

Shoreline



Find out how Navy-Marine-Corps Relief Society can help.
see page 3



The year in pictures. See how the Station spent 2003.
see page 7



What does the Liberty program have in store for you?
see page 10



I have a dream...
Martin Luther King Day
January 19th, 2004

Weapons Station names Sailor of the Year

By Journalist Second Class Christal A. Bailey
Navy Charleston Shoreline

Dedication, good work ethic and leadership. These are the values and principals that Signalman First Class (SW) Johnny Jackson applies to his everyday life as a Sailor. Because of his commitment to adhere to these values, Jackson was named Naval Weapons Station Charleston's Senior Sailor of the Year.

"Dedication is especially important," Jackson said. "I have a working spouse and two kids, so I have to be dedicated and very involved, which is great."

Jackson, a native of Omaha, Neb., works for the Station's security department, and is the second shift leading petty officer and watch commander. In addition to his everyday duties, Jackson is also the Mentorship Program Coordinator and Combined Federal Campaign Coordinator for his department.

When he was named as the Station's Sailor of the Year, Jackson said he felt privileged to have earned the title. "It's an honor to represent a command that cares for the people," he said. "It's also great that the chain of command had the confidence in me to represent this fine organization. It feels great to have this opportunity."

According to Jackson, there were many people who contributed to his success. "This would not have been possible without my family's support, a chain of command that believed in me and most of all the 29 people who work for me. This crew could



photo by JO2 Christal A. Bailey

Signalman First Class (SW) Johnny Jackson is Naval Weapons Station Charleston's Senior Sailor of the Year 2003.

be the backbone to anyone's success," said Jackson.

He also added that anyone could achieve the title Senior Sailor of the Year if they put their mind to it. "Give 100% to everything you want to

achieve, and never quit. Professionalism and personal behavior is the key," he advised. "Use good mentorship for your junior personnel and lead them so they can achieve the next level. If you apply these values you will be successful."

January marks King's 75th birthday

The 2004 Dr. Martin Luther King Jr. holiday observance will be Jan. 19, and will mark the 75th birthday of Dr. King and the 18th anniversary of this national holiday. The theme for the 2004 celebration is "Remember! Celebrate! Act! A day on, not a day off!"

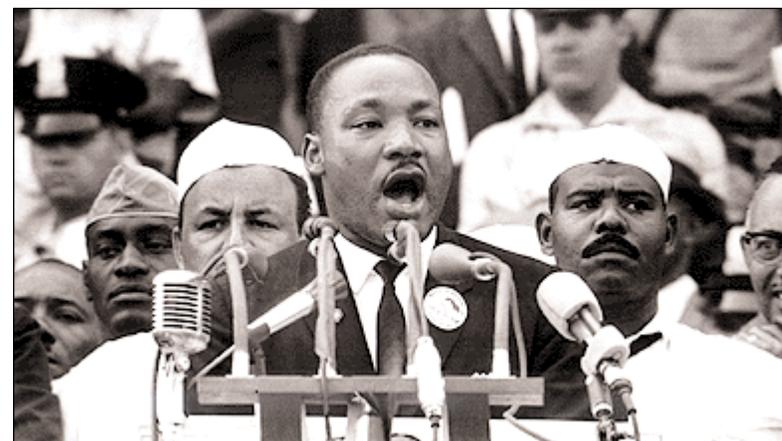
The Naval Weapons Station Charleston All Saint's Chapel will host a Dr. Martin Luther King Jr. salute Jan. 16 at 11 a.m. Guest speaker will be Dr. John Kelly, program manager for community support for Commander, Navy Region Southeast.

Dr. King dedicated his life to improving the lives of others. Through his example, he taught the values of courage, truth, justice, compassion, dignity, humility and service that so radiantly defined his character and leadership. In April of 1968, he said, "Let us rise up...with a greater readiness. Let us stand with a greater determination, and let us move on in these powerful days, these days of challenge to make America what it ought to be. We have an opportunity to make America a better nation." These characteristics of readiness and determination are exhibited each day throughout the Navy's nearly 400,000 member active duty force and in the actions of the thousands of sailors in the Naval Reserve.

In the words of FORCM (SW/AW) Karen H. O'Connor, COM-NAVSURFPAC Force Master Chief, "Martin Luther King's lessons

transcend color- they taught us to value each other's differences and to accept each other for who we are as individuals. Our Navy is the strongest in the world because our teamwork is based on this same foundation."

For more information on Dr. King visit www.thekingcenter.com.



AP file photo

Dr. Martin Luther King addresses a crowd during his famous "I have a dream" speech.

Naval Weapons Station Charleston



Mission

To enable warfighter readiness by providing superior host and technical services

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Executive Officer
LCDR Wesley S. Smith
Business Manager
Rita Schmitt
Command Master Chief
CMDM(SS) Tim Domrose

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Chaplains' Corner

LTJG (CHC) Joseph Daniel Johnson

Naval Weapons Station Charleston Protestant Chaplain

For many years I have been under the impression that suicide attempts increase during the holidays. More specifically between Thanksgiving and New Year's. While surfing the net on this subject I came across a number of articles which refute this belief. In one piece entitled *Suicide Lower on the Holidays*, Matt Pueschel of Washington D.C., shares:

"As the holidays came and went, a public policy group released a study last month that counters the common perception that suicides rise between Thanksgiving and New Year's.

Working on a grant from the Robert Wood Johnson Foundation, the Annenberg Public Policy Center found that two out of three newspaper stories incorrectly linked suicides to the holidays in late 1999 and early 2000. The research pointed out that November and December actually ranked the lowest in the number of monthly suicides while the spring and fall months ranked the highest, according to 1994 and 1996 data from the National Center for Health Statistics.

"In compiling their data, the Annenberg researchers examined 67 news articles written between Nov. 8, 1999 and Dec. 15, 2000. They found that 53 of the stories identified a potential link between suicide and the holidays and only 13 percent clearly attempted to debunk the association. 'What I think confuses people is many have a common sense view that people who don't have family or have lost people during the previous year, will avoid Christmas because of the consciousness of it,' said Dr. Herbert Hendin, medical director of the American Foundation for Suicide Prevention (AFSP) and a physician-psychiatrist for 40 years. 'The holidays make you conscious of people who are missing in your life.'"

Another article I came across in a Tennessee paper contained a quote saying, "The holidays are traditionally hard times for lonely people and the suicide rate goes up." But according to the Annenberg study, the media tends to imply that suicides that occur on a holiday are attributable to things like the holiday blues whether there is a relationship to the holiday or not. "Only 25 percent of the stories identified depression or other chronic mental health conditions as the most common underlying cause of suicide," the study states. "Only 34 percent gave accurate advice for the prevention of suicide, such as looking for signs of depression, encouraging depressed people to seek treatment, and not shying away from the discussion of suicide with family members who appear suicidal."

Dr. Hendin said people who are suicidal are often indifferent to Christmas or the holidays. "Their depression is so big that they are

beyond caring about Christmas," he said. "People who kill themselves put a gun to their head, most of them, not a pill. They are beyond feeling or caring what other people feel. They are past being motivated that someone will be hurt by their suicide."

The person's breakdown has developed over a long period of time so that the holidays seem really minor to them, Dr. Hendin added. They have stopped caring about family and friends long before the holidays.

Here are some ideas for coping with stress and depression throughout the year

- * Keep expectations for the year manageable. Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the important activities. Be realistic about what you can and cannot do. Do not put entire focus on just one day.

- * Remember the holiday season does not banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.

- * Leave "yesteryear" in the past and look toward the future. Life brings changes. Each season is different and can be enjoyed in its own way. Don't set yourself up in comparing today with the "good ol' days."

- * Do something for someone else. Try volunteering some time to help others.

- * Enjoy activities that are free, such as driving around to look at holiday decorations; going window shopping without buying; making a snowperson with children.

- * Be aware that excessive drinking will only increase your feelings of depression.

- * Try something new.

- * Spend time with supportive and caring people. Reach out and make new friends or contact someone you have not heard from for awhile.

- * Save time for yourself! Recharge your batteries! Let others share responsibility of activities.

In spite of many attempts at educating each other on the subject of suicide prevention, we experienced a handful of suicides within the Naval Weapons Station community in 2003. Although many of us may not be professionally qualified to evaluate whether someone we know is dealing with anxiety or depression, we can all make a conscious effort to eliminate all possible suicide attempts in 2004. That's where your chaplain or Fleet and Family Service Center representative can be of assistance. Do not hesitate to contact one of us. We are here to serve you. We are here to help you. I pray that we all can learn how to enjoy the lives that we have been blessed with. I hope that we can also treat everyday as a special day, and remember to Keep Yo' Head Up! (rf. Psalm 121:1-2).

Marine Corps Unit exceeds goal

By Sgt. Katheryn Brennan
Marine Corps Reserve

The Charleston Marine Corps Reserves topped their goal of 30,000 toys and helps thousands of Lowcountry children this Christmas. Marines collected 35,753 toys this holiday season, to distribute to less fortunate families.

Most of the toys were distributed, assisted 2,567 children through the Salvation Army. The Toys for Tots program also distributed toys to several other agencies resulting in hundreds of Lowcountry children who received toys.

Some Marines Reservists went out with North Charleston Police officers and local Goose Creek Boy Scouts to deliver the toys. Local TV and radio personalities, Rob Fowler and John Ahrens from WCBF TV2, Bill Shannon from Y102.5, John Majhor from Cool 105.5 were also along for the ride.

People throughout Charleston brought their families out to celebrate the day. They went out during the holidays to distribute toys to families identified by the North Charleston Police S.P.E.E.D. team and North Charleston school counselors. Through these agencies, there were about 40 families identified. Approximately 200 children received toys. The families identified were unaware that they were receiving toys and many were overjoyed to receive assistance.

Toys were also given to other children and families who were identified along the distribution route as having no toys for Christmas. It was an odd caravan of vehicles, North Charleston Police trucks, a television and radio station van and several personal vehicles driving through the North Area delivering toys. All those involved with the distribution were excited to assist others in our community and share in the joy of the holiday season.



Attention:

Operating hours for Gate 4, off Remount Road on Naval Weapons Station Charleston's Southside, have been adjusted to better suit its usage during late evening and early morning hours.

Gate 4 is now open Monday through Friday, 4:30 a.m. to 10 p.m. and Saturday, Sunday and holidays, 4:30 a.m. to 6 p.m.

Society recognizes 100 years of faithful service

By Electronics Technician Third Class Jeanna Gibson
Navy Charleston Shoreline

This year's Army-Navy football game officially marked the 100 year anniversary of the Navy-Marine Corps Relief Society (NMCRS). So, how did it all start?

At the 1903 football game between the US Naval Academy midshipmen and the cadets from West Point, President Theodore Roosevelt gave the Navy one-third of the gate receipts (\$9,000) to start what is today known as the Navy-Marine Corps Relief Society (NMCRS).

On Jan. 23, 1904, 19 volunteers signed the Certificate of Incorporation in Washington, D.C., and the Navy Relief Society was born.

The Navy Relief Society was a non-profit, charity organization started to provide assistance to widows and orphans. In 1991, the name was changed to the Navy-Marine Corps Relief Society. Though services offered by the group have changed dramatically in the last 100 years, it provides many benefits to Sailors and Marines around the world.

Since its creation, the Society has provided over \$1 billion in interest-free loans and grants to more than \$3 million active duty and retired Sailors, Marines and their families.

The NMCRS provides many services to eligible soldiers, Sailors and family members. Some services offered by the Society include interest-free loans or grants to deal with emergency needs, education loans and grants, money management skills, food lockers, layettes, thrift shops and visiting nurse services. These and many other services can be used by active duty and retired Navy and Marine Corps personnel and their family members, Reservists on extended active duty, family members of Navy and Marine Corps personnel who died on active duty or in a retired status, uniformed members of the National Oceanic and Atmospheric Administration (NOAA) and many more.

Joy Wilson, Naval Weapons Station Charleston's NMCRS branch director said, "Our mission is to meet the emergency needs of service members."

The Station's branch supports many needs of service members and their families. They provide assistance for things as common as unforeseen automobile repairs to college expenses for military children.

According to Wilson, if service members have a problem with their pay such as being over paid and then having the full amount deducted later, all they have to do is call the office for assistance. "NMCRS is your first resource, not your last resort," she stated. "Come to us first. We provide low-to-no interest loans, which cost less than other financial

outlets."

The NMCRS office is located in Building 717 on Jefferson Avenue, next to the Good Shepherd Chapel. Hours of operation are Monday through Friday, 8 a.m. to 4 p.m., by appointment. Walk-ins are accepted in emergency situations.

To learn more about NMCRS services and volunteer opportunities to help soldiers and sailors in the Charleston area, contact the Naval Weapons Station Relief Center at 764-1755, look in future editions of the *Navy Charleston Shoreline*, or watch WEPS TV2.



photo by ET3 Jeanna Gibson

Volunteer Katie Bricco helps a client fill out paperwork to qualify for assistance at the Navy Marine Corps Relief Society on Naval Weapons Station Charleston.

MenRiv Plaza transformed into a holiday wonderland for festival



photo by Glenn M. Cox

By Glenn M. Cox
MWR Publicity Specialist

MenRiv Plaza was transformed into a magical holiday wonderland Dec. 11 for Morale Welfare and Recreation's (MWR) 10th annual Holiday Festival. It was an opportunity for everyone to get of the house and experience holiday spirit.

The event included activities for all ages to enjoy-children romping in the jump castle and riding Candy Land Express, holiday shoppers could make their last-minute purchases at the craft fair, and there was plenty of good food, hot chocolate, candy, face painting, door prizes and live entertainment.

In addition, there was a continuous

line of festival goers who anxiously awaited their turn to climb the outdoor climbing wall. And to make the festival complete, Santa arrived in time for the children to sit in his lap and tell him their Christmas wishes.

Entertainment for the evening included the Youth Center's Tiny Tots singers, the MenRiv Elementary School choir and Just Dance, an energetic dance troupe from James Island.

The MWR Department wishes to thank First Command Financial Planning for sponsoring this year's Holiday Festival. Thanks, also, to the MWR department at Kings Bay, Ga., for loaning a portable outdoor climbing wall.

The MenRiv Elementary School Chorus sings some holiday tunes during the 10th annual Holiday Festival at MenRiv Plaza.

The Station's Year In Review

By Susan Piedfort
Navy Charleston Shoreline

2003 was a banner year for Naval Weapons Station Charleston. A hub for training, logistics, engineering and ordnance support, the Station also played a vital role in the movement of war material in support of Operation Iraqi Freedom last year. NWS Charleston and its family of tenants were also good neighbors in the Tri-county area, involved in various community support programs ... from picking up trash to building new homes.

Last year NWS Charleston provided major logistic support in support of Operation Iraqi Freedom for movement of Army heavy equipment and armored vehicles, moving 35,106 pieces of cargo (1.3M mtons) to/from 121 vessels, 9,716 trucks and 4,125 rail cars. The success of the Station encouraged U.S. Transportation Command officials to fund a \$2M project to repair the TC Dock.

The Station also provided significant support to the U.S. Marine Corps pre-positioning program in support of Operation Iraqi Freedom, processing more than 3,033 tons of ordnance for 310 inbound trucks, and 580.45 tons processed for 99 outbound trucks. A total of 10,545.38 tons were processed for 257 MPS inbound railcars and 5,964.01 tons were processed for 162 MPS outbound railcars.

The Station's vital logistics role drew attention from senior military leaders and DoD personnel and elected officials. More than 20 VIPs were hosted this year including U.S. Sen. Lindsey Graham, S.C. Gov. Mark Sanford and his Military Advisory Committee; U.S. Congressmen Joe Wilson and Gene Taylor; S.C. Lt. Gov. Andre Bauer; The Honorable Diane K. Morales, Deputy Under Secretary of Defense; The Honorable H.T. Johnson, Assistant Secretary of the Navy; and Asa Hutchinson, Under Secretary for the Department of Homeland Security. Several Transportation Command leaders visited, including commander GEN John Handy, former deputy LTGEN Kenneth Wykle, and director of operations MGEN Robert T. Dail.

Construction projects are constantly underway on Station to enhance ordnance and waterfront management, quality of service and logistic support for tenant commands. Quality of life improvements include a new 10,000-square-foot NEX Uniform Center, ITT Office and Outdoor Adventure Center. The \$1.3M facility features a 30-foot-high climbing wall. The Youth Center relocated to the renovated former child care center in May. The 14,000-square-foot building accommodates 180 military dependent children in modern facility with learning center, outdoor covered basketball court, etc.

Ground was broken in December for a new \$4M Consolidated Security Facility located within the fence line which will greatly enhance survivability against a terrorist threat, provide enhanced command and control and improve productivity. Congress recently approved \$2.35M for Antiterrorism/Force Protection (AT/FP) enhancements on the Southside including Gate Four.

The NWS Charleston team's commitment to excellence resulted in several major awards for the command in 2003. The Station Bachelor Housing earned an unprecedented fourth consecutive Five Star Accreditation in the Admiral Elmo R. Zumwalt Award for Excellence in Housing Management. For the third consecutive year, the NWS Galley received Five-Star Accreditation in the Captain Edward F. Ney Award competition for food service excellence. In 2003 the Weapons Station galley served more than 316,000 meals, including 86,400 fresh eggs, 19,200 pounds of chicken, 10,584 pounds of hamburger, 33,600 gallons of milk, 15,000 pounds rice, and 15,600 pounds of tomatoes.

Station personnel continued their longstanding tradition

of environmental stewardship last year. NWS Charleston received the 2003 Governor's Pollution Prevention Award for developing a comprehensive program to control and manage hazardous material, movement, storage and disposal.

The Station received the National Arbor Day Foundation Tree City Award for the seventh consecutive year. More than 220 new trees were planted, in addition to the care and maintenance of thousands of established trees.

The Navy takes care of its own, and in 2003 Naval Weapons Station Charleston took care of more than 16,000 multi-service military and civilian personnel who work on Station and their families. The Station once again opened a tax center in January to help local military and civilian employees with federal and state returns. The Weapons Station center led the Southeast Region with 5,033 returns filed resulting and \$3.5M in refunds. Overall, the tax center saved patrons \$345,000 in tax preparation fees alone.

More than 150 kids aged two to 13 from on Station and the local community enrolled in this summer's Vacation Bible School (VBS) sponsored by the NWS chapel. The VBS theme was "Treasures of the Nile," featuring crafts, drama and music about the people and biblical stories from Egypt. The Chapel also commenced a religious education program for children and youth called AWANA, centered around games, scripture lessons, singing and awards, as well as home projects. Sixty children and 32 adults are involved.

NWS conducted several weapons of mass destruction (WMD) exercise with all major supporting departments. Station emergency and disaster preparedness personnel participated with Bayer Chemical and county's Local Emergency Planning Committee in tabletop exercise testing community response to a major chemical plant disaster.

Station employees also showed they are good neighbors, participating in many volunteer opportunities such as the Charleston Clean City, Cooper River Run, Earth Day, highway clean up, Toys for Tots, clean sweep, etc. FFSC coordinated the provision of food baskets and Easter baskets for at least seven NWS needy families. During Thanksgiving and Christmas holidays, Station volunteers delivered food to needy families and invited single Sailors to dinner.

Station personnel were part of the City of Charleston Summer of Success (SOS) program, a summer school tutoring program. Volunteers supported approximately 500 needy children in grade school and middle school with math and reading enrichment over the seven-week summer vacation.

NWS Charleston military and civilian employees provided support to several Habitat for Humanity projects, including a home for one local family built solely with donated funds and labor provided by the naval community.

Personnel Support Detachment (PSD) Charleston supported Adopt a Highway, maintaining a one-mile stretch of North Rhett. PSD's First Class Association actively supports the Lowcountry Food Bank, providing over 60 hours service. Military and civilian PSD members collectively contributed over 1,800 hours of community service to local schools, police and fire departments, American Red Cross Blood drives and support of local religious institutions.

Naval Consolidated Brig personnel also volunteered at Hanahan High School, and put in 350 hours at Charleston Air Force Base helping repatriate dependents from Turkey and surrounding areas before Operation Iraqi Freedom, 104 hours feeding homeless veterans and 72 hours cleaning their adopted highway.

At the Naval Nuclear Power Training Command, more than 850 students volunteered over 13,000 hours in the community, and 124 staff members participated for more than

...From Your Perspective

What are your hopes for the new year?

"I hope for prosperity, peace, joy and love."

-Sabrina Bonnett
Family member



"I hope for happiness and world peace."
-Bradford Cole

"I feel for the families whose loved ones are in an extended stay overseas, and I hope that they can all stay strong and have plenty of support."

-Julie Early
Family member



"I hope this will be a better year for people around the state. I hope there will be more sales at the NEX on base to lift morale. I also hope people will be better towards each other"

-John Golffin
Navy Exchange

"I really hope to get my orders to Naples soon."

-LTCDR Jennifer Traum
Director, DTP





Information & Referral

Do you want to help children succeed in the New Year? Volunteer? Want information about free income tax preparers on base? Need to talk to a financial counselor? If you need answers to questions, call 7647294/7480.

Counseling Services

Want to feel better in 2004? Are you feeling stressed with school, your job, or the war? Well, we have trained counselors to help you through this time. You can make an individual appointment or with your spouse. If you are an active duty or retiree, spouse of an active duty or retiree, widow, widower or POW family member survivor, you qualify for our free and confidential services. Call 764-7294 for an appointment.

Do you know your Command Family Ombudsman?

Ombudsmen are information and referral people. A command family ombudsman is there to answer questions. Each command has an ombudsman. If you have questions such as: special needs of family member, moving, childcare, or about activities within your spouse's command, call your command ombudsman or Tommie Provost, 764-7294, ext. 48 to find the name of your ombudsman.

WORKSHOP

WORKSHOP	DATE	TIME
Advanced Resume	Jan. 14	1:30 p.m.
Breastfeeding Class	Jan. 12	1-3 p.m.
Infant Massage	Jan. 15	10-11 a.m.
Pre-separation Counseling Monthly		
Playmornings	Every Wed.	9-11:30 a.m.
(Community Ctr. Fletcher St)		
Stress Management	Jan. 20	1-4 p.m.
Teen Jive Group	Jan. 14	4-5:15 p.m.
Volunteer Opportunities	Mon.-Fri.	8 a.m.-4 p.m.
Professional Counseling	Mon.-Fri.	Appointment Only

Leisure Times Lite

And you thought the sales were over...

A half off January sale at the Outdoor Adventure Center offers 50 percent off all climbing related programs.

Sign up for any climbing program or just come in for a climb and receive 50 percent off that service. (Sale excludes all retail items).

For more information, call the Outdoor Adventure Center at 764-2122.

Look what else Outdoor Adventure Center has to offer Rappel Basics Course Session I: Jan. 14, 5 to 8 p.m.

Rappelling is an essential skill of climbing. Climbers have to know how to get down before they go up. Learn about equipment, knots and technique in this course where you will get an experience in the basic skills of rappelling. Participants under the age of 12 are not permitted to rappel. Ages 12-16 may rappel with a backup belayer only. Participants under the age of 12 are welcomed to learn knots and climbing technique. Participant limit: 5. Provided gear: harness, ropes, hardware and helmet. Suggested gear: shoes, chalk bag (available for rent). Exertion level: moderate. Signup deadline: Jan. 12. Fee: \$12 per person. "On Rappel, Rappel on!"

Canoe the Edisto: Jan. 24, 8 a.m. to 6 p.m.

Come explore the longest free-flowing "blackwater" river in the world! The Edisto is home to some of the most beautiful scenery South Carolina has to offer. Wildlife along the

Edisto River is abundant. While on the water you're almost certain to encounter river mammals such as otter, mink and beaver. Turtles are often seen perched on logs. Bird species include king fishers, several colorful species of warbler, woodpecker, egrets and herons. This all day trip is great fun for you and your friends or the entire family! Participant limit: 16. Provided gear: canoe, personal floatation device, paddles. Recommended: hat, sunscreen, sunglasses and footwear you can get wet. Suggested: drinking water, disposable camera. Exertion level: moderate/strenuous* (*depends upon river level-some portaging may be necessary). Signup deadline: Jan. 22. Fee: \$25 (includes lunch on the bank).

Sign up for any of these outdoor recreational opportunities at the Outdoor Adventure Center. The Outdoor Adventure Center is conveniently located on Fletcher Street in Building 1700, across from Cap'n Robert's Dive. Hours of operation are Monday, Tuesday, Thursday and Friday, 11 a.m. to 7 p.m.; closed Wednesday; Saturday, 8 a.m. to 4 p.m.; and Sunday, noon to 4 p.m. Stop by the Outdoor Adventure Center today or call 764-2122 for more information.

Liberty Program

Unless otherwise indicated, Liberty trips and events are open to all hands of Naval Weapons Station Charleston and its tenant commands (active duty, civilian, and dependents, ages 18 and up). Sign up for these events at the NNPTC Activity Complex or the Liberty office (building 206, NNPTC Circle). The

Liberty office is open from 8 a.m. until 5:30 p.m., Monday through Friday. Call 764-7002 for more information.

"Survivor" Welcome Back Bash, Jan. 9, 5 p.m.

Enjoy live music, free food and lots of fun while competing in our survivor games for great prizes at the Outdoor Adventure Center. Bring your friends to compete in teams of three. Sign up early in the Liberty office or the Outdoor Adventure Center. Open to all active duty military. For more information, call 764-7002.

Pool Tournaments, Jan. 6 and 20 and Feb. 3, 5:30 p.m.

Stop by The Dive and compete for great prizes in our biweekly pool tournaments. The only charge is the cost of the game. For additional information, call 764-7002.

Wolf Laurel Slopes, Jan. 17 and 18

Do you like to ski? Have you ever been? Well, here is a chance to do just that. Come with Liberty to North Carolina and hit the slopes. This is a good trip for first-timers, but all veteran skiers are also welcome to join in on the fun. The cost is \$105-\$145. Sign up in the Liberty office in building 206 by Jan. 9. For more information call 764-7002.

Polar Plunge, Jan. 24, Noon

Feeling brave? Ready to take the plunge? Join Liberty as they take a dip in the ocean in January. Hot beverages and snacks will be provided to warm you up, as well as fun games and prizes. The cost is \$5 per person. Sign up in the

Liberty office at building 206 by Jan. 21. For more information, call 764-7002.

Oyster Festival, Jan. 25, 11 a.m.

Come with Liberty to Boone Hall Plantation for the annual oyster festival. Be sure to bring a knife and gloves, as there will be plenty of hard shells to dig into. The cost is \$10 per person. Sign up in the Liberty office at building 206 by Jan. 19. Call 764-7002 for more information.

Registration deadline announced for intramural racquetball

The registration deadline for intramural racquetball is Jan. 9. Play will begin Jan. 19. This is a Captain's Cup event. Registration will be held at the athletics office (building 725, MenRiv Plaza). For more information, call 764-7530.

Registration deadline announced for intramural soccer

The registration deadline for intramural soccer is Jan. 30. Play will begin Feb. 16. This is a Captain's Cup event. Registration will be held at the athletics office (building 725, MenRiv Plaza). For more information, call 764-7530.

Station Library to celebrate Martin Luther King Jr.'s birthday

Jan. 15 is Martin Luther King Jr.'s birthday. In celebration of his life, the base Library will give away free handouts and bookmarks, while supplies last. These handouts are a great source for parents and teachers to discuss the part he played in history. Stop by the library for your handouts or call 764-7900 for more information.

Family & Housing News

Energy savers: Tips on conserving energy

The following helpful hints can help save much needed energy:

- * Adjusting the thermostat is the most effective way to save energy. Set the thermostat at 68 F when at home and lower it a few degrees at night and when you leave the house.

- * Dress warmer rather than turning up the heat (try layers of clothing and closed collars).

- * Don't block heating vents with furniture, drapes, or other objects.

- * Make use of sunlight to heat and light your rooms. Close the drapes at night or on cloudy days.

- * Don't heat unused rooms. Close the heating registers in these rooms and keep the door shut.

- * Keep windows and doors closed to prevent heated air from escaping. Go in and out of the house quickly.

- * Don't use hot water if cold or lukewarm water will do. Wash clothes in cold water when possible and always use a cold water rinse.

- * The dryer uses eight times more electricity than the washing machine, so use a clothesline if possible. If you must use the dryer, dry loads consecutively so that the dryer won't cool down between loads. Clean the lint filter before drying each load - a clogged filter makes the dryer work harder.

- * Don't use the drying cycle on your dishwasher. Open the door immediately after the dishes are washed, while the dishes are still warm, and let them air dry.

- * Don't use the rinse cycle on your dishwasher for only a few dishes - it uses three to seven gallons of hot water.

- * Don't run the dishwasher, washing machine, or dryer until you have a full load.

- * Decide what you want to eat before you open the refrigerator.

- * Make sure the refrigerator and freezer door seals are tight.

- * Don't keep your refrigerator or freezer too cold. The refrigerator should be set at 37-40 F, the freezer at 0-5 F.

- * Partially thaw frozen foods in the refrigerator before cooking them to reduce cooking time.

- * Use the microwave, stovetop or other small cooking appliances instead of the oven when possible.

- * Keep pots and pans covered when cooking to reduce heat loss and speed up cooking.

- * When using the oven, avoid opening the door to check on food.

- * Preheat the oven only when baking cakes and breads - other foods don't require it.

- * Turn off the oven and burners a few minutes before the food is done. The food will continue to cook a few minutes.

- * Plan meals so that you can cook more than one item (or more than one meal) while the oven is hot.

- * Turn off all lights, TVs, VCRs, computers, radios and appliances when not in use.

- * Dust your light bulbs. Use lower watt bulbs in areas that don't require bright light.

- * Use lamps instead of overhead fixtures for reading and task work. Using light-colored lampshades will reflect more light than dark shades (light-colored walls will also reflect more light).

- * When going away for more than a day, lower the thermostat to 60°F. If you want to leave a light on for night security, use a timer on a lamp with a low watt bulb.

- * Recycle! It takes less energy to make products from recycled materials instead of virgin materials.

Housing birth announcements

Congratulations to EMC Charles Hansen and his wife, Laurie, on the birth of their daughter, Jenna Marie Hansen, born Dec. 15, 2003. Jenna weighed eight pounds, and was nineteen inches long. Jenna has an older brother, Cody, and a sister, Alyssa.

If you would like your baby's birth announced in *Shoreline*, call Cheryl Harris, Housing Welcome Center, 764-7218/7219.

Christmas tree pick up

Family housing residents are reminded that curbside pick-up of Christmas trees will be with bulk trash on Fridays. Please ensure trees are placed at the curb by 7 a.m. on Fridays.

Housing SOQ

Here's a familiar face: Ship's Serviceman (SW) Carlton M. Carrington Jr.

Carrington Jr. is Bachelor Housing's Leading Petty Officer and Building Manager. He is responsible for the maintenance and management of Bachelor Housing to include inspecting assigned billeting spaces, initiating trouble calls to maintenance coordinator, and controlling furnishings.



In addition, he executes a stringent training program ensuring all personnel within the Bachelor Division are cross-trained allowing greater flexibility and better service to our tenants. Congratulations Carrington.

It's time to remove holiday decorations

With the holidays over, it is now time to remove your outside decorations. Not only must the decorations come down, but also any tape and tape residue used must be removed.

When vacating housing, there is nothing worse than being told to remove tape from the outside of your unit before you can leave. This is particularly true when the sun has baked the tape onto the vinyl siding or windows; it is almost impossible to remove.

Through the Aisles

Guard, Reserve now enjoy unlimited commissary benefit

No more pink Commissary Privilege Cards, no mere 24 visits a year: Guard and Reserve members and retirees now have unlimited commissary privileges! Now you can catch a quick lunch from the Grab-N-Go section or even just a toothbrush or a soda without using one of your valuable authorized visits.

Commissaries offer many opportunities to lower your grocery bill, all based on selling at cost with no profit. So welcome to full-time savings, including:

- * Case lot or truckload sales offer super savings on many products.
- * Best Value Items, indicated by blue and yellow shelf tags, indicate the best price anywhere.
- * Manager's Specials offer limited-time savings on special buys — shop often!
- * A number of stores provide a small "scratch and dent" section.
- * Many items feature a wealth of coupons right on the shelf.
- * Live far away? Load up on non-perishables Friday or Saturday after drill!

Don't be late — get your scholarship application in soon

Now in full swing, the Scholarships for Military Children program awards at

least one \$1,500 scholarship at every commissary with qualified applicants. Applications and details new for 2004 can be picked up at any commissary or downloaded from www.militaryscholar.org

Make a point of gathering the necessary documents such as the recommendation and transcripts early, just in case Nature intervenes and severely impacts mail and delivery service as it did last year in the Northeast!

You belong to best 'savings club' of all

Many grocery stores offer "savings cards" customers show at checkout to save on specials offered that week. Do commissaries have a savings card, too?

Well, they do! Customers' passport to savings is their I.D. card, and better yet, they save on every product in the store. Commissaries sell at cost, with no profit, saving more than 32 percent over retail grocery operations.

That "more than 32 percent" reflects a recent increase of nearly 2 percent, so it's a fact: commissary savings continue to increase. Annual commissary savings for a family of four is now estimated to be about \$2,700.

No doubt about it, the "commissary club" tops the list in savings!