

Coastal Courier



Vol. 15, No. 22

Naval Support Activity - Panama City, Fla.

November 17, 2006

DoD resumes mandatory Anthrax vaccinations

Department of Defense Report

The Defense Department will resume mandatory anthrax inoculations for servicemembers and civilians deploying to U.S. Central Command and Korea. A small number of servicemembers assigned to homeland defense units will also receive the shots.

The six-shot series provides immunity from a deadly disease that has been used as a biological attack agent, said Dr. William Winkenwerder, assistant secretary of defense for health affairs.

David S.C. Chu, undersecretary of defense for personnel and readiness, will issue instructions to the services

in the next two months. The program will start soon after.

A court order halted mandatory vaccinations in 2004. In 2005, the order was lifted, and servicemembers deploying to the area or in special units could choose to receive the vaccinations or not. Roughly 50 percent of those deploying did opt for the shots.

“The anthrax vaccine is safe; it is effective for all forms of anthrax spore exposure,” Winkenwerder said. “Time and again (this vaccine) has been looked at by experts, ... and each time the conclusion is the vaccine is safe and it is effective.”

See **SHOTS**, pg. 11

Sailors give vets big hand on Nov. 11



Photo by MC3 Joseph Moon

Local Sailors From Navy Recruiting and delayed entry program recruits walk down Harrison Ave. with the inflated Sailor Sam on Veteran's Day, November 11, Panama City. (From Left) SA William Leffler, Jonathan Goodman (inside Sailor Sam), William Coburn, pushing Trinity, 2, and Alexis, 1, next to their mother, PC2 America Henry. Many local Sailors and other servicemembers participated in the parade, including Naval Diving and Salvage Training Center Commanding Officer Cmdr. Christopher Moore.

SEALs receive modernized SEAL Delivery Vehicles

Dan Broadstreet NSWC PC Public Affairs

PANAMA CITY, Fla. — The Naval Sea Systems Command, Naval Surface Warfare Center Panama City's Maritime Mission Systems Department completed a modernization program in September for all fleet SEAL Deliv-

ery Vehicles (SDVs).

The MK 8 MOD 1 SDV is a manned wet submersible vehicle used to deliver Navy SEALs and their equipment to mission areas. The crew operates and navigates the submerged SDV while using an Underwater Breathing Apparatus (UBA) for life support.

The modernization under the direction and leadership of

Program Executive Office, Littoral and Mine Warfare's Naval Special Warfare Program Office (PMS NSW), included upgrading approximately 40 percent of the vehicle's systems mainly covering areas of life support, command and control, navigation and communication.

“NSWC PC was tasked to design, test and produce

four new modernized MK 8 MOD 1 SDVs, which enhanced their current operational capability and enabled all systems to be compatible with current technology,” said Marcus Hall, department head of Maritime Missions Systems.

The SDV system up-

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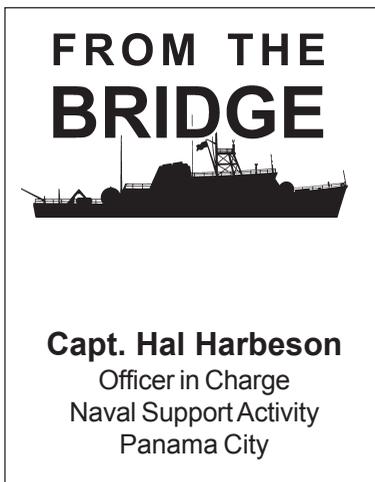
Prepare for winter energy season

Energy experts from several private firms toured many buildings onboard Naval Support Activity this week. These experts were assisting Public Works personnel searching for “energy leaks” and all possible opportunities to use renewable energy to power our facilities.

As they toured your buildings I hope many of you took this opportunity to discuss any ideas you might have to save energy. This effort will compliment our comprehensive Spring 2006 NSA PC energy audit.

To update you on our energy conservation progress, you probably recall that your overhead lights were replaced in January of this year.

Over 14,000 lights were replaced with high efficiency



Capt. Hal Harbeson
Officer in Charge
Naval Support Activity
Panama City



lighting, reducing energy usage by more than 20 percent per light. Behind the scenes, over 100 of our large air conditioning systems were upgraded with premium efficiency motors during the same project, saving upwards of 25 percent per motor.

Public Works implemented several energy effi-

ciency projects during FY06, saving over \$120,000 in warfighter funds this year and each upcoming year. Public Works will continuously implement projects, with an increasing emphasis on renewable “green” energy technology.

As we move from the cooling season to the heating

season, please prepare yourself with the following in mind:

1. Heating and air conditioning is our largest collective power consumer. NSA has been directed by the Commander, Naval Installations Command to reduce our warming temperature to 68 degrees, two degrees colder than last year’s 70degrees. These guidelines have been recommended for implementation at all commands on base.

2. Remember that space heaters are prohibited for fire safety reasons. Some exceptions can be made by supervisors on a case-by-case basis, such as when heat is lost in a portion of a building, but the equipment must meet UL requirements and have a tip-over shut-off.

3. Holiday decorations are welcome and encouraged. Holiday lighting however, is authorized only for housing residents, and only during the hours of 1700-2200.

4. When you are not using it, turn it off! There is a common myth that turning off

See **BRIDGE**, page 11

VIEWPOINT:

“Why are you thankful for working for the Navy?”



“It gives me the opportunity to continue serving after active duty.”

Ken Tillman
Physical Security Officer
Security Department



“I just love doing my job.”

SO1 Justin Pittman
NSWC
SDV R&D



“It gives me job security, a steady paycheck and income, I get to travel all over and see a lot of different cultures that I never would have witnessed otherwise.”

SK1 Lindian Steele
Asst. Emergency Mgt. Officer
NSA PC



“It gives me the ability to support or serve my country as a civilian.”

Rand Chandler
Electronics Engineer
NSWC PC

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PANAMA MAC'S
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PICK-N-PULL
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Elliptical machine authorized for spring PRT

Navy News

Commanders may now authorize the elliptical trainer as an alternative testing option for the cardio portion of the Physical Readiness Test's (PRT) 1.5 mile run beginning with the Spring 2007 physical fitness cycle.

"This option provides a challenge equal to the run with much less impact to the lower extremities," said Heather Pouncey, Physical Readiness Program Office director. "The addition of the elliptical trainer as a testing option expands our support for Sailors and commands to maintain a fit and fully mission ready force."

As with the swim and treadmill options, commanders and officers-in-charge maintain discretion in authorizing the elliptical trainer for the physical readiness test.

The elliptical trainer test is a 12-minute fixed-time test which correlates the results to the 1.5 mile run. The elliptical trainer test will provide the Sailors caloric output, which will be



Photo by MC3 Joseph Moon

Frank Montgomery, assistant program manager of Testing and Evaluation for DJC2 JPO, uses an elliptical machine at the MWR gym. A fan of the machine, Montgomery uses the elliptical almost every day, he said.

converted into a run time. The run performance standard charts, in OPNAVINST 6610.1H, will determine the PRT score. The goal is to burn as many calories as possible during the 12-minute test.

The testing procedures for the authorized elliptical trainers will be sent to the fleet via NAVADMIN at the end of this year. Run time conversion charts, caloric output goal charts, testing procedures and

answers to frequently asked questions will be available on the Physical

Readiness Program office Web site at www.npc.navy.mil/

commandsupport/physicalreadiness next January.

Elliptical trainers reduce the shock associated with running and decrease the risk of further damage to those with previous lower extremity injuries.

The authorized models of elliptical trainers for the official PRT test include: the Life Fitness (models CT 9500 HR, 95 XI, 91 X1 and 91X), Percor model EFX-Navy and Nautilus model E9.16.

Sailors are encouraged to use any type of elliptical trainer for their aerobic work out to improve fitness and overall health and wellness.

For more information on this new policy, refer to NAVADMIN 293/06.

MESSIAH LUTHER
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2 X 2

MILITARY MEDIA
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2 X 5

MAD HATTER
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ARMED FORCES COMM
337428
6 X 11

Students gain knowledge in Student Career Experience Program

Dan Broadstreet
NSWC PC
Public Affairs

Naval Surface Warfare Center Panama City is partnering with accredited colleges and universities to attract America's brightest students to careers in Research and Development. The Student Career Experience Program provides the opportunity for students in engineering or scientific curriculums the chance to participate in a cooperative work study program while pursuing their undergraduate, graduate, or doctoral degree.

"This semester I work 20 hours a week at the Robotics Technology Branch, HS14," Florida State University student Ana Ziegler said, adding that her current project involves working on a miniature model of a Landing Craft Air Cushion.

Although there are no limitations on the number of hours a SCEP employee can work per week, the student's work agenda should not interfere with their academic schedule. Meticulous planning is a big part of their lives.

"Though the program is demanding, I have enjoyed it and I'm happy to say I graduate in May of 2007. Currently, the program I work for mainly consists of software engineers and multiple computer specialists," Joshua Weaver said,



Photo by Rob Cole

Florida State University Panama City campus co-op students working with the Naval Surface Warfare Center Panama City pose aboard a research and development Landing Craft Air Cushion (LCAC) vehicle. (From left) Joshua Weaver, Ana Ziegler, Shannon Morrell and Jeremy Hatcher.

adding he intends to apply his co-op experience toward medical uses with robotics.

SCEP students must keep supervisors and the NSWC PC SCEP coordinator informed of their desired beginning and ending dates of holiday and summer employment at least six to eight weeks prior to beginning employment.

NSWC PC also provides SCEP students with academic assistance. NSWC PC will pay 50 percent of academic tuition per semester and up to

\$300 for books per semester.

"I would like to continue my employment with NSWC PC upon graduation, which will be in the winter of 2008," said Shannon Morrell, a junior in the Computer Science program at Florida State University. Currently living in Panama City Beach, Morrell is a native of Connecticut.

SCEP students are eligible for conversion to career-conditional appointment if: they successfully complete all requirements toward their academic degree; they have a

grade point average of 3.0 or higher in all declared major courses; they complete a minimum of 640 hours of career-related work before completion of academic course requirements; and their immediate supervisor recommends conversion.

Regardless of whether or not the student becomes employed upon completion of the program, a mutually beneficial relationship is gained bringing laboratory experience to the class room and students with solid work ethics to NSWC PC.

"My current project at NSWC PC is developing software to aid in the research of Very Shallow Water environments, which will assist in the development of specifications placed on the next generation of Unmanned Underwater Vehicles," Jeremy Hatcher said, a former Marine – now majoring as an electrical engineer at the Florida State University campus in Panama City.

Safety Stand Down message



Photo by MC3 Joseph Moon

Megan Thompson speaks at the NSAPC Safety Stand Down of the consequences of drinking and driving, November 9. After serving almost four years in prison for DUI Manslaughter, Thompson now speaks at schools about her experience in prison and how her actions got her there.

Leave Donor Update

The following employees are approved Leave Donor Program recipients:

Kim Pitts, CNENODIVE
Sharon K. Bearden, NEDU
Kerry Day, NSA PC

John Buser, A15
Rony Oglesby, HA13
Steve Horton, R14

The importance of communicating with others

Dr. Bill Cavitt
Fleet & Family
Support Center
Clinical Counselor

Communications is the relationship! It is what makes strong families, friends, and workgroups. Your ability to listen and honestly speak to others is the foundation that makes yourself and others feel valued and loved.

The ability to take ownership and express your true thoughts and feelings helps relationships survive crisis and stay healthy.

There are many factors that make good communications in the military work site and family setting important. Military personnel are frequently placed into situations seldom experienced by their civilian counterparts.

- Frequent and long separations.
- Frequent and long hours of duty. (24/7)
- Pressure to master your job because human welfare and lives may depend on your expertise.
- Dangerous missions. (for many)
- Need for strict discipline.

Good communication includes both verbal and non verbal. 93% of all messages are expressed and impacted by nonverbal signals, 55% facial and body-language, and 38% through the tone of your voice.

Therefore, it is very important to attend to your tone of voice, facial expressions, and gestures. Learn to become aware of the feedback your team members (family and work) are sending be-

The Cavitt Report



Dr. Bill Cavitt
NSA PC
Clinical Counselor

cause of your non-verbal messages.

Although we have been using verbal communications most of our lives, we still fail to practice good techniques.

Even in the military we can learn to express our thoughts and feelings without hurting others. Leaders clearly make their point using the following:

- Taking the direct approach.
- Expressing their honest thoughts and feelings.
- Being positive about a situation instead of always looking at negative factors.

Having the ability to ask for advice only when they truly desire it.

Not constantly searching for someone to place blame.

Ensuring that body language and verbal messages match and express the real message desired.

One of the most important features of effective communications is the ability to listen. Effective listen starts with some basic actions:

7. Turn off the television, ra-

dio or other distracting devices.

8. Do not interrupt or give quick advice or make rapid judgments.

9. Paraphrase to ensure understanding.

10. Ask questions to show interest.

11. Develop an open attitude about what you hear.

12. Don't jump to conclusions.

It is important to remember that communication habits can be improved. The results are **better understanding, more effective problem solving, and stronger team building**. These 3 positive outcomes are important in both family and work settings because they make for a stronger team.

Holding the line for GOMEX



OS2 (SW) John Sanders, line handler for Pusher Boat 2, brings in the line after Port Operations members aided the USS *Devastator* (MCM 6) dock at NSA PC's Alligator Bayou November 3 in support of the Gulf of Mexico Exercise 07-1. Four ships utilized services of NSA PC and tenant commands during the two week exercise that ended Monday, Nov. 13. (Photo by MC3 Joseph Moon)

Food drive for Sailors

The command religious program is doing a food collection to support sailors and their families during the upcoming Thanksgiving and Christmas season.

They are sending care packages to our Sailors stationed overseas doing Individual Augmentee tours.

The program members are looking for any shelf stable food products for the food boxes, and for junk food type snacks, cookies, cakes and candies for the care packages.

There are collection boxes in Building 110 lobby, Building 308 Lobby, Chaplain's office entrance (Building 304S), NDSTC, and NEDU.

If you would like a collection box or have had one in the past and would like one again, please email Chaplain Howard and let him know or just put a box out there.

They will be regularly checking the boxes that they know about, but if you have some food in a particular office space or building, please call the Chaplain and he will get it picked up for you.

"There are many Sailors here in Panama City whose families can greatly benefit from this gift at this time of the year, and this is one small way we can show support to our Navy families. Last year we gave out more than 20 boxes of food and mailed out seven care packages to our Sailors overseas, and I know that your generosity will enable us to do that again this year as well. We will run the collection through December 11," said Howard.

LT Benjamin Howard CHC, USN
850-234-4084 (office)
850-625-1355 (cell)
benjamin.j.howard2@navy.mil

Giving thanks, looking back, giving back

Lt. Ben Howard
Chaplain
NSA PC

Next Thursday we celebrate Thanksgiving Day. While this is a wonderful time of celebrating with good food and friends and family, this really should be for each of us a time to give thanks to God for all that he has done for us.

We can learn much about giving thanks by looking at the first celebrants of what came to be called Thanksgiving. The first Thanksgiving was held by the Pilgrims along with their Native American guests at the end of what had been an abundant harvest.

While this was not one of their typical Puritan "fast and

pray" days of Thanksgiving, it was a day to celebrate and give thanks for the wonderful harvest God provided.

It is also very appropriate that November is Native American heritage month and that their feast was shared with the Wampanoag tribe, because it was their skills shared with these newcomers to North America that allowed them to know what and how to plant in the new land.

None of these men or women were perfect, and in fact this happy occasion never happened again. Only a few short years later, the Native tribes were being killed by the settlers who followed behind the initial pilgrims. However, that first celebration demon-



strated all that we hold to be the highest ideals of our great

nation.

That first Thanksgiving shows us people of two very different cultures, religions and backgrounds gathering to celebrate in their own way their gratefulness to God, and sharing their hospitality with their neighbor.

It was that first Thanksgiving feast that President George Washington memorialized when he proclaimed Thursday, the 26th day of November 1789 to be a National day of Thanksgiving.

His words are a reminder to us even today of what Thanksgiving should be about. He asked in part that, "...we may then all unite in rendering unto [God] our sincere and humble thanks, for

His kind care and protection of the people of this country, for the favorable interpositions of His providence, for the great degree of tranquility, union, and plenty, which we have enjoyed..."

Lastly, as we think of all that we have to be thankful for, let's not forget those less fortunate than us during this time of the year.

If you would like to return some of that gratefulness to others this year, the Chaplain's office is doing a food collection to benefit worthy families here at Naval Support Activity. For more information see the ad on page 9. From the Chaplain's office, may you and your family have a happy and blessed Thanksgiving.

Chapel Hours

✠Seashore Chapel invites all to a casual, relaxed atmosphere of blended worship which appeals to all ages and traditions.

✠Worship with us Sundays at 10 a.m.

✠For more info call 234-4084.

Nov. Civilian Length of Service Awards

Name	Years Service
William Cashman	5
Thomas Creswell	5
Philip Davis	5
Michael Carl	5
Shannon Crabtree	5
Robert Adkins	15
Joel Peak	20
Thomas Seldenright	25
Theresa Lang	25
Anna Stout	35

Thank you
for your Service.

November is Military Family Appreciation Month

Adm. Mike Mullen
CNO
Washington DC



Adm. Mike Mullen

As we begin the holiday season, many will pause to reflect and give thanks for the things that they have and the accomplishments they have achieved. Tied to these are the military family.

We all know and appreciate the sacrifices our military families make. We all understand how important families are to our personal readiness.

We all know the degree to which we lean on them, the degree to which we value their support, their counsel, and their love. We all recognize that we could not do our part in this long war without them. But we must also take time to recognize their collective impact on the Navy at large.

The truth is, our families do

our families make it easier for the Navy itself to answer the nation's call. In this critical time, our Navy families are playing a vital role in the defense of our nation.

To all of them, whatever their relation, I say thank you. Thank you for standing by your Sailor. Thank you for your support. And thank you for sharing the sacrifice of military service with such grace and dignity. I am grateful, and your Navy is grateful.

To those of us in ranks, please join me this month in expressing gratitude to Navy families everywhere. Take time out of your busy days to recognize everything our families do to make what we do possible. They certainly deserve it.

not just make it easier for us as individuals to serve our country. They find ways, through the ombudsman program, Familyline, the fleet and family support centers, and a host of other efforts, to improve the quality of life for other members of the Navy family as well.

By helping each other, and by building strong communities,

SHOTS from page 1

The assistant secretary said the anthrax threat is still out there.

“Our adversaries continue to remind us that they are determined to obtain nuclear, chemical and biological weapons,” he said.

“We do not yet know who perpetrated the attacks of October 2001.”

In that incident, letters filled with anthrax spores killed five, sick-

ened 17 and contaminated the Hart Senate Office Building so badly it was months before the building was deemed safe.

It’s important to make the vaccination program mandatory, Winkenwerder said.

“There is a signal sent if a program is voluntary that perhaps it is just not that important,” he said.

“Our actual view is

that it is very important. We believe it should be mandatory, because we want to protect every person to the maximum degree possible who might be a target.”

While the program is mandatory for those deploying to threat ar-

reas, the program will be voluntary for servicemembers and civilians who started their vaccine series but had to stop because of the judge’s order.

“If they wish to continue with their vaccine series, we will make it

available,” Winkenwerder said.

Research continues on the anthrax vaccine. The assistant secretary said DoD is looking at studies conducted with the Centers for Disease Control that may allow the department to re-

duce the number of shots from six to five or even four. “We don’t have FDA concurrence or approval for that yet,” he said.

There is no shortage of the vaccine, Winkenwerder said.

BRIDGE from page 2

a light and turning it back on uses more energy than if it had remained on. This is not true; turn it off when not in use.

5. Recent software upgrades allow us to turn off our NMCII computers at night, with computers being turned on automatically if a new software “push” is required.

In addition to powering off the desktop or laptop at the end of the day, you should also power off associated peripherals such as displays and locally attached printers.

All combined, our base-wide night time computer usage wastes enough electricity to

power 20 typical houses year round while in restart/sleep mode versus fully off.

That \$30,000 in unspent energy dollars is returned to the warfighter, if we do our part and turn our computers off at night.

6. Never use a screen saver. Your monitor uses more than twice the necessary power while in screen saver mode as opposed to sleep mode.

7. Take a look around your workspace. Are any vents inadvertently blocked? Are there old style incandescent light bulbs that could be replaced by compact fluorescents? Is there

electronic equipment plugged into the wall that has not been used in weeks? Would a motion switch make sense for some of the lighting?

Remember, we all have to do our part. The most important improvement we can make is our own habits. Treat your own workspace like you would your own home. Use what you need and no more.

It is our TAX DOLLARS that pay this bill at work. I’ll close with President Bush’s October 12, 2006 official proclamation stating: “Meeting our growing energy needs will require creativity, determination,

and discipline. By working together, we can foster economic growth, improve our environment, and leave behind a safer, cleaner, more prosperous world for future generations.”

Editor’s note:

Please visit the direct link for more information at:

www.energystar.gov

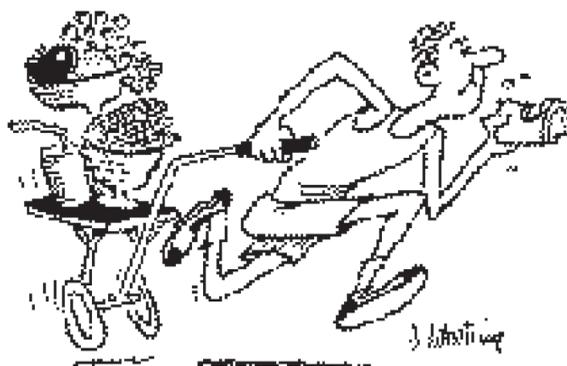
To find additional energy savings tips and clips, visit the direct link at:

energy.navy.mil/awareness/tools/tools_5.html

For more information or questions about energy conservation at NSA PC, please contact Wells Parker, 235-5723.

**ARMED FORCES
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Holiday 10K & Youth Fun Run



Saturday, December 9 at 9:00 a.m.

The race will start and finish at the NSA Marina. Register at the Fitness Center or call 234-4370.

Early registration through Dec. 6:

\$17 - 10K, \$10 - Fun Run

Late registration through Dec. 9:

\$20 - 10K, \$12 - Fun Run

The fun run will be held at the same time as the 10K.

Awards and post race food!

American Indian and Alaskan Natives: a diversity of culture

Steve Applegate
Public Affairs Officer
NSA PC

This November's theme for American Indian and Alaskan Native Heritage Month is "Our People, a Diversity of Culture." These groups are indeed diverse, as the evolution of the terms used to identify them confirms.

According to an article on *Infoplease.com* by Borgna Brunner, the controversy about the use of the terms American Indian and Native American have now sorted themselves out.

Over the years, the people whom these words are meant to represent have made their preference clear: the majority of American Indians/Native

Americans believe it is acceptable to use either term, or both.

Many have also suggested leaving such general terms behind in favor of specific tribal designations which give an authentic description of their heritage, rather than lumping the individual groups together into a whole race of people.

Brunner recalls that Indian was the name Columbus mistakenly applied to the people he encountered when he arrived in what he believed was the "Indies," the medieval name for Asia.

The term Native American, introduced in the 1960s, offered a way of eradicating con-

fusion between the indigenous people of the Americas and the indigenous people of India.

The Bureau of Indian Affairs web site's 'Frequently Asked Questions' page notes that the term also came into usage to denote the groups served by that organization: American Indians and Alaskan Natives (Indians, Eskimos and Aleuts of Alaska).

Later the term also included Native Hawaiians and Pacific Islanders in some Federal programs. *Native American*, therefore, came into disfavor among some Indian groups, who in many cases prefer the term American Indian.

A 1995 Census Bureau Survey of preferences for racial and ethnic terminology (there is no more recent survey) indicated that 49% of Native people preferred being called American Indian, 37% preferred Native American, 3.6% preferred "some other term," and 5% had no preference.

In a recently-released naval message, Vice Adm. J. C. Harvey, Jr., Chief of Naval Personnel, notes that National American Indian and Alaskan Native Heritage Month provides commands another opportunity to celebrate our diversity by focusing on the outstanding contributions

and distinctive cultures of the American Indians and Alaskan Natives.

Harvey points out that throughout our nation's history, American Indians and Alaskan natives have significantly contributed to our security and freedom.

During World War I, nearly 12,000 American Indians and Alaskan natives served as volunteers. During World War II, 44,000 American Indians and Alaskan natives served with distinction in both the Pacific and European theaters and 24,000 served in Operation Desert Storm. Today over 13,000 American Indians and Alaskan natives follow in the footsteps of these prior generations and proudly serve in the United States Navy, Harvey said.

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Free use of fitness center for DoD civilians

Brian Connors
MWR Director

In an effort to promote fitness among the Navy's workforce, Commander, Navy Installations Command (CNIC) has authorized DoD civilians free use of MWR Fitness Centers.

Effective November 1, DoD civilians on the installation and retired DoD civilians from this installation were granted free access to the MWR fitness center.

DoD civilian dependents and on-base DoD contractors will continue to be eligible to

utilize MWR fitness facilities for a fee.

All existing memberships for DoD civilian dependents and DoD contractors will be honored until May 1, 2007, at which time they can be re-newed.

All new memberships effective November 1, will be \$72 per person. Families with more than one dependent will pay \$72 for the first dependent and \$48 for each additional dependent.

All DoD civilians and retired DoD civilians are authorized a prorated refund for their 2006 membership in the amount \$28 cash or

\$30 of MWR Bucks redeemable at any NSA PC MWR facility.

Members can also elect to have a credit placed on their credit card in lieu of cash. In order to receive a refund, DoD civilian members are required to turn in their fitness membership ID card at the Fitness Center between November 13 and December 15.

The installation DoD civilian sponsor for existing family memberships will be refunded \$28 cash or \$30 MWR Bucks for their portion of the membership.

NSA PC retired DoD civilians must show their membership ID card in order to receive a refund but they are required to keep their card for base access.

DoD civilians will be required to show their CAC card or EBACS card to the fitness center staff in order to gain free access.

Eligibility for DoD civilians, DoD dependents, retired DoD civilians and DoD contractors is authorized at the discretion of the installation commanding officer.

Authorization will be reviewed annually to

ensure that non-active duty participation does not interfere with active duty and retired military use of the facilities.

MWR thanks you, in advance, for your cooperation and patience in this matter.

If you have any questions regarding the new policy, please phone Don Inman, sports and fitness director, at extension 5887.

SDV

from page 1

grades included: increased diver air capacity, installation of an onboard Windows-based computer, improved diver communications, addition of satellite communication capability, reduction of GPS signal acquisition time and improved electronics performance and reliability.

“All four new vehicles have been delivered to the fleet SDV Teams and all legacy craft in the fleet have been retrofitted with these modernizations,” said Hall.

“It was an honor to brief the Secretary of the Navy (SECNAV),” said

Hull Technician Second Class (SEAL) Jeremy Mahugh, speaking of the SECNAV Donald C. Winter’s visit to the warfare center, Oct. 25.

Winter visited several of the laboratories at NSWC PC while in town for a speaking engagement at the National Defense Industrial Association’s 11th annual Expeditionary Warfare Conference, Oct. 23-26.

According to Mahugh, the MK 8 MOD 1 SDV is capable of delivering several fully equipped SEALs to a mission area, loitering in the area, retrieving the SEALs and retiring from

the area while remaining completely submerged. Mahugh was impressed that the Secretary of the Navy took the time to personally inquire about the challenges unique to a SEAL’s mission requirements.

“Seeing someone of his stature so interested in the operators and their equipment makes it all worthwhile to serve this great country,” said Mahugh.

NSWC PC scientists, engineers, technicians and logisticians along with PMS NSW’s project management and logistics personnel developed and introduced the MK 8 MOD 1 SDV

to Naval Special Warfare in 1996. The design and development were the result of technical expertise and specialized resources accu-

mulated from 25 years of SDV technical and operational experience.

“The NSWC PC Maritime Missions Systems department contin-

ues to provide technical and logistics support to the SDV program, as the designated In-Service Engineering Agent,” said Hall.



Photo by Rob Cole

Hull Technician Second Class (SEAL) Jeremy Mahugh from the Naval Surface Warfare Center Panama City Maritime Mission Systems Department briefs Secretary of the Navy, the Honorable Donald C. Winter, on the capabilities and features of the Mk 8 Mod 1 Seal Delivery Vehicle. The Secretary of the Navy (SECNAV) took the opportunity to visit the Naval Surface Warfare Center Panama City shortly before speaking at the National Defense Industrial Association’s Expeditionary Warfare Conference Oct. 25, 2006.

CLASSIFIED PROMO
311090
3 x 6

DR. PETER CLAUSSEN
347821
3 x 4

CLASSIFIED PROMO
311084
6 x 11.5

CLASSIFIED PROMO
311085
6 x 11.5

Classified Ads

X-Treme X-360 Electric Scooter- blue 18mph, 350 watts, 36 v, 12amp maintenance free sealed lead acid batteries(12v,12amp)Charge time: 6-8 hrs., carrying capacity 300lbs. Like new, excellent condition. \$95. Call 233-3236 (23)

For Rent on PCB off Thomas Dr. - Available immediately. 2 Bd, 2 Ba 1 story 1/2 duplex, approx. 1100 sq. ft., tile floors in Great Room & baths, fireplace, W/D hook up, 2 blocks to beach, fenced backyard, covered patio, deck, indoor cats OK w/pet deposit. Lease required, \$900/month plus \$800 security deposit. 624-3134 or 234-6824. (23)

2005 Scottsdale Newmar RV class A \$75,000 35' long 3 yr bumper to bumper warranty 3 slideouts, 4, 800 miles, Mint/like new condition, 1 local owner, Non-smoker. Call Joe 767-5981 or 814-5386 (23)

CKC registered Boston Terrier puppies. 4 males, 1 female. Wormed and first set of shots. Parents on premises. Ready to go 8 Nov. \$400 each. Call 265-8447. (22)

Kitchen Items. 30" Kenmore gas drop-in range. Top white in color. Face is black oven glass Electronic oven controls, timer. Pilot-free ignition. Matching Kenmore exhaust hood (white) w/ multi-speed fan and light. Kenmore 3/4-hp garbage disposal. All items removed for remodel and in good condition. Formica counter top, white w/ oak trim, 21ft total in 7ft sections. Any/all are free to good home. 235-5941(day) 271-4239(after 6pm). (22)

Inversion Table KeyFitness \$150 Rob 850-249-9380 <http://www.knology.net/aquaabyss/forsale>. (22)

New in Box "Sony" 50 "television console stand. Silver and glass. 200 OBO **Spectrum Duo 2 person kayak.** Strap-in seats, paddles, car carrier, anchor, rigged for fishing. \$400 **Large/Heavy Cherry stained solid oak TV armoire** w/ drawers and component shelves. \$150 **2001 American Ironhorse "Classic" custom softtail motorcycle w/ cover.** Candy apple red, 12,000 miles. Ex. condition. \$12,000 Call 319-1240 (22)

2002 Jeep Grand Cherokee-automatic, cruise, 2WD, keyless entry, CD. VG condition, well maintained. \$11,000 OBO. Call 747-1370. (22)

Bunk bed set with mattresses, \$150 OBO, call 233-0257 leave message. (21)

Jeep Black Steel Tube Bumpers (front and rear) excellent condition \$150 call 236-7595 or e-mail: jeepexpress@knology.net. (21)

New Arc Welding Machine used less than one hour; uses 110 Volt current for welding on steel up to 3/16" thick. Comes with 6' cable and clamp + 10# box of weld rods & shield. \$99. Call 774-5771 or 235-6992.

Engagement Ring, 1 CT., 3 stone, certified w/paperwork, 2 year service plan is trans-

ferable, white gold setting, appraised at over \$3k, will sell for \$2500. Call 305-3598.

2005 Nissan Maxima SE, 18" factory rims, 265 hp, excellent condition, really nice & clean, 35k miles, \$24,000. Call 305-3598. (21)

Baby items: crib and toddler bed, both cherry wood sleigh beds, includes a mattress \$75, 1 crib mattress \$15, call 265-2135.

3bed/2.5bath Brand new home, garage, washer/dryer hookup, 1 year lease, small pet ok \$1075 Monthly + deposit www.JWWproperties.com Call 276-2430.

OMER 90 Excalibur 2000 spear gun. Brand new, never used. \$100. Call Clint at x5296 or 234-1013. (21)

25" White GE Profile Stove 2004, Excellent Condition, Self cleaning oven, Asking \$250, Call 960-1029. (21)

Private, furnished room for \$400/month & 1/3 utilities or \$500 w/ utilities incld in a centrally located house in PC. Close to mall, GCCC & FSU, downtown. No smoking or pets. Female preferred. Contact Shawn at 814-7869. (21)

2000 Jeep Wrangler Sport, CD player, automatic transmission, cruise control, new tires, 6" lift, clean, good condition, winch jack List with NADA for \$15,400. Will sell for \$15,000 FIRM, call 596-7974. (20)

Home for sale or rent! \$375,000 or \$2,000 per month 3 BD, 2 1/2 BA, pets negotiable. For more information, call Wynne at 814-8739. (20)

1998 Harley Davidson Softtail Custom. Lots of Chrome, sissy bar luggage rack, Corbin saddle bags and extra Corbin bags, Garage kept. 13K. Call Jo at 234-4147 WK 258-9136 or 784-4764 after 6 pm. (20)

Chipper/Shredder MTD 10 hp, like new, \$450. **Truck bed tool box, diamond plate,** \$100. 890-2533. (20)

Nordic-Track Recumbent exercise bike, less than year old. excellent condition. Wide mesh seat, programmable workouts, measures heart rate and calories/carbs burned and much more. Transferable 3 year extended warranty. \$250. **Fender 12-string acoustic guitar** in mint condition w/hard case. \$675. **Baldwin professional keyboard,** recording and aux hook ups to plug in to full amp/sound system, large variety of instrumental sounds, beats, etc. \$175 OBO. **1966 Vintage Contello Accordion** 120 bass w/2 switch options and 7 switches for keyboard. Comes w/original hard case. Pearl white, sounds great, everything functional and in overall excellent condition. \$350 Call: 234-4849 or cell: 832-3110.

Entertainment Stand - for Television, Stereo, DVD, etc. 24x48x48, rounded design. Light maple veneer with gray trim. Very good condition (<2 years old). Large open

Joint honors training at Tyndall

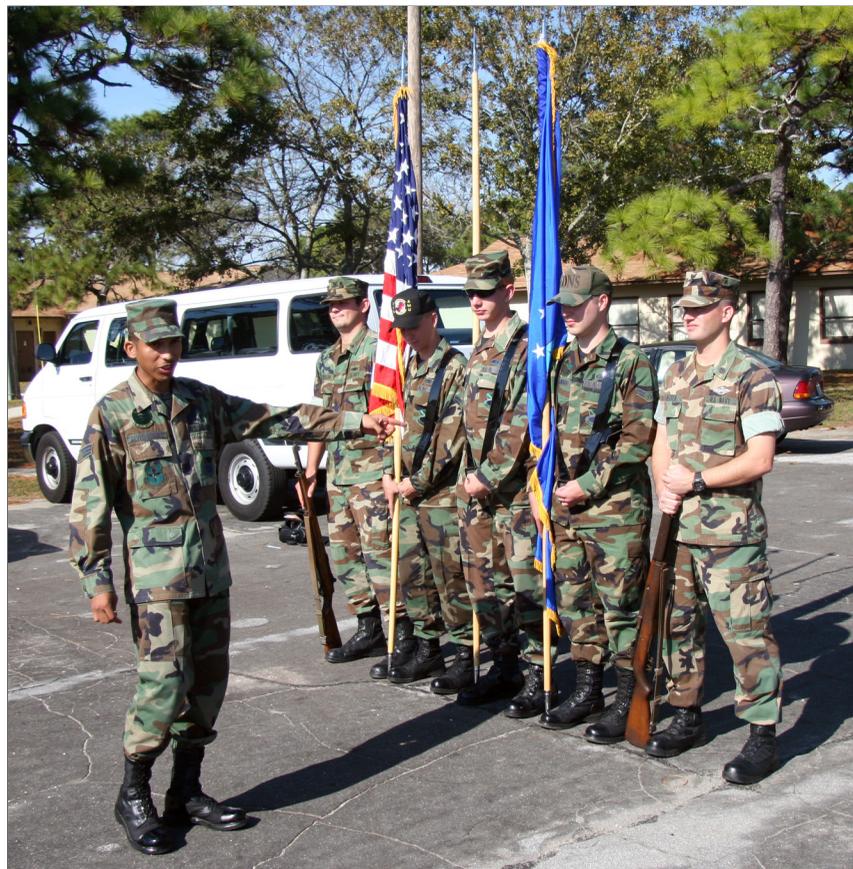


Photo by MC3 Joseph Moon

Head Trainer of the Tyndall Air Force Base Honor Guard Senior Airman Aquilino Alveo-Forbes, instructs his class, which included Sailors from NSA PC, on performing outdoor honors Tuesday, Nov. 14. MN2 (SW) Michael Taylor, NSA PC's funeral honor detail coordinator, far left with rifle, arranged for the Sailors to attend the Air Force course to drill with seasoned practitioners of the duty.

area in center for TV with shelves above, below, and on sides. Side shelves have removable wire racks for holding movies/DVDs/games/whatever. Maple veneer with gray trim, on wheels. \$50. Call 236-0988.

Woodlawn 321 Greenwood Cir. 2100sf, 3 BD, 2.5 BA, Jacuzzi tub, FP, heated pool w/ large screen enclosure, sprinkler sys, 2 car garage, brick exterior, 7 yrs old. \$418,000, By Owner. 236-7752.

NordicTrack E3800 \$999 (goes for \$1700). Was used only for a few months of light use. Excellent condition. Please call 774-4595. (20)

2004 Stingray 180RX Boat, Trailer, and Equipment \$11,400/OBO - 135HP Volvo Engine. Used primarily for wakeboarding and is in very good condition. NADA lists boat for \$9800, trailer for \$1,380. Boat, galvanized trailer, wakeboard/tow tube, all Coast Guard required equipment, CD w/ 4 speakers, and much more for \$11,400. Call 532-5468 or 960-1836. (19)

2005 Honda VLX Deluxe, 600cc, white, windshield, sissy bar, luggage rack, Kuryakyn pegs, less than 3,000 miles, garage kept, like new, warranty until July 13,

2009, \$4,300. Call 624-0144.

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 MC3 Joseph Moon at (850) 234-4803 for details.