

Diving Center schools earns national accreditation

Steve Applegate
Public Affairs Officer
NSA PC

Naval Support Activity, Panama City Fla - The Center for Explosive Ordnance Disposal and Diving passed an important test in November. Its students and the Navy will benefit from the Center's performance on its national accreditation from the Council on Occupational Education, an independent organization recognized by the U.S. Secretary of Education.

"We are evaluators, not inspectors," said Gaylon Hall, one of four members of the COE accreditation team, aboard Nov. 14-17. The organization visits vocational schools all over the US to examine and evaluate programs and services, identify areas of excellence, and to lay groundwork for improvements.

Going through the process is not mandatory, but is helpful to both the organization and its

graduates, Hall explained. When military members leave the service, credits earned at a COE-accredited school can transfer to other learning institutions.

"It brings military training on par with like civilian activities," said EMCM (Master Diver) Dave Dryden, Diver Learning Program Manager at CEODD. We're really a vocational school. It's useful to have a pair of eyes from the outside look at what we are doing. It's also important to validate our procedures and make sure our students are well-trained."

The COE team included two Air Force and two Navy retirees, all of whom have been or still are administrators for vocational schools. "(Being former military) helps to be familiar with the jargon and other commonalities," Hall said.

The CEODD, which includes the Naval Diving and Salvage Training Center, the Naval School Explosive Ordnance Dis-



Photo by Steve Applegate
EMCM (Master Diver) Dave Dryden, Diver Learning Program Manager at CEODD, explains equipment and processes taught in one of the courses to Bobby Barron, Council on Occupational Education evaluator.

posal at Eglin AFB, and the CEODD Detachment in Hawaii, trains approximately 2000 students a year. Graduates of the dozens of courses taught at the Center represent all branches of the armed services, foreign military, and federal law enforcement agencies.

NDSTC has been accredited since the late 1970's, Hall stated. An accreditation lasts from one to six years depending on the school. The average US military training program will be re-accredited every five years to keep up with technology and policy changes.

CEODD also submitted a "self-study" document, which covers 10 COE standards requiring written plans. These stan-

dards are like a blueprint that apply to any school, outlining the institutional mission, organization, educational programs, strategic planning, learning, physical, financial and human resources, as well as student services and activities.

"If a school follows these, it's on the right track," Hall said.

The onsite evaluation also included visiting classes and talking to students.

"It was an interesting program for us. We were able to go out on the (NDSTC training vessel) YDT craft while students were diving, and also went to Eglin for the explosive tests," said Bobby Barron, who looked at physical and human resources and student services. James

Jansa, another one of the other evaluators, went to the EOD School at Eglin to watch training, where students learn everything from nuclear ordnance disposal to handling improvised explosive devices.

The site visit observations are sent back to council's home office in Atlanta. While the final results of the evaluation aren't available until 30 days after the visit, CEODD's CWO2 Donna Randazzo said there were no findings or recommendations issued that indicated any discrepancies.

"It's an interesting process," Hall said on the final day of evaluating the training. "The Navy is to be congratulated for accrediting their program."

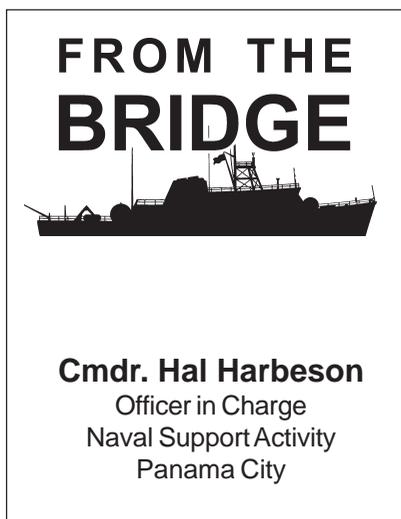


Photo by Steve Applegate
Gaylon Hall, Council on Occupational Education, observes NDSTC students wrapping up a training exercise.

'Engineering for efficiency' the key at NSA PC

Naval Support Activity Panama City balances energy conservation with mission requirements and financial stewardship. In keeping with this standard, I've issued a directive, in support of the U.S. Navy plan, to constantly reduce our energy consumption.

We seek out all energy efficient upgrades that will result in a fiscally responsible monetary payback to the taxpayer. One great example is our current comprehensive lighting and air conditioning equipment upgrades. By December 31st of this year we will have replaced thousands of fixtures, motors, lights, and other equipment covering over 1 million square feet of labora-



tory and office buildings.

The associated energy savings on this initiative is substantial, with the corresponding drop in usage leaving enough power to meet the electricity needs equivalent to 50 to 60 homes, or an entire

medium sized residential subdivision, every year. We will save \$112,000 of taxpayer money per year, more so if the price of energy continues to rise, every year from 2006 forward. Since we normally keep buildings in active service

for many decades here, the multi-decade taxpayer payback will be enormous.

We are able to do these upgrades thanks to a \$540K grant from the Navy. We are proud to have had our base selected for this project, awarded competitively for superior payback in less than five years.

Conservation is an ongoing process as energy efficiency technology improves, and we implement updated Department of Energy codes to new construction. For example, the windows in brand new Littoral Warfare Research Complex are "low-emissivity" rated, which minimizes the heat absorbed by the sun. This keeps our air conditioners

running less often at a significant energy and money savings.

US Navy energy standards establish 78 degrees as the summertime cooling setpoint, and 68 as the wintertime heating setpoint. In some cases, we can further cut active heating and cooling

See **BRIDGE**, page 4

Naval Support Activity

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VIEWPOINT: "How can we help save energy on base?"



"Whenever I leave the restroom, I turn the lights off."

Stacie Carden
Electronics Engineer
NSWC CAPS



"Act as if you were paying the electric bill, not the government."

CS2 Samuel Graves
Galley Watch Captain
Sea Shore General Mess



"Turn off the lights and computers when they are not being used."

AD2 Jeremy Deterding
Aircrewman
NSWC Air Ops



"Maybe we should order new air and heating units that work more efficiently. This will also save on repair costs."

Holly Adams
Postal Clerk
United States Postal Service

**COCO-
NUT
CREEK**

**ARMED FORCES COMMUNICATIONS
311239
5 x 11.5**

**NEWS
HERALD
PROMO
292917
1 x 10**

Award for excellence



Photo by JOSN Joseph Moon
Mineman 1st Class (SW) James Kormylo accepts an achievement award from NSA PC Officer in Charge Cmdr. Hal Harbeson Tuesday. As the leading armor and leading petty officer of the armory at NSA PC, Kormylo earned the achievement award for his hard work that was essential in standing up a training program at the armory and with the general upkeep of 33 million dollars of ordnance.

DR. PETER CLAUSSEN
321545
3 x 4

BRIDGE

from page 2

during the late night hours, but only to the point where the humidity does not damage sensitive equipment and curl up papers, etc.

To quote a recent Secretary of Defense memorandum: "in an enterprise as large and diverse as the Department of defense, the cumulative effect of small steps toward our goal can be of great significance." As public servants, we must constantly remember the money entrusted to us is not our own, but the American people's. We owe them our untiring efforts to provide the responsible government they expect and deserve."

Although we emphasize the engineering-for-efficiency aspect of conservation, we expect everyone in the workforce to do his or her part with respect to prudent use of taxpayer dollars... such as bringing a sweater in winter, wearing cool clothing in summer, and turning off everything when not in use. Mission first, good stewardship always. Thank you.

Editor's note: For more information or ideas of how NSA PC can conserve energy, contact Wells Parker, Utilities/Energy Engineer, at 850-235-5723.

Remember Pearl Harbor Day on Dec. 7

Members of the local Chapter of the Pearl Harbor Survivors Association will be aboard NSA PC at the new MWR Recreation/Liberty Center in Bldg. 450 (behind the Market Street Grill) from 10 - 11:45 a.m. All hands are invited

to this informal setting for an opportunity to meet and talk with some of the Navy's heroes from the day that will live in infamy. For more information call Michelle Torres, 230-7699.

**PEOPLES FIRST
COMMUNITY**
297455
3 x 5

There is a Golf club on base?

Yes, and members play golf at a reduced rate at 4 local golf courses. The club has been active for over 40 years. The club is open to all DOD civilians, active duty military, dependents and spouses. For more info, call 234-4914

**FAMILY POOL SPA
313145
3 x 10**

Navy and Marine Corps Offer Retirees Great Leisure Benefits

Carole W. Butler
LIFELines.navy.mil/
LIFELines.usmc.mil



Isn't retirement wonderful? Now you have the free time to do the things you always wanted to do. Fortunately, Navy Morale, Welfare and Recreation (MWR) and Marine Corps Community Services (MCCS) offer retired Navy and Marine Corps service members the same benefits they enjoyed when they served on active duty. Of course, you are already familiar with the ticket discounts, swimming pools, camping, and other facilities at your former duty stations and your retirement home. However, if you plan to use some of your golden-years free time for traveling, MWR and MCCS has much to offer. Before you settle on an itinerary, you may want to visit MWR and MCCS websites for information on how you can take advantage of lodging, golfing, skiing, and many other types of activities and facilities worldwide. Headed west? Like to ski? You

could stay in the MWR condo at North Shore Lake Tahoe, Nev. As with any popular vacation facility, however, reservations must be made well in advance of your stay. Or maybe you like warm weather and ocean breezes. You could visit the MCCS cottages at Kaneohe Bay, Hawaii, and play golf at the Kaneohe Klipper Golf Complex. Army and Air Force facilities, such as Bellows Air Force Station, are also open to all service branches. The Bellows AFS website offers real-life camping opportunities for families and a virtual vacation for planning your camping experience. Also, check out joint services facilities located around the

world. Bear in mind that small installations with limited facilities may not be able to meet your needs on every occasion. Call ahead to make sure the facilities or items you and your family are interested in will be available. Calling ahead also allows you the flexibility of changing your plans well in advance of a road trip. In between vacations, take advantage of the many educational programs, physical fitness activities, and arts and crafts classes at a military installation near your home. All that spare time may soon disappear when you take advantage of everything that Navy MWR and MCCS has to offer retired service members.

What is your body age?

The MWR Fitness Center offers a health screening process using the Polar - BodyAge system. It is used to determine a person's current state of health and assess disease risk. Your chronological age is compared to your body age. A FREE BodyAge assessment is available for active duty, retired military, military dependents, and MWR Fitness Center members. For Appointments Call 234-4370

Add ICE to your phonebook

Steve Applegate
Public Affairs Officer
NSA PC

In Case of Emergency (ICE) is a new proactive effort from the American Society of Safety Engineers designed to provide emergency personnel with 'next of kin' contacts via a patient's mobile/cellular phone in emergency situations.

Since more than 190 million people in the U.S. subscribe to a cellular phone service, police, fire and other emergency personnel across the U.S. are using this free service – checking cellular phones of injured people who are incapable of providing the necessary medical information.

ICE is a free tool to use with any cellular phone. This system only works if you and others, like employees, peers and family, add ICE information to their cellular phones. Making ICE a common practice for cellular phone users will also help make it a routine measure for emergency personnel to check cellular phones when necessary.

Even when carrying ID, such as a driver's license, it is still a good practice to use ICE. Your ID doesn't contain your emergency list of contacts, medical history, and primary care physician. This information could be valuable to emergency personnel in providing care.

ICE is easy to set up. On your cellular phone, add a new contact to your phone book. Enter the letters 'ICE' and type in your contact's name, followed by their phone number—for example, ICEjohndoe 555-555-5555. Choose the best phone number for your emergency contact where they are most likely to be reached.

Remember: home phone numbers may not be useful during the day, so day and evening numbers should both be listed. If you add more than one ICE contact, then add a numeric order, such as ICE1 for the primary contact, ICE2 for the second, etc.

You must notify the individuals that you've added as ICE contacts, so they are aware and have agreed to this. This could be your spouse, parents, friend, etc. Your ICE contacts should also be provided with your phone list of family members, primary care physician and also main work contact.

Individuals under the

age of 18 should list their guardian, mother or father as their contact. Use full names, not nicknames like 'wife' or 'dad'. Contacts should also have a list of your medical conditions, such as allergies, current medication and previous medical procedures. Keep the contact information current, and update your ICE contacts of any changes in your medical history.

There are numerous scenarios when using ICE could help emergency personnel quickly learn your medical history, taking minutes instead of hours to contact your next of kin. Someone suffering from a heart attack, stroke or severe allergic reaction might be unconscious or incapacitated and could not provide basic information such as their name or emergency contact information.

Spread the word... ICE is becoming more of a common practice - so don't forget to add it to your cellular phone right now.

Volunteers needed to help with the Children's Christmas Party

There is a children's Christmas party being held by the CCPC. Who are the CCPC, you ask?

In keeping with the tradition of community involvement, the Children's Christmas Party Committee (CCPC) hosts an annual Christmas Party for approximately 100 underprivileged children in the Bay County Elementary School system.

The CCPC is comprised of employees who volunteer their time to ensure that the party is a success.

The party is scheduled for Thursday December 15 at the Long Glass at NSA PC. Volunteer help is needed for shopping and wrapping. The more help we have the quicker the shopping will get done. Call Annette DeSercey at x5483.

The date for adopting a child has been extended until Monday, December 5. It is \$75.00 to adopt a child, this gets the child three sets of clothes, toys, gift certificate for shoes, and a gift certificate for food for the family. If you would like to contribute, please contact Charlotte Henderson at x4807. We have so far 102 children coming for the party this year.

December 6, 7 a.m. - Toy Shopping at the beach K-Mart

December 7, 7 a.m. - Clothes Shopping at Sears

December 13, 8 a.m. - Gift Wrapping @ Long Glass

**JACKSON
HEWITT
312675
1 x 3**

**KINGSBURY'S
313193
2 x 3**

**PO FOLKS
309590
2 x 3**

EWA HOLIDAY LUNCHEON

December 8, 2005

At the Marina

11:30 a.m.-1:30 p.m.

Catered by Glenn's BBQ

Free to all base employees
(Military, Civilian, Contractor)
Must show ID

Sorry, no take outs

Smoked ham
Smoked Turkey
Corn bread stuffing
Mashed Potatoes
Corn on the cob
Green beans
Collard Greens
Potato salad
Cole slaw

Cranberry Sauce
Fresh Rolls
Sweet Potato Pie
Peach Cobbler
Banana Pudding
Pumpkin Pie
Assorted Cakes
Iced Tea
Soda

CUNNINGHAM
328943
2 x 10

MAD HATTER
321071
2 x 5

AMERICAN HOME
321851
2 x 5

Giving thanks throughout the entire holiday season

Thanksgiving's over and Christmas is coming at us full tilt. While recognizing that many in our pluralistic nation do not celebrate Christmas, the vast majority still celebrate Christmas in some way. Besides Christmas, Jews will celebrate Hanukkah and Muslims have just finished celebrating Ramadan in November.

No matter what our faith, Thanksgiving provided us a time to thank God for the many blessings that he has brought into our lives. I hope you did take the time between football and turkey to recognize all the good things God has given us, above and beyond what we need and deserve.

We go through our lives, working and accumulating "things" that we think make us happy and give us better lives, but rarely take time to recognize who gives us the ability to do that work and earn the money that buys those "things."

We also get too busy many times to recognize and be thankful for the really good things in our lives. Some of those good things would be our families, our country,

Chaplain's Corner



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

our freedom, and so on.

A time of being thankful is a natural beginning to a time of giving, such as Christmas. Most of us give and receive gifts during the Christmas season, and as a Christian the giving is out of a thankful heart.

Christmastime is a remembrance of the birth of Jesus Christ, which Christian Scriptures tell us, was God's gift of himself to the world.

It is in remembrance and out of gratitude of that greatest gift that we give gifts at Christmas time. No matter what your faith, this season of giving is a great time to

give back for all the "things" we have been given.

Many times we feel that we never have enough, but the poorest person in the United States is richer than 88% of the world's population according to research done by globalrichlist.com.

Many would condemn us for that wealth and the freedom that produced it.

Instead of looking at what we have and feeling guilty for our wealth, we should be extremely grateful and respond by willingly giving to others to express our gratitude.

Take the opportunity at this time of the year to respond to our many blessings by giving, not from a sense of necessity but willingly from a heart of gratitude. Also, if you do claim Christianity, take the time to remember the reason for the season.

If you want to get involved in giving on base to benefit military families, call the Chaplain's office at 234-4084; and don't forget the Children's Christmas Party sponsored by the Warfare Center. From the Chaplain's office to your family, may you have a blessed Merry Christmas.

Helping children cope with their parent's divorce

Military marriages fail at approximately the same rate as they do in American society. When children are involved it can be quiet difficult for them to understand. They often view divorce as an end to their whole way of life. Depending on their age, they may think there is something wrong with them and they may think they are at fault. Even if they are teenagers approaching adulthood, these children become unhappy, and may start acting in self-destructive ways such as running away, stealing, drug use, and/or reckless sex. Regardless of age, your children may respond to parent's divorce with disbelief, fear/worry, sadness, anger, embarrassment and guilt. Each of these negative emotions can be devastating to a child's self-esteem.

There are certain things you should and should not do if you are planning on getting a divorce and you have minor children.

Things You Should Do:

1. Tell your children as honestly and openly as possible. Then listen.
2. Both parents should tell their children about the divorce at the same

The Cavitt Report



Dr. Bill Cavitt NSA PC Clinical Counselor

time. Then listen.

3. Encourage questions from your children. Be honest, and listen.

Things You Should Not Do:

1. Don't blame your children for the divorce in any way.
2. Don't ignore their questions.
3. Don't go into a lengthy explanation of why you are divorcing.
4. Don't lie or build a fairy tell how life will be for the children after the divorce. Tell it the way it will likely be.
5. Don't try to get your children to choose sides.
6. Don't give children false hope that their mother and father will reunite.
7. Don't allow your children to isolate themselves in their rooms and

ignore their friends.

You, the parents are the best "doctors for your children concerning divorce issues, but you should be tuned to the possibility of need for outside help. If after a few months your child or children still appears extremely sad, angry, or hopeless despite your efforts to help them, consider some form of counseling. If they continue acting out in any self-destructive way such as skipping school, losing or gaining too much weight, not able to sleep or wanting to sleep all the time, poor concentration, not interest in activities once loved, declining school performance which are all indicators of needing professional help please act immediately. For personal and confidential advice and counseling call Military One Source Toll Free: 1-800-342-9647.

If you have problems getting services or problems with the services, please call the On-Base Command Clinical Counselor, Dr. Bill Cavitt at 636-6105.

✠ **Worship with us Sundays at 10 AM** ✠
The Sea Shore Chapel is located in Building 304 with the Housing Welcome Center.
For more info call Chaplain Howard at 234-4084

'Tis the season for spending, a season for budgeting

Controlling Your Family Budget

Gene T. Gomulka
LIFELines.navy.mil

While some couples are very financially astute, others live from payday to payday without saving or investing money for the future. What's wrong with this? You only have so many good working years to save enough to support you in your retirement years - much less your other repeating goals such as replacing worn out cars, broken hot water heaters, or even paying for your children's education. Working together as a team, you can make it happen, but you have to plan way ahead.

When an emergency arises, some couples are forced to take out a loan and later find themselves having to deal with high interest charges. Rather than being placed in this predicament, it's better to invest a portion of your monthly income in a wise and profitable manner.

First, couples must be able to NOT spend more money than they actually make. Common sources of financial problems among military couples include mismanagement of credit cards, buying more car than they need, and making major purchases based solely on the advice

of a salesman, according to Ralph Nelson, a noted military financial advisor and author of the Savvy Sailor. Also, military family counselors point out that too many couples fail to understand how "compound interest" charges

from borrowing can significantly increase the cost of items. For example, a piece of furniture that could have been purchased for \$500 in cash may end up costing a couple \$2000 as a result of utilizing a firm's financing plan with compound interest charges written in fine print of the contract.

Second, once they start saving, how should they invest? While couples are free to invest in individual stocks and bonds, many invest in mutual funds. It's important to avoid mutual fund companies that charge a fee called a "load." This is nothing more than a commission paid to the salesman who advises you to buy the funds — a possible conflict of interest since the salesman is paid based on how much you invest in the mutual fund. Ralph Nelson recommends that military couples visit the Mutual Fund Education Alliance web site where they can find a list of good no-load mutual fund companies. After some research, Nelson recommends starting an automatic savings allotment from one's paycheck to a no-load mutual fund company that manages conservative and inexpensive mutual funds.

In addition to a number of civilian organizations, various command support agencies and the military relief agencies offer both budgeting and financial-management classes that can prove very informative.

CPD Adds Personal Financial Management Training

Naval Personnel Development
Command Public Affairs

With the goal of making financially savvy Sailors, and preparing them to meet life's growing financial challenges, the Center for Personal Development (CPD) is developing a continuum of learning based on its Personal Financial Management (PFM) program.

The continuum will populate the Personal Development Vector of the 5 Vector Model and will feature Navy-required financial learning events, as well as advanced courses to be delivered through Navy eLearning, and available on Navy Knowledge Online (NKO).

CPD has partnered with several Navy entities to develop the continuum of study, which begins immediately following initial training and includes the ba-

sics of banking management, budgeting, insurance, investing, and the types of credit and their uses. Follow on courses include advanced financial planning, investment instruments, retirement and estate planning, and real estate transaction planning.

In March 2002, the Department of Defense recognized the Navy's efforts to prepare Sailors to plan for the future and protect themselves against sometimes unscrupulous business practices, and named the PFM program a DOD Best Practice.

"We are continuing to build on that success, and are developing more resources for Sailors and their families to take advantage of," said Kim Thompson, CPD PFM program director. "By bringing all these resources together under one umbrella program and delivering them in chunks along the Personal Development Vector, Sailors will have access to the most relevant information at the most appropriate times throughout their careers."

No More Debt: How to Live Within Your Means

Kelley Harper
LIFELines.navy.mil

We've all been there ... it may be that new cherry red Camaro on the corner lot or the latest hip outfit in the mall. Whatever the item is, it's screaming your name. It'll only cost a few dollars a month, you think, so why not? Unfortunately, sometimes our eyes are bigger than our wallets.

Often, we don't realize we're in financial trouble until we're already in debt. Bills start to pile up, extra cash on hand turns into pennies in your pocket, and creditors may even be calling your home.

If this sounds familiar, it's time to examine your priorities, to determine where your money is spent and how you can cut back. Getting into debt was easy. Staying out of debt and living within your means can be just as simple.

Take the First Step: Your Plan of Action

A financial plan is the best way to get a head start. This is where you tally up your income, total your bills, and decide what you need to do to stay on track. Try not to think of it as a budget because, like diets, the mere thought of it could tempt you to cheat on the first day. Think of it as a plan of action for your future.

Make sure you understand your military pay and entitlements. You might also use an online paycheck

estimator to help you get organized. For smaller expenses that you're not billed for, jot down where your extra money goes every day, even if it's just a dollar.

Seek help from nonprofit agencies such as the Navy-Marine Corps Relief Society (available worldwide on-base) and Consumer Credit Counseling (available nationwide). Both offer free confidential budget assistance and advice on credit card debt, and can give you options for managing your money.

Cut Costs: The Best Things in Life Are Free

You might be surprised at the number of ways you can add cash to your pocket by making a few simple changes in your lifestyle:

- Instead of renewing magazine subscriptions yourself, split the cost with a friend, visit your local library, or read the latest issue online.
- Give homemade gifts such as baked goods or a collage of photographs as an alternative to expensive store-bought presents.
- Do it yourself. Homemade household cleaners, car washing, coffee (sorry, no Starbucks) and even some dry-cleaning can be done at home.
- Attending college? Seek financial aid to ease the burden of tuition.
- Keep just one credit card, for emergencies only.

Results for CFC

Here are the numbers for CFC so far:

NSA-PC \$4,572.90	Medical \$1,672.00
NSWC \$99,056.48	EOD \$300.00
NDSTC \$6,058.00	Coast Guard \$696.00
NEDU \$10,541.90	
Total: \$122,897.28	
Goal: \$115	

Congratulations everyone, we met our goal!

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

Length of Service Recipients December 2005

THOMAS W. ARRINGTON	40
SUE BROOKHART	35
ROWENA A. TRZECIAK	35
JEFFREY A. BONOMO	35
ROBERT D. ADAMS	30
JAMES V. ANDRE	25
JESSE A. DICKEY	25
PAMELA MARIE MCFARLIN	25
DAVID J. OVERWAY	25
CAROL A. SIMS	25
CLINTON T. ILES	25
OWEN C. LEE	25
ROBERT L. BIANO	25
MARSHALL J. BLACK	25
LONNIE L. OSWALT	25
MARK J. BATES	20
GLENNE E. CAMPBELL	20
SCHURRON FINKLEA	20
LISA C. TINDELL	20
ROY F. WIEGERT	20
HAROLD C. STEPHENS	20
STEVEN A. SHONER	20
JAMES L. BACOT	20
MICHAEL E. LITTLE	20
JEFF W. RISH, III	20
DORA V. YELLORDAY	20
MICHEL R. BARIL	15
ANTHONY H. SANFELIPPE, JR.	15
JAMES R. MORRIS	15
MICHAEL A. UZARSKI	15
MICHAEL C. TROMBLY	15

Children prepared for triathlon in six week program

JOSN Joseph Moon
Coastal Courier Editor
NSA PC

Children at NSA PC that participated in the Iron Kids triathlon on November 6 had the benefit of six weeks of training prior to the race.

Volunteers from the base gave their time to help the children prepare for the grueling race they would be charging into.

The children had practices on Thursdays and Saturdays, but were instructed to work out on their own two additional times in the week.

"The focus was on running," said Rachel Duerr, fitness specialist for MWR.

The children began with a basic schedule that gradually increased in distance, said Duerr. "But we made sure they would run, swim, and bike at least once a week," she said.



Photo by Michelle Torres
Alexandra Barker (center), age 9, daughter of Mike and Karen Marie Barker, poses before the cheering crowd with two of her competitors, Julia Buddendorff #912 and Alexandra Cameron #902. Alexandra received the first place medal for her age group.

They quickly began introducing transitions from swimming, to biking, to the foot race, to practice what is arguably the hardest part of the race, said Duerr.

This was a free program provided for children that were, in some way,

affiliated with the base, said Heather Harris, sports specialist for MWR.

"A lot of parents stayed to help out during the practices," said Harris.

And it seems to have paid off, since several of

the children that participated in the program finished in the top three spots for their age category, said Duerr. In the future, there may be more programs like this one, she said. "We enjoy keeping the kids fit and active," she said.

MESSIAH LUTHERAN
321722
2 x 2

AMERICAN LUNG
312827
2 x 2

#1 CASH EXPRESS
321069
2 x 2.5

ALPHA AUDIOLOGY
311980
2 x 2.5

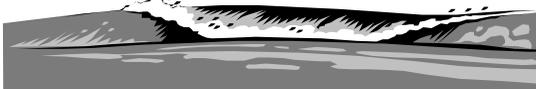
***NEWS HERALD
PROMO ADS
311058
6 x 11.5***

CALL FOR NSWC PC HALL OF FAME AWARD NOMINATIONS

Nominations are being accepted for the Naval Surface Warfare Center Panama City Commanding Officer/Technical Operations Manager (CO/TOM) Awards for the Hall of Fame Award. The award was established to recognize civilian employees who were employed by and retired from the Federal Government at the Naval Surface Warfare Center Panama City (or any of its preceding designations). Any nominations for this prestigious award must be received by Louise Hunt, in Code XPP, no later than

16 Dec 05. The winner will be honored at the annual CO/TOM Awards ceremony to be held on 19 Jan 06.

SEA SHORE CHAPEL



Join us during this Christmas Season as we celebrate this Advent season commemorating Christ's birth, concluding with a Christmas Eve Service at 1900 on Saturday, December 24.

For more information call Chaplain Howard at 234-4084

The Sea Shore Chapel is located in Building 304 with the Housing Welcome Center

**JACKSON
HEWITT
312679
1 x 3**

**DR. WILLIAM
CHARLES
321804
2 x 3**

DEBT from page 9

· Shop swap meets, yard sales, and the Navy-Marine Corps Thrift Shop, where you can find numerous items in nearly new condition.

· Has shopping become a hobby? Try other fun activities such as the beach, barbecues, or bike riding with children or friends

· Use your military benefits to save a bundle: the commissary, Navy and Marine Corps Exchange, and Morale, Welfare and Recreation offer deals you won't find

anywhere else.

· Remember — never cut back on basic necessities (food, housing, safe transportation, and quality medical care) to pay off your bills. These should always be a first priority for you and your family.

Be Good to Yourself
Keep in mind that your new plan of action doesn't mean you must stay housebound staring at four white walls until retirement. No one likes to feel deprived, but living within your means is possible. No

matter what your salary, you can enjoy what life has to offer, have fun, and save money at the same time.

Visit the LIFELines Financial Management section often for new topics on managing your money, staying out of debt, and achieving financial success at LIFELines.Navy.mil.

**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

Condo for Rent - 1bd/1bath furnished or unfurnished. Cable, water, and garbage included. Just minutes from Navy base off North Lagoon! \$735.00 mo Call 814-3566.

GE Select Dryer 5 cycle - Heavy Duty Extra Large Capacity \$125.00 Kenmore Heavy Duty washer \$ 100.00 Kenmore 700 Dryer \$75.00 Please contact 628-0255.

Fender Base Guitar w/hard case & Crate Amplifier/Equalizer - Like New, used very little. Both for \$400.00 OBO.
Yamaha Clarinet w/ cleaning kit and extra reeds. \$200.00. John, 850-774-8819. (24)

Child's raised train table 4x3 ft with numerous Hot Wheels track and buildings - \$45; **1984 Sears electronic radial arm saw**, good condition - \$100. Great Christmas gifts! Call Dennis at 234-5934 evenings or 234-4105 days. (24)

Home for Sale - Beautiful 4 bdrm, 2 bth, in popular Hidden Pines Subdivision near Navy Base. Photos and detailed information at www.buyers-choice.info. Call 236-3864 or (256-) 509-5787. (24)

Dog pen - Portable, chainlink, w/gate, size: 6' x 12" Used less than six months. \$75.00 **Collapsible dog carrier** - Medium Size - used once \$25.00 Call 850-527-1720 (24)

Free - GE freestanding double oven with electric range and KitchenAid dishwasher. In good condition and approx 20 yrs-old. Call 850-624-6484

2002 Toyota Tundra SR5 Access Cab V8, green, auto, cruise, pwr locks/windows, CD/cassette, alloy wheels, Mich tires, step rails, tow hitch, 52K miles, exc cond, \$15,900, 234-4052. (23)

2002 Honda Civic EX Coupe, white, auto, cruise, pwr locks/windows, CD, good tires, 66K miles, exc cond, \$9900, 234-4052. (23)

Piano, Kimball Spinnet console. Immaculate cond. Beautiful honey oak finish w/ matching padded storage bench. Professionally tuned 18 months ago, \$1,000.00 firm. 230-7697 (23)

Wanted - 18ft utility flat bed trailer w/elect brakes & lights. Must be 18 ft. Call George Cash 702-622-1674 or 1668

First Act drum set, great for beginners, bass, snare, 2 tom tom, 2 symbols, stool \$150.00 OBO, 625-7323 (23)

1997 Larson 186i with trailer and 115hp Johnson O/B - Bowrider. USCG approved for 9 passengers. Fully Loaded.

Great gas mileage. \$7,000 Call 850-303-3006 for more info and pics.

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

2002 Mazda MPV LX, White. 53,000 miles. Great on gas. 3.0L V6 with Overdrive 5 Speed Auto. Dealer serviced. Ex cond. \$11,100 OBO. Pete 850-819-2035 (cell) or 850-235-2468 (home)

2004 Crest II LM 25 foot Pontoon with 2004 Honda 90hp 4 stroke. Used less than 12 times. Boat purchased new in 2005. Transferable warranty for life of boat and 5 yrs on motor. CD/AM/FM with 5 speakers. \$23,000 OBO Jeff (305) 942-1475 (22)

1993 Ford F-150 King Cab 5.0L 302 V8, 114000 miles, XLT P/W PDL 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 \$365K 2 adjacent 4 ac.lots avail. at \$120K ea. 850-773-1507 owner.

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)

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

Pig Roast raises money for children



Photo by JOSN Joseph Moon

Tammy Wilhite (left) and Lisa Downey serve food to X-Ray Technician HM1 Ericson Duyor Nov. 18 at the Bunker 87 Annual Pig Roast. The Bunker 87 Pig Roast Committee (Bunker Rats) organized the event to raise money for the Children's Christmas Party. Over \$1,800 was raised. This was the 15th annual Pig Roast.

\$150 for both. Kenmore microwave, good condition. \$50.00. Call 215-9453.

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

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

Lawn mower, Yard Machine, 4 HP, 22" cut, side discharge/mulcher, push type, \$50.00. Call 624-0144. (20)

Powertec Workbench Leverage home gym Model WB-LS \$899 orig price. Incl additional arm curl bar (orig price \$129.99), 255 lbs of weights plus 45 lb. weight bar. Asking \$600. View at www.gymfavorites.com/powertec-fitness-equipment/powertec-home-gym-leverage-system-leveragesystem.html Call 874-0763 after 5:00 p.m. or 819-0383

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.

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 or call JOSN Joseph Moon at (850) 234-4803 for details.

You can also place a free classified ad in the Gulf Defender. Ads are placed on a space available basis. Ad must be for a one-time sale of personal goods should be 30 words or less. Include your rank/name, unit/office symbol, duty phone, and home phone number in an email to checkertailmarket@tyndall.af.mil. Forms must be turned in by 2 p.m. Thursday for publication in the following Friday's Gulf Defender.