

NSWC Panama City holds ribbon-cutting ceremony

Naval Surface Warfare Center PC Public Affairs Office

PANAMA CITY, Fla. – The Naval Surface Warfare Center Panama City officially opened its new Littoral Warfare Research Facility (LWRF) Wednesday, April 19, at 1:00 p.m. with Florida's U. S. Congressman Allen Boyd and other distinguished guests on hand to help cut the ribbon.

The government, academic, and industrial communities in Florida and the southeastern United States are working to develop and demonstrate the technologies needed to provide unmanned systems capa-

bility to both military and private sectors. This new facility provides a unique environment for testing, demonstrating and integrating unmanned systems technology.

The LWRF, located on St. Andrew Bay, will contain vehicle and sensor laboratories, signal and image processing centers, and a command center for both bay and gulf operational demonstrations.

Research conducted in the LWRF will lead the way to accomplish complex warfare tasks with multiple cooperating robots thereby keeping both people and high valued platforms out of harms way.



Photo by Rob Cole

U.S. Representative Allen Boyd, (D) of Florida District 2, officially opens the Littoral Warfare Research Facility by cutting the ribbon held by (from left to right) John Patton, vice president of the Haskell Company, Cmdr. Hal Harbeson, officer in-charge Naval Support Activity Panama City, Dr. "Ace" Summey, Littoral Warfare Systems Product Area director, and Kirk Dye, technical operations manager of NSWC.

Navy Announces Awards, New Programs For 2006 Earth Day

Navy News Service

WASHINGTON (NNS) — The Department of the Navy will mark Earth Day 2006 April 22 by reaffirming its commitment to protecting the nation's valuable air, land and sea resources, which are essential to the health, safety and defense of all Americans.

The Department of the Navy's commitment to the environment is reflected in this year's Earth Day theme, "Sustaining Our Environment, Protecting Our Freedom."

"Earth Day presents an

opportunity for the Navy to reaffirm its commitment to being an environmental leader while protecting our nation," said Deputy Assistant Secretary of the Navy (Environment) Donald R. Schregardus. Highlights of the Department of the Navy's upcoming environmental stewardship efforts include the following:

· May 3 - The FY 2005 Secretary of the Navy Environmental Awards will be presented to 19 Navy and Marine Corps individuals, teams, installations, and ships

for their outstanding achievements. Winners will be recognized for their successes in natural resources conservation, cultural resources management, environmental quality, pollution prevention, environmental restoration, and environmental excellence in weapon system acquisition. Two of these award winners (Naval Air Weapons Station China Lake and Marine Corps Base Hawaii) will also receive the prestigious Secretary of Defense Environmental Award for outstanding work in DoD environmental pro-

grams.

· May 17 - The ex-Oriskany, a retired aircraft carrier that saw service during the Korean and Vietnam conflicts, is scheduled to be sunk off the coast of Florida to create an artificial reef that benefits marine life, fishing and recreational diving.

· May 26 - USNS Sacagawea (T-AKE 2), the second of the new T-AKE class of cargo ammunition ships, is scheduled to be launched. These ships incor-

See **EARTH**, page 3

On the Inside

| |
|--|
| From the Bridge..2 |
| Tentative Clean-up Schedule.....4 |
| EOD to sink Carrier, Navy Federal Youth Challenge..6 |
| Chaplain's Corner, Domestic violence Awareness.....7 |
| Briefs.....8 |
| Avoiding workplace falls.....9 |
| Classifieds.....12 |

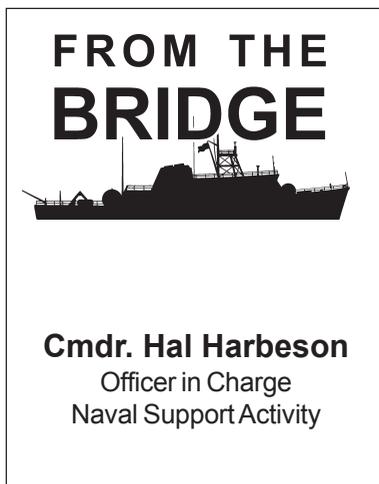
Federal employees and the political process

This week we officially entered the election year with primary elections, and this is a perfect time to remind everyone of some of the basic do's and don'ts for federal employees taking part in partisan political activities.

The Hatch Act restricts the political activity of executive branch employees of the federal government, District of Columbia government and some state and local employees who work in connection with federally funded programs. In 1993, Congress passed legislation that significantly amended the Hatch Act as it applies to federal and D.C. employees (5 U.S.C. §§ 7321-7326). Under the amendments, a small group of senior federal employees are subject to greater restrictions, but most federal and D.C. employees are now permitted to take an active part in political management and political campaigns. The following general rules apply to most of us.

Permitted/Prohibited Activities for Employees Who May Participate in Partisan Political Activity
These federal and D.C. employees *may*-

- be candidates for public office in nonpartisan elections
- register and vote as they choose
- assist in voter registration drives
- express opinions about candidates and issues
- contribute money to political organizations
- attend political fundraising functions
- attend and be active at



Cmdr. Hal Harbeson
Officer in Charge
Naval Support Activity



- political rallies and meetings
 - join and be an active member of a political party or club
 - sign nominating petitions
 - campaign for or against referendum questions, constitutional amendments, municipal ordinances
 - campaign for or against candidates in partisan elections
 - make campaign speeches for candidates in partisan elections
 - distribute campaign literature in partisan elections
 - hold office in political clubs or parties
- These federal and D.C. employees *may not*-
- use official authority or influence to interfere with an election
 - solicit or discourage political activity of anyone with business before their agency
 - solicit or receive political contributions (may be done in certain limited situations by federal labor or other employee organizations)
 - be candidates for public office in partisan elections

- engage in political activity while:
 - o on duty
 - o in a government office
 - o wearing an official uniform
 - o using a government vehicle
 - o wearing partisan political buttons on duty
- An employee who violates the Hatch Act shall be removed from their position, and funds appropriated for the position from which removed thereafter may not be used to pay the employee or individual. However, if the Merit Systems Protection Board finds by unanimous vote that the violation does not warrant removal, a penalty of not less than 30 days suspension without pay shall be imposed by direction of the Board. Federal employees should also be aware that certain political activities may also be criminal offenses under title 18 of the U.S. Code.
- This article is in no way intended to encourage or discourage employees' participation in political activities. We just want to be careful to avoid any of the pitfalls that might result in

problems for you or for your employer. I'm a firm believer that it is especially important for those of us who work for the government to take an active role in the process... get out and vote!

Listed below are answers to some of the most frequently asked questions received by U.S. Office of Special Counsel about political activity by federal employees.

Question: Can I make a contribution to the campaign of a partisan candidate, or to a political party or organization?

Answer: Yes. A federal employee may contribute to the campaign of a partisan candidate, or to a political party or organization.

Question: If I have a bumper sticker on my personal car, am I allowed to park the car in a government lot or garage, or in a private lot/garage if the government subsidizes my parking fees?

Answer: Yes. An employee is allowed to park his or her privately owned vehicle with bumper sticker in a government lot or garage. An employee may also park the car with a bumper sticker in a private lot or garage for which the employee receives a subsidy from his or her agency.

Question: Can I help organize a political fundraiser?

Answer: An employee is allowed to organize a fundraiser, including supplying names for the invitation list, as long as

he or she does not personally solicit, accept, or receive contributions.

Question: Can my name appear on invitations to a political fundraiser as a sponsor or point of contact?

Answer: No. An employee's name may not

See **BRIDGE**, page 3

Naval Support Activity

Public Affairs Office
101 Vernon Drive
Panama City, Fla.
32407-7018
(850) 234-4803
DSN: 436-4803

NSA PC Officer in Charge
CDR Hal Harbeson Jr.

NSA PC Public Affairs Officer
Steven Applegate

Coastal Courier Editor
JO3 Joseph Moon

View issues online at
www.cnrse.navy.mil/NSAPC/NSAPCDepartments/PAO/Coastal%20Couriers/CoastalCouriertemplate.htm

Published biweekly by Florida Freedom Newspaper, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Panama City.

This commercial enterprise newspaper is an authorized publication for members of the military service and Department of Defense civilian employees. Contents of the *Coastal Courier* are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or Department of the Navy.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense or Florida Freedom Newspapers of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage 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, user or patron.

Editorial content is provided and prepared by the Public Affairs Offices of NSA PC, Panama City, Fla. Deadline for article submission to the *Coastal Courier* is noon Friday prior to the week of publication unless otherwise noted. Articles must be typed, double-spaced, or in an electronic format and submitted to NSA PC, 101 Vernon Avenue, Panama City, Fla., 32408. Material is edited for accuracy, brevity, clarity and conformity to regulations. Photos are U.S. Navy photos unless otherwise noted.

BRIDGE

from page 1

be shown on an invitation to such a fundraiser as a sponsor or point of contact.

Question: Can I speak at a political fundraiser?

Answer: An employee is allowed to give a speech or keynote address at a political fundraiser, as long as he or she is not on duty, and does not solicit political contributions.

Question: If I'm going to speak at a political fundraiser, what information about me can be printed on the invitations?

Answer: An employee's name can be shown as a guest speaker. However, the reference should not in any way suggest

that the employee solicits or encourages contributions. Invitations to the fundraiser may not include the employee's official title; although an employee who is ordinarily addressed with a general term of address such as "The Honorable" may use, or permit the use of, that term of address on the invitation.

Question: Can I attend a state or national party convention? If so, in what capacity?

Answer: Yes. A federal employee may serve as a delegate, alternate, or proxy to a state or national party convention.

Question: If I run as a candidate for public office in a

nonpartisan election, does the Hatch Act allow me to ask for and accept political contributions?

Answer: An employee who is a candidate for public office in a nonpartisan election is not barred by the Hatch Act from soliciting, accepting, or receiving political contributions for his or her own campaign.

Question: May I distribute brochures for a political party to people arriving at a polling place on Election Day?

Answer: Yes. An employee may stand outside a polling place on Election Day and hand out brochures on behalf of a partisan political candidate or political

party.

Answers to other questions about allowable political activity by federal employees can also be found in Hatch Act regulations in title 5

of the Code of Federal Regulations. Questions not answered above, or in the regulations, can be submitted to Office of Special

Counsel for an advisory opinion.

If you have further questions visit the Office of Special Counsel's website at www.osc.gov.

EARTH

from page 1

porate new and innovative pollution prevention systems to minimize environmental effects.

In June 2006 at Naval Station Norfolk, Jim Connaughton, environmental advisor to the President and head of the White House Commission on Environmental Quality, will recognize USS George Washington (CVN 73), USS Harry S. Truman (CVN 75), and USS John C. Stennis (CVN 74) for having won the FY 2005 Chief of Naval Operations Environmen-

tal Quality Award for Large Ships.

Schregardus said the Navy and Marine Corps are pursuing an environment-friendly culture where world-class environmental stewardship enables a world-class organization.

"We're taking today's high level of environmental performance to new levels by investing in alternative energy sources and proactive programs," he said.

The Department of the Navy's environmental program is based on the concept that stewardship and

defense readiness go hand-in-hand. From alternative fuel vehicles to research and development efforts to protect marine mammals, the Navy works to both protect the environment and enhance support for Sailors and Marines.

Additional information, including photos, bios, and a list of award winners, will be posted April 19 on the Department of Defense Environmental Network and Information Exchange (DENIX) at <http://www.denix.osd.mil>.

METRO/MIDAS
325270
3 x 5

THE WALTON SUN
315443
3 x 4

Cleanup schedule announced

PANAMA CITY, Fla. -The cleanup of materials in preparation for hurricane season, and command inspections starts Monday and continues until Friday, April 28.

Excess items may be disposed of at the different drop-off points, listed below, throughout the base from 7 a.m. to 2 p.m. during those five days.

Hazardous materials, or HazMat, will be taken during those days, but HazMat is also accepted daily in the HazMat Pharmacy located in Building 399. You are encouraged to contact the Pharmacy at either ext. 4920 or 4805 for coordination of excess HazMat turns prior to the base cleanup.

R e m e m b e r , these are the type of excess items that will be accepted:

-Furniture
-Computers (Including Legacy computers and laptops)
-Class A refrigerator, air conditioners or other items using Freon. Call ext. 4390 for Freon removal prior to excessing.
-Circuit Boards
-Safes and filing cabinets with combinations (NSA PC security must review items before they are collected.)

The following items can be accepted at the drop off sites, but can NOT go in dumpsters.

-Liquids
-Aerosol cans
-Batteries, except alkaline less than 9 volt
-HazMat containers, empty or still containing material (All unlabeled HazMat will require analysis to determine the contents.)

-Empty compressed gas cylinders (valves removed and a hole drilled into container.)
-Mercury containing articles (bulbs, thermostats, thermometers – items safeguarded as to not touch each or other objects that could cause breakage.)
-Light ballasts
-Lead weights
-Tires with rim removed (rim can be moved to scrap metal)
-Circuit Boards (free of software, literature, and packing)
-Electronics
-Scrap metal (all Navy markings obliterated)
Government property
Do not bring the following!

Classified materials, NMCI equipment, software literature or ink cartridges, software programs, and any inert ordnance.

Tentative schedule for the base-wide cleanup week

April 24th - Building 581 area (new milcon area behind NEDU)

April 25 - NDSTC south end parking lot area

April 26 - Building 470/490 area

April 27 - Building 431 area

April 28 - Building 110 southside area

Length of Service Awards for April 2006

*Congratulations and
thank you
for your years of service*

30 years of federal service

Donnie Sellers

25 years of federal service

David Everhart
Michael McCants

20 years of federal service

Gale Moore
Paul Kotula
Harry Ramsey

15 years of federal service

Gerald Cador

10 years of federal service

Anthony Meekins

5 years of federal service

Raymond Glasgow

**COCO-
NUT
CREEK**

**NEWS
HERALD
PROMO
322683
1 x 10**

**ALPHA AUDIOLOGY
325464
2 x 2.5**

Learning from the best

**MESSIAH
LUTHERAN
316025
2 x 2**

**TONIES
316734
2 x 4**



photo by J01 James Pinsky

Storekeeper 1st Class Marvin Hayden, NSA PC's Admin Supply Clerk, inspects athletic shoes Afghan National Army recruits want to exchange at the central issuing facility (CIF) at the new Kabul Military Training Facility (KMTF) located in Afghanistan. Hayden was deployed to Afghanistan in November along with other U.S. Navy storekeepers to Combined Joint Task Force (CJTF) Phoenix to provide logistical support for one of the world's newest armies. Hayden was NSA PC's 2005 Sailor of the Year.



**DID YOU
KNOW?**

- One hundred percent of a recycled aluminum can ends up as another aluminum can in as little as 60 days
- An aluminum can has no limit to the number of times it can be recycled
- Aluminum is the most recyclable of all materials: it is four times more valuable than other recycled consumer materials

**MILITARY MEDIA
325905
2 x 5**

**C21 SMITH & ASSOC
315790
2 x 3**

**KINGSBURY'S
325031
2 x 3**

Explosive Ordnance Disposal Unit to sink ex-Oriskany

JO3 Joseph Moon
Coastal Courier Editor
NSA PC

NAVAL SUPPORT ACTIVITY PANAMA CITY, Fla. — Servicemembers of an EOD detachment aboard NSA PC are scheduled to set and detonate charges that will sink the ex-Oriskany, creating an artificial reef.

The Explosive Ordnance Disposal Mobile Unit Six Detachment Panama City is tasked with sinking the Ticonderoga class aircraft carrier off the coast of Pensacola this May, said Chief Warrant Officer Robert Evans.

The ship has been surveyed several times by the team, and will set the charges according to plans designed by Carderock, said Evans.

This EOD team is not letting the fact that this is a historic event go to their heads.

“It’s just another day at work for us,” said Evans who has more than 24 years of explosive ordnance disposal experience.

This is nothing more than basic demolition, he said. By



Courtesy Photo

The USS ex-Oriskany will be sunk by Explosive Ordnance Disposal Mobile Unit Six, Detachment Panama City to be used as an artificial reef off the coast of Pensacola. This photo was taken in 1959 off the Naval Shipyard.

not allowing the rarity of the event to overshadow their work, they can get the job done with precision, said Evans.

“Anyone could pack it with a bunch of explosives and blow the bottom of it out, but that’s not what we’re try-

ing to do,” said Evans.

When the charges go off there will not be a large explosion, said Evans. The hull of the ship will not be breached. Instead, exacting charges will open main valves that will cause water to flow into certain areas of the ship,

which will cause the ship to sink, said Evans

By following the sink plan, provided by Carderock, the ship should gradually sink and settle on the ocean floor.

Not only do they get to sink the ship, the unit is also going to be the first to dive the

ex-Oriskany the next day to see how it has settled and determine the exact depth of the flight deck, said Evans.

The sinking of the ex-Oriskany is scheduled for May 17.

Navy Federal to participate in national Youth Savings Challenge

NAVAL SUPPORT ACTIVITY PANAMA CITY, Fla. — Navy Federal Credit Union’s Panama City branch office will participate in CUNA’s 3rd annual National Youth Saving Challenge with a goal of increasing youth’s savings account balances during the week of April 23-29, 2006.

The theme of this year’s challenge — “My Money, My Credit Union — Where I Belong” encourages young credit

union members to open savings accounts and/or make savings deposits during the week.

Young Navy Federal members who visit the branch office and make a \$25 deposit into their savings account during the week will receive an official Navy Federal backpack and financial literacy material.

Young members can also complete a Savings Challenge Pledge Card, which will be

displayed in the branch office. The pledge card helps teach savings goals—kids state what they are saving for, how much they need to save, and when they plan to reach their savings goal.

The Youth Saving Challenge is intended to help credit unions such as Navy Federal build strong relationships with young members and their families.

Educational materials are provided to help parents part-

ner with Navy Federal in helping youth understand the importance of saving and how to best achieve their financial goals.

Visit the Navy Federal Panama City branch office during the week of April 23-29, located at:

101 Vernon Ave Bldg 395
Panama City Beach FL
32407 0830-1630

Navy Federal is the largest credit union in the world with \$25 billion in assets and

2.6 million members. Navy Federal has 111 branch offices and 305 proprietary ATMs located worldwide.

The credit union serves all the Department of the Navy (DON) military and civilian personnel, contractors who provide service to or work for DON on a regular basis, and their families.

For additional information about Navy Federal, visit: www.navyfcu.org.

What it means to have humility as a character trait

In the last article from the chaplain, we began a series on character traits that should be developed within ourselves in our realm of influence. The first trait to cover is one that is necessary, misunderstood, and difficult for many of us to achieve. It is humility.

What is humility? Miriam Webster Dictionary defines it as "the state of being humble." Not very helpful, but when you go to the definition of humble it states, "not proud or haughty, not arrogant or assertive."

Why is humility necessary? Doesn't it take pride to do our job well and accomplish our mission? The definition of humility does not help us see the necessity of humility. In fact, it probably makes many of us not want it, the way it is defined. A better definition could be found by searching the religious traditions that teach humility.

Most religious traditions teach its followers to exhibit humility as a virtue. From the Jewish Mishnah, Abot 4.4,

"Be of an exceedingly humble spirit, for the end of man is the worm." From Islam's Hadith of Bukhari, "Have I not taught you how the inhabitants of Paradise will be all the humble and the weak...?"

In Christian and Jewish tradition from Psalm 45:4 God is described as defending those who are humble when it says, "In your majesty ride forth victoriously in behalf of truth, humility and righteousness; let your right hand display awesome deeds." Jesus Christ himself says in Matthew 23:12, "For whoever exalts himself will be humbled, and whoever humbles himself will be exalted."

If we are encouraged to be people of humility then what will that look like? Being humble does not mean being weak. I think that Webster gets the connotation wrong with saying that it is a 'person that is not assertive'. You can be strong, bold, brave, assertive and all those other traits and still be humble. The key is found in the Bibli-



cal passage Romans 12:3, "Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment."

The problem that humility corrects in our life is pride. Pride in belonging to a unit, organization, or being part of an accomplishment is normal and desirable; but pride that

makes us think that we are better than other people is an attitude that leads to downfall. The pride in unit that makes us stand a little taller as Sailors, Marines, Soldiers or Airmen is beneficial to developing esprit de corps and accomplishing our mission with teamwork and unity, leading to outstanding results.

Proverbs 16:18 tells us "Pride goes before destruction, a haughty spirit before a fall." This type of pride leads us to think that we do not need anyone else because we are above and better than anyone else. This does not just pertain to people in positions of authority. You could be a Seaman Recruit and still have an attitude of pride, which would make you highly unteachable and unable to see the benefits and knowledge you can gain from those in authority over you. On the other hand, an Admiral who does not understand that his rank does not make him any better a person than those under his command, will be ar-

rogant and abusive in their leadership style.

Jesus taught in Matthew 20:26, "Whoever wants to become great among you must be your servant." While he is speaking here to his disciples in particular, the principle of humble, servant leadership applies in all situations.

The best leader is the one who tries his best to take care of those beneath him and whose subordinates will then do their best to work hard for him, thereby accomplishing the mission. From boot camp on, I have been taught that the two goals of military leadership were mission accomplishment and troop welfare.

If humility is an attribute of the leader, then he or she will do the best they can on the latter, and the ones they lead will respond by enthusiastically supporting the mission to its fulfillment. As always I welcome any input on these articles, and invite you to consider the next trait to be discussed which is courage.

Domestic violence awareness doesn't have to end in April

Dr. Bill Cavitt
Clinical Counselor
NSA PC

April is Domestic Violence Awareness Month, but awareness about this problem does not have to end with the month.

Family violence is the mistreatment of one family member by another member of the family. It can take many different forms. Physical, emotional, and sexual abuse are three

of the most common types of family violence.

However, some forms of neglect are considered violent in nature. Withholding love and affection to the point that a victim becomes a shell of loneliness; withholding money so a victim is totally dependent on the offender; not providing adequate food and shelter until the victim becomes ill; and not providing

necessary healthcare are all forms of neglect.

All of these forms of family violence can be just as devastating and violent as physical abuse. There is NO justification for family violence in any form. There are various indicators of situations that are more conducive to family violence. The offender may have been:

- Raised in a violent family environment. Many abusers were

abused or witnessed abuse while growing up.

- Using drug or alcohol. Drugs will not cause abuse but people who are drinking or using drugs use family violence more often.

- Frustrated. Being consistently frustrated can lead to striking back even though it does not justify this action.

- Power hungry. Abuse often grows out of a need to be in

control of every aspect of the family members lives.

- Experiencing vacillating moods. Amorous one moment and violent the next keeps family members on pins and needles.

- Displaying a projecting personality. Everyone else is at fault. It is always the fault of others for making the abuser angry; abusers seldom take responsibility.

- Having unrealistic expectations. All children are different. Some have more accidents than others.

Military abusers will be held accountable. DOD and all services have directives that address how family violence will be handled.

OPNAVINST 1752.2A states that child and spouse abuse are unacceptable and

Briefs

Water Safety Instructor Course: May 1 - May 12. Become certified by the American Red Cross to teach swimming lessons. The class will be held at the MWR Pool Monday to Friday May 1-May 12 from 6:00 p.m - 10:00 a.m. The cost of the class is \$237. A minimum of six participants are required for this class. You must be at least 16 years old become a Water Safety Instructor. To register, please call the Red Cross at 850-763-6587.

Baby Sitting Course

April 22 at the Long Glass Community Center
Time 8:00 a.m.

Cost \$45.00 per person

Want to earn extra money this summer, but your parents don't think your ready? Show them you are by taking our Baby Sitting course and become a Red Cross Certified Baby Sitter. You must be 11 year's old to get certification. This training will help participants develop skills in leadership, professionalism, basic care, safety and safe play, and first aid. For more information or to sign up call Monique at 234-4632.

2006 Annual Military Spouse Appreciation Day Event, May 5. The NSA-PC Fleet and Family Support Center and MWR understand the devotion and sacrifice that is made on a daily basis by all Active Duty Military Spouses to support our great nation. They would like to show their appreciation by hosting a reception on Friday, May 5 in Building 308 (Community Center), from 9:00 a.m. to 1:00 p.m. MWR will provide great refreshments and will have gifts and door prizes. Children are welcome (as long as you watch them). If you have any questions, call 235-5800. This is a great time for Military Spouses to meet other Active Duty Military Spouses and make friends.

Leave Donor Update

The following employees are approved Leave Donor Program recipients:

Steve Horton, E06
Edna Morales, XPM200
Ron Oglesby, A84
William Tate Ingles, PCXD60
John Lassiter, Code XPE
Sharon Bearden, NEDU

Misfits take championship

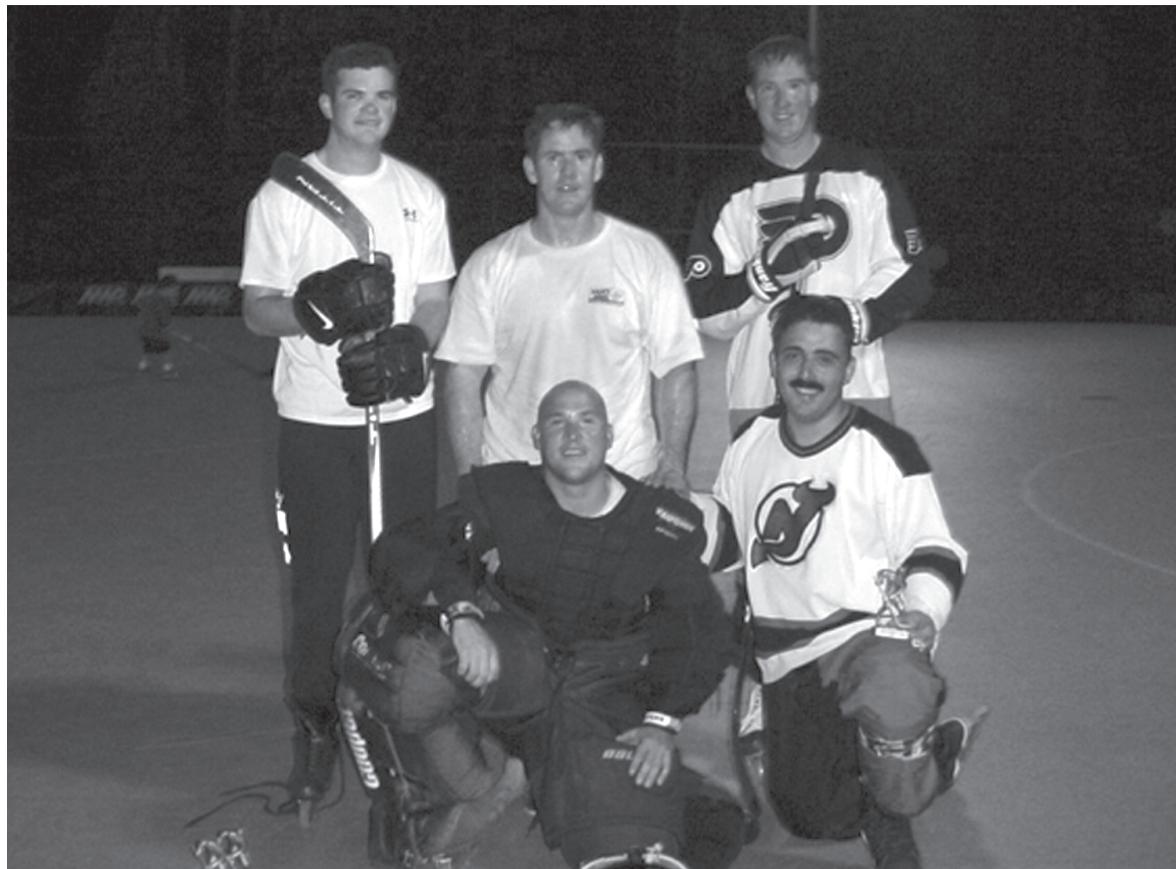


photo by Heather Harris

The Misfits, Jeff Declercq, Doug Fisher, Kevin Fowlers, Chris Baker, Onofrio Anastasio, and Yuri Varshavsky (not shown) took the MWR hockey league championship after a 5-3 win over Team Dave. Four teams were involved in the league; Tyndall, Team Dave (engineers), the Coast Guard, and the champions, the Misfits. This was a return of the hockey league after an absence of several years. The players are hoping to get funding for boards and lighting to facilitate another season.

Tennis Lessons for all ages

Lessons over five Saturday's: April 22,29 & May 6,13,20

The lessons will be divided into 4 groups:

Beginners: Ages 5-9 (2:00 p.m -3:00 p.m.)-only 2 spots still available

Beginners: Ages 10-15 & an Adult Group Ages 16 & Up (3:00 p.m. - 4:30 p.m.)-2 available

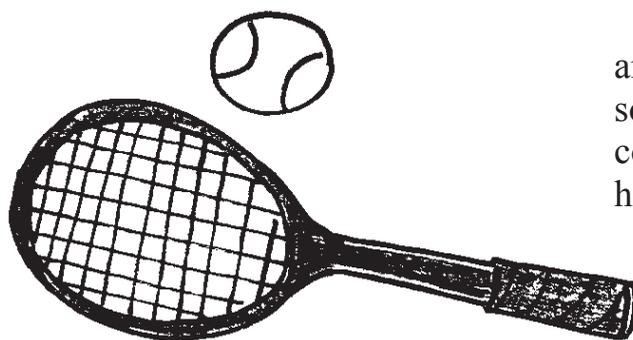
Beginners: Ages 10-15 & an Adult Group Ages 16 & Up (4:30 p.m -6:00 p.m.)-only 3 spots available

Advanced: Ages 13 and Up. This is a chance for skilled players to compete and work on improving their game. (6:00-7:00)-12 spots available

The cost is \$25 for all 5 sessions and all equipment is provided. The lessons will be held at the MWR tennis courts and if it rains the lessons will be held in the MWR Gym.

Sign up at the MWR Gym.

For more information call 234-4134.



AWARENESS

from page 7

incompatible with the high standards of professional and personal discipline required of members of the military service.

Abusive behavior destroys families, distracts from military performance, negatively affects the efficient functioning and morale of military units, and diminishes the reputation and prestige of the military service in civilian community.

Response to child and spouse abuse is a leadership issue. Commanding Officers

and all leadership personnel will undertake a continuous effort to reduce and eliminate child and spouse abuse at every level of command.

This is very important to the Navy Commands here. NSA-PC is the lead activity for all Family Advocacy Program (FAP) issues.

Each tenant command has an assigned FAP Representative and each case of family violence is properly

addressed.

If domestic violence is an issue in your family, get help. Call someone. For shelter, medical, and outside counseling needs call Dr. Bill Cavitt, NSA-PC FFSP Clinical Counselor at 636-6105.

If the domestic violence becomes an emergency call 911 or the Base Police Emergency Dispatch x4332 immediately.

Being aware of slip, trip hazards in the workplace

Holly Santoli
Safety Specialist
NSA PC Safety

Slips and trips are major causes of workplace falls and injuries. One of the biggest contributing factors to slips, trips, and resulting falls is improper housekeeping.

Lighting can also be a factor, especially when employees move from light to dark, or dark to light, areas of the workplace.

Falls can also occur when workers are carrying large objects that obscure their vision.

Other causes include:
· Not watching where you are going
· Spills and wet floors

- Clutter on stairs or walkways
 - Uneven flooring, worn stairs, or worn spots in carpets
 - Wearing sunglasses in low-light areas
 - Failure to use handrails
 - Failure to use common sense
- Be sure to:

- Wear proper footwear for the job you are doing or the places where you walk
- Clean up spills immediately
- Report slip, trip, and fall hazards to your supervisor or to your building point of contact.

Remember - A wealth of additional safety-related on line, web-based training such as the following can be

found on the Enterprise Safety Applications Management System (ESAMS) web site:

- Back injury prevention
- Bloodborne Pathogens
- Electrostatic Discharge
- Ergonomic awareness
- Hearing & sight conservation
- Job hazard analysis
- Lead awareness
- Mishap reduction
- Occupational reproductive hazard awareness
- Operational risk management
- Forklift formal instruction
- Safety Orientation for non-supervisors

Contact your supervisor if you need help in accessing this site.

CLASSIFIED PROMO
311090
3 x 6

Have a story to tell?

Maybe you should write an article for the newspaper. Have you taken an interesting photograph from around the activity? Perhaps you just have a great idea for a story. Contact the staff at the *Coastal Courier*, and submit it at joseph.moon@navy.mil.

**C21 SMITH &
ASSOCIATES**
325763
2 x 2

**PO
FOLKS**
324890
1 x 2

CLASSIFIED PROMO
311084
6 x 11.5

CLASSIFIED PROMO
311085
6 x 11.5

Classified Ads

Dog Kennel, 10'L x 5'W x 6'H, \$75
Dog house and dog carrier, \$10 each. Days: 234-4099 Evenings: 248-0181 (8)

2003 Coleman popup. Grand Tour Elite Bayside model. Brand-new condition, loaded, A/C, twin propane tanks, Add-a-room, \$8700 OBO 319-1491 (8)

Welbilt Model WUF11 Upright Freezer 10.0 Cubic Feet Capacity, \$95, Weider Weight Bench, New still in box, \$75; Sony 22" TV (Color), \$50 microwave stand \$20 call 960-8774. (8)

Designer dinette set, smoky glass top, 4 chairs. Originally \$1200.00 now \$450.00. **Oak entertainment wall center unit** holds 36" TV, 2 side towers, all have leaded glass doors and storage below \$850.00.

White metal trundle bed set, 2 mattresses, like new \$450.00 Call 248-8962 (8)

Four 13" marine-grade trailer wheels: Towmaster trailer service B78-13ST tires on 5-lug galvanized spoke rims. Used very little and in great shape. \$50 each, \$90/pair, or \$150 for all four. 234-2782. (8)

North Lagoon Drive Condo for Sale just 5 min from base! Nice 2bd/2ba 1200 sq ft, ceramic tile and carpet. Walk in closets. Wash/dry inc. Community Pool. \$165k. Call 819-1315. (8)

Texas Aggie Muster, Friday, April 21st, Soundside Club at Hurlburt Field, 1700 Happy hour, 1800 BBQ dinner buffet Cost: \$20 For more information contact Rachal Thomassie x6208

1992 Mustang GT Street/Drag. 347 RWH, Nitrous Motor (250 shot), Griffin cooled, MSD, 373 (93 Cobra) rear-end, World Class T-5 Trans (Zoom backed), Al drive shaft, Southside lift bars, coil over springs, sub frame connectors, roll cage, 2ea harness, Center Lines w/11.5 ET Streets/Pizza cutters, lowered 4", fuel cell. Lots More! Clear title. This car HOOKS, runs 6.89 1/8 mile. \$7,150. Mike 234-4390 or 774-6942 (7)

1958 Century Palomino-16 ft Clas-

sic mahogany runabout with 40 HP Evinrude motor and trailer. Great collectors item. \$9,000. (850) 819-3924. (7)

1981 Boston Whaler SuperCat 17, Comes on a solid trailer with new lights, tires, wheels, strap, and bearing buddies. Includes two like new Gul trapeze harnesses w/ spreader bars for total comfort while hiking out, size Large and X-Large. Quality built by Boston Whaler, this two-owner boat has been cared for and maintained in excellent condition. \$2295 Call 896-0582 (7)

Honda Accord LX, 2005, 4dr, 7500 miles, Silver Metallic, Automatic, Alloy Wheels, Under Factory Warranty till Aug 2008, absolutely excellent condition. Asking \$19,200. Call 960-1332 (7)

2001 Honda Shadow Spirit 750, custom paint, to much chrome to list, tinted windshield and extras, excellent cond. adult ridden 11k \$4000. OBO 628-0778 (7)

House for Sale, Springfield, 3 Bd 2 Ba, 1260 sq ft. Call for information. 624-9469. (6)

Home For Sale, 3/2 bath in Northshore on cul-de-sac. Lynn Haven School District! 2600 sq. ft Executive style home on seasonal canal. Fireplace. Full media room with wet bar, spa room and summer kitchen with built in Firemagic grill. \$393,400. Call 249-3232. (6)

Kenmore Heavy Duty Gas Dryer, \$125.00 **Gibson 21 cu. ft. Upright Freezer** (not frost free) - \$125.00 Call 832-9820 (day) or 230-0168 (evening) (6)

For Rent, 1 Bd/Ba waterfront Furn'd condo at Sun Harbor Marina. Close to Navy Base, Very comfortable and attractive setting. Some util. incl. No smoker/pets \$650/mo. \$500 dep. 3 mo. min. lease 763-8028 or 234-4674. Avail. 4/1/06. (6)

1981 FLH Shovelhead Harley Davidson All black and chrome and clean. Bike completely restored and rebuilt. 14" Ape-hangers, S & S Carb, new battery and many extras. Must

be seen to be appreciated. \$9,000 firm, bike meticulously cared for. 303-1588. (6)

Gorgeous penthouse condo on beach! 60ft of floor to ceiling glass gulf views from every room. 2 large master suites and baths. 1400+ sq. ft. Recent carpet, paint and appliances. Reduced to \$550,000. Owner 236-7567. (6)

Home for Sale, beautiful well-cared, in Woodlawn across from base, 4 bd (2 masters)/3 ba, 2400 sqft brick w/ 2-car garage, new roof, remodeled with hardwood floors & granite countertops, built-in microwave, double oven, corner lot w/ sprinkler and robomower. Call 233-5313. (5)

MTD 5hp Rear Tine Tiller, \$375 Rob 850-249-9380. <http://www.knology.net/aquaabyss/tiller>. (5)

1993 Award 30ft Travel Trailer, sleeps 5 to 6, new flooring, new fridge, cold A/C. Great for Hunting, Fishing, and Family getaways. Can be seen on Navy Base. \$5,000.00 OBO Call Harry 234-4449(W) or 784-3616(H) leave message. (5)

House for sale, 4 bd/2 ba, 2250 sq. ft. home in Palmetto Trace Neighborhood in PCB. Custom home w/ arched doorways, upgraded tile & carpet, huge mstr. bth with double vanity & sep. shwr. Fenced yard with deck, screened porch & 2 car garage. Call 234-5418. (5)

Skateboard ramp Hedstrom Factor X Ramps & Rails, \$10. 234-4444.

Men's Ring yellow gold, with white gold inner band. Beautiful. Would make an excellent wedding band. Size 9.5, paid \$285, asking \$120. Call 769-9321. (5)

2001 Honda CBR 929RR motorcycle. Immaculate. Only 9800 miles, alarm, power commander, frame sliders, matching tank bra, tinted windshield, erion pipe, more. \$6400 OBO. Call 636-6206 (day) or 319-9342 (night) (4)

Gulf Highlands beach resort, 2 bd 1½ ba unfurnished townhouse in gated community. Private beach access, 11 pools, tennis, shuffleboard, mini-golf, and community center. Excellent location - walk to restaurants, movies, shopping. \$189,900. Call 249-8400

or 249-9536.

Solid Oak Antique bed Full-size with high headboard and matching 5-drawer dresser with mirror. \$800. 636-6102 (3)

Mitsubishi Eclipse, 2 dr Spyder GS-T Turbo Convertible. 1997, 53K miles. White. Auto, cruise, pwr locks/windows, 6 CD changer. All leather interior w/ wood trim. Great Condition. \$7900 OBO. Call 722-5062 (H) or 960-2036 (C). (3)

1996 Nissan Maxima, V6, Automatic, Leather, Bose Premium Sound, Sunroof - Moon roof, rear spoiler, 150k miles, has some minor dents. \$3200.00 OBO. Call 305-3598. (3)

PC beach condo Large 1 bd, 1 ba, golf course view, fully furn'd, water and cable. No smoking/pets \$925/mo 850-235-1716 (3)

Kenmore washer and dry set, 80 Series, Heavy Duty, Super Capacity Plus. Good condition. \$125. Call 235-5063. (3)

4 New Michelin XC LT4 235/70 R16 tires mounted on 7 Spoke Chrome Rims. Fits 6 lug Dodge Dakota \$800.00 OBO Call Ray at 234-4504 or cell 866-5898. (2)

190 Motorola cell phone with battery and charger. Like new. Asking \$75. Call 763-4241 or 258-0018.

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 JO3 Joseph Moon at (850) 234-4803 for details.