. Kenmore dishwasher, good condition. \$100 each or \$150 for both. Kenmore microwave, good condition. \$50.00. Call 215-9453.

**Child's raised play table** 4x4 ft, with Hot Wheels track and buildings - \$50; 1982 Suzuki GS850G motorcycle, 10,000 miles, as is - \$400; 1984 Sears electronic radial arm saw, good condition - \$100. Call Dennis at 234-5934 evenings or 234-4105 days. (20)

**MTD 5hp Rear Tine Tiller.** \$375 Rob 850-249-9380 (20)

**Brinkmann electric smoker grill.** Red. Works great. \$40 <http://www.knology.net/aquaabyss/grill.html> Rob 850-249-9380 (20)

**Dell Inspiron 1100 Laptop.** Pentium 4, 2.4 GHZ, 250 MB RAM, 30 GB Hard drive, CD-RW (24x). Windows XP and Office XP installed. Comes with carrying case, wireless mouse, battery and power cord. \$500. Call 230-7167 (day) or 832-2651 (evening). (20)

**Lawn mower, Yard Machine, 4 HP, 22"**

## Foreign officer visit



Photo by PH2(AW/NAC) Brandon Malone  
NSA PC hosted a visit by foreign naval attaches representing 15 countries on October 26. Steve Castelin, head of the Unmanned Systems Technology Office at NSWC PC, describes the capabilities and relevant technologies employed with the Bluefin autonomous underwater vehicle, primarily used for mine reconnaissance in shallow water areas.

cut, side discharge/mulcher, push type, \$50.00. Call 624-0144. (20)

**Powertec Workbench Leverage home gym** Model WB-LS (\$899.00 orig price). Includes additional arm curl bar (orig price \$129.99) and 255 lbs of weights plus 45 lb. weight bar. Asking \$600. Can view at [www.gymfavorites.com/powertec-fitness-equipment/powertec-home-gym-leverage-syste-leveragesystem.html](http://www.gymfavorites.com/powertec-fitness-equipment/powertec-home-gym-leverage-syste-leveragesystem.html) Please call 874-0763 after 5:00 p.m. or call 819-0383 if interested. (20)

**1974 Irwin Centerboard Sailboat,** 25'5" Length Overall, 3 Sails, 8 hp outboard, Sleeps up to 6, Great 1st sailboat at a low price, Ready to sail (or motor) away at \$4500 OBO. Call 785-1186. (20)

**2002 PT Cruiser,** Limited Edition, gold, 5-CD changer, auto transmission, power sunroof, roof rack, 29,000 miles, excellent condition, great gas mileage, NADA \$14,305, sell for \$12,500. Call Margie @ 6321 (day) or (850) 785-2760 anytime. (20)

**4 Goodyear Wrangler ATS tires** 33x12.5x15 mounted and balanced on

Ford wheels. \$350 OBO, call 850 527 7604 (20)

**King size bed** \$400 OBO; includes bed frame, mattress and box springs; like new maybe slept on 12 times; moving must sell. Call 722-7891. (20)

The Coastal Courier accepts free personal classified ads from personnel of Naval Support Activity Panama City, tenant commands, retired military personnel, personnel assigned to Tyndall Air Force Base units, and adult family members of those people. Articles offered for sale must be the personal property of the person placing the ad.

Ads for any commercial enterprise are not permitted. All items, services, etc., advertised shall be made available without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser. Classified ads are published on a space-available basis in three consecutive issues and are subject to approval by the editor. Send ads to [joseph.moon@navy.mil](mailto:joseph.moon@navy.mil) or call JOSN Joseph Moon at (850) 234-4803 for details.