

Shoreline



Get ready to lace up your sneakers.
see page 3



Leisure Times has your ticket to fun.
see page 7



It's not too late to apply for scholarships.
see page 13

African American/ Black History Month

2004
Celebrate Diversity

'Support to the fleet...ready and integrated'

Introduction by VADM John G. Cotton, Commander, Naval Reserve Force
Interview with ADM William J. Fallon, Commander, Fleet Forces Command.
The following is the first part of a series.

After months of emphasis, every "Shipmate," Full Time Support (FTS) and Drilling Reservists (DRILRES) alike, has seen these words and had a chance to reflect on their meaning.

"Support to the fleet" - Naval Reserve Fighter Squadron 201's (VFA 201's) recent deployment with USS Theodore Roosevelt (CVN 71), continued global security efforts by Naval Coastal Warfare units, and special operations support by Helicopter Combat Support Squadron 4 (HCS 4) and HCS-5, who both possess one of a kind capabilities that exist primarily in the Naval Reserve.

More than 22,000 Naval Reservists have been mobilized since 9/11, and more have been notified of upcoming recalls to active duty. Daily, our talented reservists and their supported commands innovate ways to apply our Annual Training (AT), Active Duty for Training (ADT) and Flex Drill

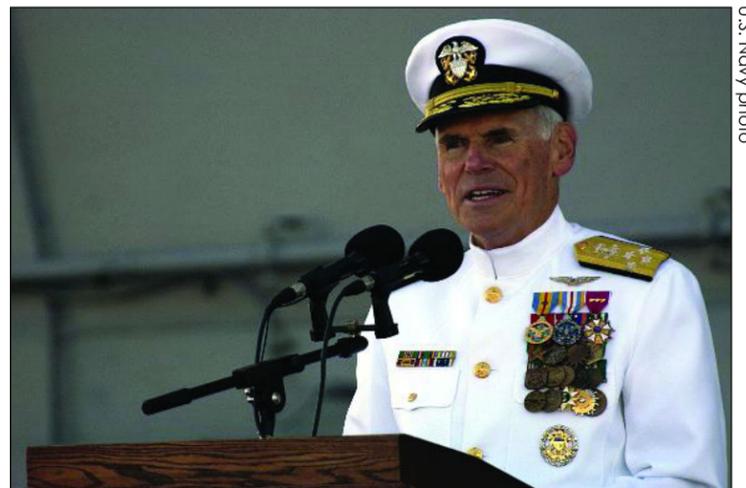
mandays to maximize support of fleet requirements, maintain a high state of "readiness," and continue to demonstrate the value of the Naval Reserve...capability and commitment, anytime, anywhere, 24/7/365.

"Fully integrated" - The Navy must take ownership of its Reserve force. Our military's current force structure was designed to combat a Cold War era enemy that no longer exists.

To that end, Commander, Naval Reserve Force (CNRF) and Commander, Fleet Forces Command (CFFC) have engaged in an aggressive plan to rapidly integrate active and Reserve forces. CFFC ADM William J. Fallon has agreed to share his perspective on the progress we have made and what the future may hold for the Navy's total force.

Question: You've said in the past that one of your top 5 priorities for Fleet Forces Command (FFC) is to "bring the Reserve and active components of our Navy together as a fully integrated fighting force." Can you provide some background on why this issue is so important?

ADM Fallon: There are currently more than 87,000 Naval Reservists. These Selected



ADM William J. Fallon speaks to Sailors during a recent event.

Reservists (SELRES) constitute roughly 20 percent of our Navy's total force. Speaking strictly from the standpoint of efficient use of resources, it's obvious we must optimize how we use this portion of the force to meet the Navy's war fighting requirements. I'm convinced current Reserve force organizational alignment, force structure and integration with the Active force is not what it should be. In my last job as Vice Chief of Naval

Operations I, along with the assistant secretary of the Navy, manpower and Reserve affairs, commissioned a study to propose methods for transforming the Naval Reserve to achieve full integration with the Active force. This study made some excellent recommendations and Chief of Naval Operations has passed several key initiatives to FFC for implementation.

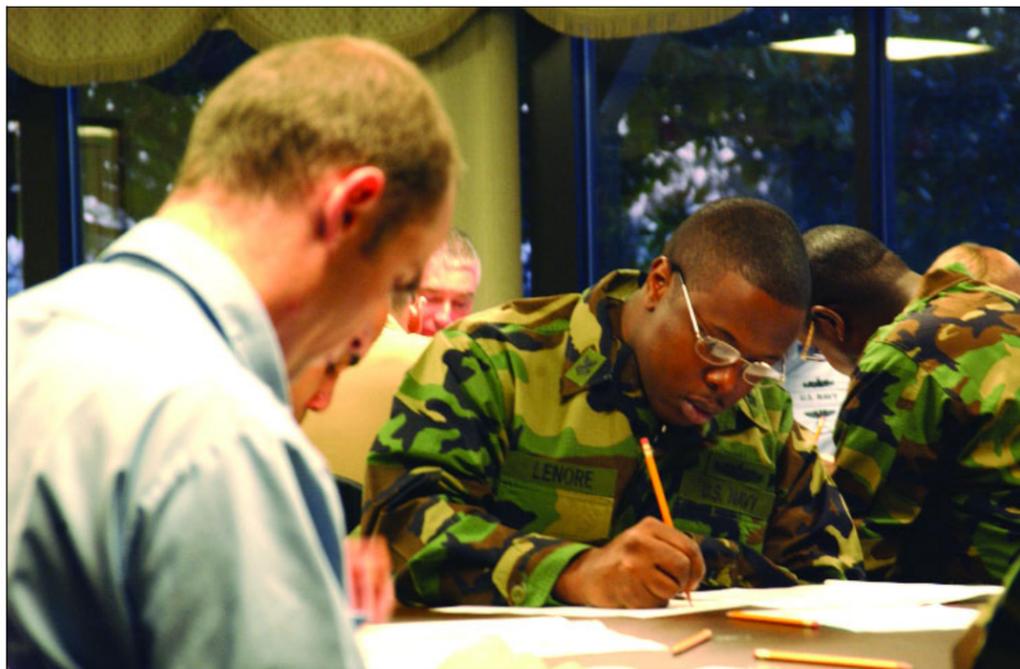


photo by JO2 Christal A. Bailey

Focused on advancement

Charleston area First Class Petty Officers take the Navy-wide E-7 advancement exams at Storm Pointe Jan. 15. More than 80 Sailors took the exam in order to fleet up the ranks to chief petty officer.

Navy OneSource bridges gap for Sailors and families

By JOSN Amie Hunt
NPC Strategic Communications

With Sailors and their families stretched out all over the world, it can be difficult getting access to the traditional base or station support services. To help bridge the gap, in cooperation with the Fleet and Family Support Centers (FFSC), a new resource has recently been contracted. It's called Navy OneSource, an information and referral system, linking Sailors and their family members to both military and community resources. Together they're working to support operational, personal and family readiness.

Navy OneSource offers practical solutions, information, advice and support via telephone, email, or the web. With Navy OneSource working in conjunction with NPC's 1-866-U-ASK-NPC call center, Sailors will receive the widest spectrum of service to meet their needs. While 1-866-U-ASK-NPC will remain the authoritative source for professional and career counseling and referral,

see OneSource page 3

Naval Weapons Station Charleston



Mission

To provide ordnance and waterfront management, quality of service and logistic support in a secure multi-service environment

Commanding Officer
CAPT Robert M. Zalaskus
Executive Officer

LCDR Wesley S. Smith
Business Manager
Rita Schmitt

Command Master Chief
CMDMC(SS) Tim Domrose

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CNO plots Navy's course for 2004

By Chief Journalist **Walter T. Ham IV**
Chief of Naval Operations Public Affairs

In the CNO's Guidance for 2004, Chief of Naval Operations (CNO) Adm. Vern Clark praises Sailors' performance and the progress they made last year, and calls on Navy leaders to "accelerate our advantages" this year.

"Our Navy's performance in Operations Enduring Freedom (OEF) and Iraqi Freedom (OIF) demonstrated more than just combat excellence. It proved the value of readiness. It highlighted our ability to exploit the vast maneuver space provided by the sea," Clark wrote. "It demonstrated the importance of the latest technology in surveillance and attack. Most importantly, it reaffirmed the single greatest advantage we hold over every potential adversary: the genius of our people contributing their utmost to mission accomplishment."

Among the many accomplishments of 2003, the CNO singled out the Navy's combat operations in OEF and OIF, improved surge capabilities, record recruiting and retention, alignment to Sea Power 21, savings harvested for recapitalization, and the additional ships and aircraft being built.

But the CNO said that successful institutions don't rest on their laurels.

"Winning organizations never rest - they are always on the move!" the CNO said. "At the top of our list is to ensure we are prepared to respond whenever the commander in chief sees a need for our military forces. Our task is to ensure that we give the president options. We created the Fleet Response Plan last year to maximize our operational availability and create those options."

Clark added that the flexibility of the Fleet Response Plan will keep our enemies guessing and will provide the president with a greater range of military options.

"We must continue to examine and refine the Fleet Response Plan's training and maintenance cycles to make our availability the best it should

be," Clark continued. "Finally, we must get better at pushing the envelope of operational art in the development of future concepts of operation for our naval forces."

The CNO said that while people are the Navy's most valued asset, "manpower is never free." He said that he only wants Sailors filling jobs with real content.

"As our Navy becomes more high tech, our work force will get smaller and smarter. We will spend whatever it takes to equip and enable our Sailors, but we do not want to spend one extra penny for manpower we do not need."

This year, Clark said, the Navy will also focus on delivering the right readiness, expediting Sea Warrior, improving productivity in everything we do, streamlining and aligning total manpower structure, and accelerating Sea Power 21 capabilities. Clark said that Sea Power 21 is the roadmap for the capabilities the Navy will bring to the fight in the future, and the Top Five priorities are the Navy's "to do" list.

While change is hard, it is also necessary, and the Navy's greatest legacy is its legacy of innovation, Clark said.

"From nuclear power to the then-unlikely prospect of flying aircraft from ships, our willingness to improve our position, to adopt transformational technologies, and to develop new operating concepts is at the very core of our combat success," Clark said. "To continue our legacy is to continue to reevaluate our position and to challenge all of our assumptions. We will adapt to the changing world around us by getting out in front of it, by leading change, and embracing the innovations and improvements needed to guarantee our future success."

In a media availability following the guidance's release, Clark emphasized that 'global war on terrorism' is more than a buzzword. The CNO also stressed the importance of preparing for tomorrow's threats while taking the fight to the enemy

today.

"Our strategic objectives are straightforward. For us, winning the global war on terrorism is our number one objective. Victory is the only acceptable outcome, and through our collective efforts, it will be achieved," Clark said. "The business of the Navy is combat. Our obligation to succeed in combat stretches beyond the here and now. We must help guarantee combat success to the Navy of the future. That's why the decisions we all make on a day-to-day basis are so important."

The CNO concluded his guidance by thanking Sailors for an outstanding year and calling on them to raise the bar even higher this year.

"We are a winning organization. We have instituted and paid for a great many improvements over the past three years, and you have embraced them and made them better. Because of you, talented American warriors are bringing combat power to bear on the enemies of our country, wherever they may be hiding," the CNO said. "We are winning the fight to remake our great institution, to innovate and improve for the dangerous decades ahead."

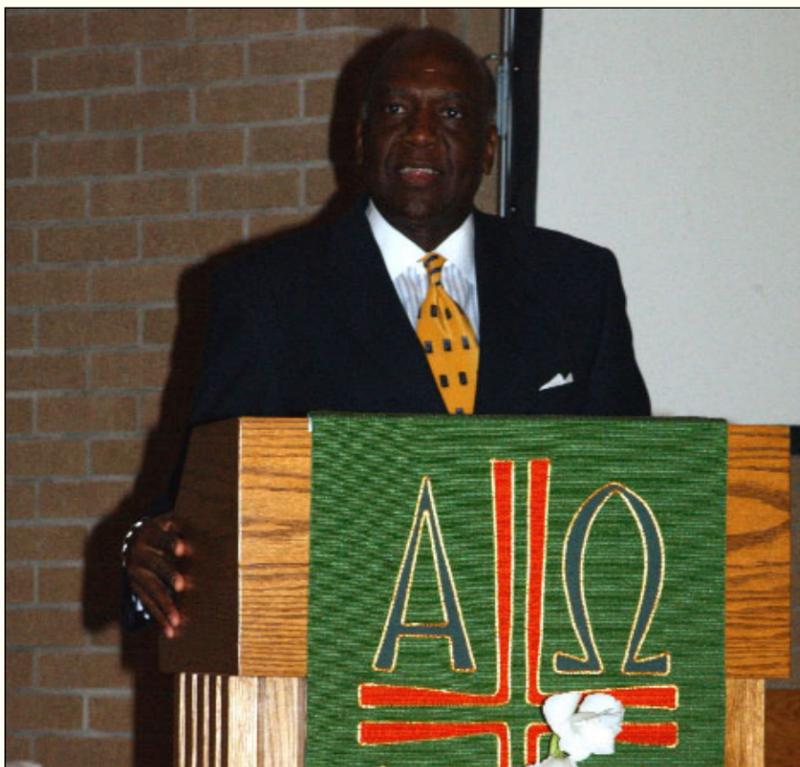
"I could not be more pleased with your effort and your accomplishments this past year. You have taken aboard the idea that warfighting effectiveness and resourcefulness is the key to mission accomplishment and have produced the finest Navy the nation has ever seen. It is our job as leaders to accelerate the advantages we bring this nation over the coming year."

The CNO's Guidance for 2004 is posted on the CNO Web page at www.chinfo.navy.mil/navpalib/cno/clark-guidance2004.html.

For more on the CNO, go to www.chinfo.navy.mil/navpalib/cno.

For related news, visit the CNO's Navy Newsstand page at www.news.navy.mil/local/cno.

photo by JO2 Christal A. Bailey



Happy Birthday Dr. King!

Dr. John R. Kelly speaks during the Naval Weapons Station Charleston's Dr. Martin Luther King, Jr. celebration at the All Saint's Chapel Jan. 16. Kelly is the program manager for community support for Commander, Navy Region Southeast. Kelly is listed *Who's Who in the South* and *Who's Who in Black America*. The celebration also featured solos sung by Lacrechia Washington, accompanied by John Stoudenmire. Chief Religious Programs Specialist(SW) Ron Roberts presented excerpts from Dr. King's speeches.

Navy makes staying in shape Sailor's priority

By ET3 Jeanna Gibson
Navy Charleston Shoreline

Every year, people make New Year's resolutions to get physically fit, and every year, many decide it's too hard and say it can wait until next year. Many people do this because they don't realize how easy it is to stay in shape.

So why are so many of us out-of-shape?

Most people don't realize that it is very easy to keep our bodies healthy and in shape. "If you get 30 minutes of exercise three times a week, you are doing better than most people," said Cindy Malinen, Naval Weapons Station Charleston Fitness Coordinator at Sam's Gym. That means that of the 8,760 hours each year, only 78 of them need to be spent exercising.

By elevating your heart rate for just 30 minutes three times a week, you can prevent many things such as high blood pressure, diabetes, high cholesterol, stroke and other cardiovascular diseases. Combined with proper nutrition and a good diet, there is no reason the task of staying healthy should be so hard. Malinen also said, "Physical activity doesn't mean you have to go to a fitness center and use a machine. You can take the stairs instead of the elevator, and break up the 30 minutes into smaller sections. Go for a 10 minute walk in the morning before work. Just remember to start with smaller goals, and work your way up to the bigger ones. Most people stop trying to reach their goals because they initially set them too high."

The Navy tries to make sure Sailors stay in good physical condition by having the bi-annual Physical Fitness Assessment (PFA) and an annual Preventative Health Assessment (PHA).

The PFA, formerly the Physical Readiness Test or PRT, requires sailors to be within set height-weight standards and measures physical fitness using a mile and a half run, sit-up, and push-up obligations. If Sailors do not meet these standards, they are put on a physical training schedule. Sam's Gym offers many free classes as well as personal trainers to help military members prepare for the PFA.

The Preventative Health Assessment is also used as a guide for everyone to be in good overall health. Sailors are required once a year, usually around their birthday, to visit their PHA provider. This appointment is

designed to evaluate your current overall health condition and address problems you may have now and in the future. HM3 Matthew Boomhower is a provider at the Naval Weapons Station. He says, "We are here to help active duty prevent health issues in the future and address health issues they may have now." Most problems people have are things like stress management, fitness, alcohol use, cancer, tobacco use and nutrition.

They can help with many health issues, large or small, when brought to their attention. The PHA advisors also have two personal trainers at the Naval Hospital gym, who can help design an individual exercise plan, and book weekly or daily appointments so individuals stay on your new schedule.

If going to the gym three times a week is just too much, you can start with some small things that don't seem like exercise, but will definitely benefit your body. According to Boomhower, there are very easy ways to elevate the heart rate. When shopping, park at the back of the lot not the front, so you have to walk more than 10 or 20 feet to and from the car. If a smoker, don't smoke inside the house. Walk outside and smoke there. Not only does this provide a little exercise, but also does not let that smoky air hang in the house and absorb into the furniture. When coming home from work, don't stop by the mailbox. Wait until you park, then walk out to get the mail. Though these may not seem very important, every little bit helps. Our bodies were not meant to be lazy, so let's all try our best, even if it is only a little bit, to stay healthy and fit.



Photo by ET3 Jeanna Gibson

Emily Barker stretches after finishing her workout. Barker works out at Sam's Gym six days a week.

OneSource: Helps Sailors manage time demands

continued from page one

Navy OneSource will bridge the gap for family resources. There are a wide variety of resources available on topics such as parenting and childcare issues, education services, financial information and counseling, legal, elder care, health and wellness, crisis support, and relocation.

It is designed to help Sailors better manage competing time demands, such as purchasing a vehicle, locating a plumber, or locating a youth program seven days a week, 24 hours a day, 365 days a year. Navy OneSource is available to active duty and reserve Sailors and their family members.

Navy OneSource is accessible by telephone or the web. For web access go to www.navyonesource.com. The user ID is: Navy; and the password: Sailor. By phone: 1) the toll free CONUS number is 1-800-540-4123; 2) the OCONUS universal free number is 1-800-540-412-33; 3) OCONUS Collect Call number is 1-484-530-5914; 4) the special needs line for TTY/TDD is 1-800-346-9188; or 5) the Spanish and other foreign language line is 1-888-732-9020.

Initial levels of web and call-in support/referral begin this month and a full roll out of service will occur as the database is populated with base-specific information throughout the year. Check with NWS FFSC for more information on Navy OneSource services. It's another way the Navy is taking care of its own, "Mission First, Sailors Always."

February pays tribute to African American history

From Chief of Naval Operations

February marks the 78th annual observance of African American History Month. This year's theme is "Brown vs. Board of Education (50th Anniversary)."

African Americans have made extraordinary contributions to the Navy throughout its history. From Chief Gunner's Mate John Henry "Dick" Turpin, the first African American Chief Petty Officer, and a survivor of the explosion aboard USS Maine, to Harriet Ida Pickens and Frances Wills, the first African American woman Naval Officer. These warriors served on the front lines of freedom, bringing talent, dedication and innovative ideas to the fight.

They still do. Today, there are more than 75,000 African Americans on active duty in the Navy, with thousands more serving proudly in the Naval Reserve. They work, train, lead, and contribute every day in the finest tradition of the heroes who preceded them. Indeed, they are writing new history.

During the past year, a number of exceptional African American sailors and civilians were recognized for outstanding service to country and community. Chief Yeoman (SW) Hazel M. Hudson received the Roy Wilkins Renown Service Award from the National Association for the Advancement of Colored People (NAACP); Larry Hollingsworth was selected by the Black Engineer of the Year Organization for the Professional Achievement in Industry or Government Award; and RDML Melvin G.

Williams won the National Society of Black Engineers' Golden Torch Award for Lifetime Achievement in Government. We salute and congratulate these individuals, but we also recognize that they represent the high ideals, the selflessness, and the proud service of all African American - indeed all American - sailors.

Commands are strongly encouraged to observe National African American History Month through educational programs, exhibits, publications, and participation in military and community events that recognize the diversity of our American heritage.



A mother sits with her daughter on the Supreme Court steps after a ruling that banned segregation in schools.



Leisure TIMES

Recreation News For Naval Weapons Station Charleston

It's time to clean up your act this year

By Glenn M. Cox
MWR Publicity Specialist

Get any car spotlessly clean this New Year. Stop by the MenRiv car wash and detailing pavilion on the corner of Redbank Road and Boone Avenue, between McDonald's and the Navy Exchange Autoport.

The car wash and detailing pavilion each have four bays. One car wash bay is large enough to accommodate RVs and has a three-foot platform to stand on while cleaning the higher points of RVs. The facility features three different types of cleaning wands, six vacuum machines, and an electrical outlet to hook up an electrical buffer is located at the detailing pavilion. Machines to purchase glass cleaner, vehicle interior cleaning sponges and other car care products are also available at the car wash.

The facility has one entrance and two exit points. The entrance is on the Boone Avenue side of the car wash. One the exit returns onto Boone Avenue, while the second exit funnels into the McDonald's exit-way, which exits onto Redbank Road.



photo by Glenn M. Cox

Make your vehicle look its sharpest this New Year with a visit to the MenRiv car wash and detailing station.

A car says a lot about a person, so don't give people the wrong impression. Stop by the MenRiv car wash and detailing station and make your vehicle look its sharpest this New Year.



Remember to recycle after the holidays

The holidays are over and many homes may still be filled with leftover gift packaging. Housing residents who have any flattened, clean, empty cardboard boxes can dump them into the recycling buggies located behind the Subway restaurant on Fletcher Street or at the Navy Exchange loading dock. Please do not dump garbage, plastic or styrofoam.

The recycling department is asking all hands, civilian and military, to keep a watch out for all scrap metal on base. If

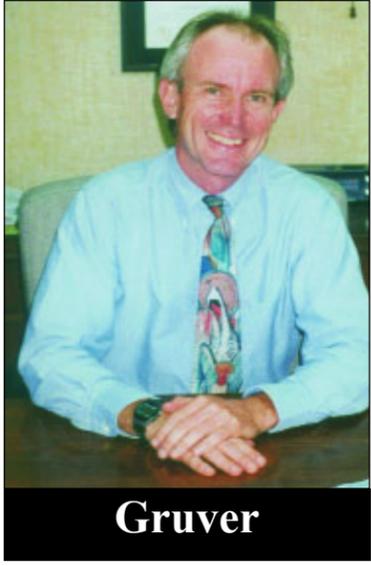
the facility where you work has any kind of scrap metal ready for pick-up, contact the recycling department at 743-0510 or 200-0448.

Also, if there is question as to whether or not a certain material can be recycled, please call. If any scrap metal is found, the recycling department will make the pickup. The recycling department is open Monday through Friday from 7 a.m. to 3:30 p.m. Remember to recycle this year.

MWR Director Jeff Gruver retires after 33 years of service

By Glenn M. Cox, MWR Publicity Specialist

On Dec. 31, MWR Director Jeff Gruver retired after 33 years of federal service at Naval Weapons Station Charleston and the military. A retirement luncheon at Storm Pointe Conference Center was held in his honor and to bid him farewell Dec 19.



Gruver

When asked why he decided to retire at this time, Gruver replied, "The time is right, as I can still whistle on the way to work rather than because I'm on the way home from

work."

A native South Carolinian, Gruver first reported to the Station as a recreation intern in the summer of 1975 between his junior and senior years at Clemson University. He graduated from Clemson in May 1976 with a bachelor's degree in recreation and park administration.

Gruver has progressed through a very satisfying career path at the Station. He was hired full time in September 1976 as the athletic director in what was then the Special Services Department. He was the recreation programs director from December 1976 to August 1984. From September 1984 to November 1987, he was the recreation division head and deputy MWR Director. He was the deputy MWR director from November 1987 to June 1989 and, in June 1989, he was selected as the MWR director.

According to Gruver, the most major change that he has been responsible for since becoming the MWR director has been, "Managing a controlled

growth plan of facilities for recreational programs and opportunities." His most exciting moment during his career as the MWR director was recovering from Hurricane Hugo and being part of the base recovery and getting back to the MWR business at hand. Gruver said that his most challenging moment was, "Being involved in the relocation of NNPTC from Orlando to Charleston because in a span of six months, we doubled our active duty population served and completely flip-flopped our customer base demographics."

Gruver is the proud recipient of the prestigious Armed Forces Recreation Society Executive Fellow Award. When asked what he contributes his success to, Gruver said, "Surrounding myself with good people."

The MWR Department and Naval Weapons Station Charleston wish Gruver the very best in his golden years of retirement. Following his retirement, Gruver continues to live in Charleston.



"Fair winds, and following seas..."



Look at what the Outdoor Adventure Center has to offer

Belay/Climbing Basics Course: "The First Step"

Feb. 4, 5 to 8 p.m.,

Hands-on learning includes climbing techniques, belaying, knot tying and rope handling skills. MWR guarantees participants will be able to pass the belay test after the course or they will be invited back to the next class free of charge.

The fee is \$12 per person, which includes a one-day free climbing pass to use at your discretion after the course. This course is limited to six participants. Participants under the age of 15 are not permitted to belay. Ages 16-17 may belay with a backup belayer only. Participants under the age of 15 are welcomed to learn knots and climbing technique. Provided gear: harness, ropes, hardware and helmet. Suggested gear: shoes, chalk ball, chalk bags (available for rent at the Outdoor Adventure Center. "On belay, Climb on!" The signup deadline is Feb. 2.



And you thought the sales were over...

**1/2
OFF!**

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).

Rappel Basics Course: Session II:

Feb. 18, 5 to 8 p.m.,

Hands-on learning includes rappelling techniques, belaying, knot tying and rope handling skills. Learn about backing up yourself and your partner, rappelling on different devices, and self-rescue techniques. 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 bags (available for rent). Exertion level: moderate. Prerequisite: Rappel Basic Course I. Fee: \$12 per person. "On Rappel, Rappel on!" The signup deadline is Feb. 16.

Sign up for any outdoor recreational opportunities at the Outdoor Adventure Center. The 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, 12 to 4 p.m. Stop by the Outdoor Adventure Center today or call 764-2122 for more information.

Action packed days are the 'norm' at Youth Center



Action packed days are the "norm" at the Youth Center where hundreds of children have fun every day. A low yearly membership fee provides hours of activities including parties, holiday activities, dances, crafts, movies, outdoor play, video games, and

more! Here is a listing of the Youth Center's programs with fees and charges. Call the Youth Center at 764-7809 or 764-7946 for more information.

	1 child	2 children	3 children
Dance/Gymnastics	\$23/mo.	\$35/mo.	\$47/mo.
Karate	\$25/mo.	\$45/mo.	\$65/mo.
Membership Fee	\$25/yr.		
Youth Dances	\$2.50/non-member		
Annual Registration (SAC)	\$25/yr. (begins with date of enrollment in program)		
Camp Grinning Gator	Current year sliding fee scale		
Birthday Parties	\$100 (20 children)-includes cake, punch, clown, room rental, and decorations (2 hours)		
Stork/Sign Rental	\$25/week-includes delivery & setup		
Balloon Bouquets	\$9 (pickup)		
Costume Character Deliveries	\$12 (delivered)		

GOOD TIMES FUN FACTORY RENTALS



Duck Pond	\$25/hr. (2-hr. minimum)
Good Times Choo Choo Train	\$50/hr. (2-hr. min.)
Dunk Tank	\$50/day (pick-up only)
Air Jump Castle, Castle Maze, EZ Striker, Cameron the Caterpillar, Balloon Typhoon, Speed Pitch, Games Galore Child's EZ Striker, Jurassic Toss, and Limbo	\$30/hr. (2-hr. min.)
Two (2) Face Painters	\$50/hr. (2-hr. min.)

For more information about any of the activities and services offered at the Youth Center, call 764-7809.

Frame of Mine
Custom & Do-it-Yourself Framing

25% off All Custom Framing.
Offer good through Feb. 19.

Call 764-4107 for more information.

AUTO SKILLS CENTER
February Special

\$40

FUEL INJECTOR CLEANING

Special includes 2 cans of Fuel Injector cleaner and 1 can of fuel tank cleaner.

Call the Auto Hobby Shop @ 764-7752 for more information.



Liberty Program

Unless otherwise indicated, Liberty trips and events are open to All Hands of WPNSTA 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 or check us out on the MWR website at www.mwr.nwschs.navy.mil.

Paintball, Jan. 31, 9:30 a.m.

For just \$25, participants get a trip to Paintball Charleston including all equipment, as well as 500 rounds of paintballs. Sign up in the Liberty office by Jan. 27.

Pool Tournaments, Feb. 3 & 18, 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.

Horseback Riding, Feb. 8, 9:30 a.m.

Join Liberty as they head to M & M Farms for an hour-long ride on horseback. No experience necessary so come out and give it a try. The cost is \$30 per person. Sign up in the Liberty office by Jan. 30.

Kennedy Space Center Trip, Feb. 13-16

Go to the "Sunshine State" and visit the Kennedy Space Center. The price is \$185 per person, which includes transportation, hotel and ticket. Sign up in the Liberty by Feb. 9.

Skydiving, Feb. 21

Are you looking for some adventure? If you answer yes, then this is the trip for you! We offer static (alone) and tandem (with instructor) jumps. But sign up early; the deadline for this activity is Feb. 18. The cost is \$45-\$125.

Frankie's Fun Park, February 22, 1 p.m.

Sign up for transportation to this North Charleston fun park that features go-carts, video games, miniature golf, and much more. The cost for transportation is \$5 per person and the deadline to sign up is Feb. 18.



Volunteers needed at Library

The holidays are over and the kids are back in school. Spend some quiet time helping out at your friendly base library. For more information, visit the library or call 764-7900.

Tax forms available at Library

The "Tax Man" will soon be here with outstretched arms! To help you prepare for this visit, the Library will have federal tax forms. In addition, we have only South Carolina state tax forms, which contain Resident and Nonresident forms. The South Carolina Department of Revenue has supplied the information below:

I am a full year South Carolina resident, but my spouse is not. How should we file our taxes?

If you file a joint federal return, you must file a joint South Carolina return SC1040NR (Nonresident Form). The resident spouse will report to South Carolina all income for the entire year. The spouse that is not a resident on the joint return will only report income earned in this state, if any.

If you file separate federal returns, you must file a separate South Carolina return. Your spouse must also file a separate South Carolina return if he/she has income taxable by South Carolina.

I am in the Armed Forces. What is my residency status?

South Carolina Resident: If you enter the armed forces when you are a South Carolina resident, you do not lose your South Carolina residency status, even if you are absent from this state on military orders. You are subject to the same residency requirements as any other South Carolina resident and are required to file a South Carolina income tax return.

Nonresident: If you are not a South Carolina resident but are stationed in this state by military orders, your military income is not subject to South Carolina tax. However, if you have other earned income subject to South Carolina tax, file Form SC1040NR. South Carolina does tax other income earned in this state by you or your spouse.

For more information about any of the Library's programs or services, call 764-7900.

Keep your New Year's resolution and burn off that holiday flab

By Glenn M. Cox, MWR Publicity Specialist

When it comes to losing weight, you know you've been putting it off and putting it off. From Thanksgiving through the New Year, many of us put physical fitness on the back burner and stock up on all those holiday calories.

During the holiday season, good food is always in stock. For many, it was easy to say, "My New Year's resolution is to lose weight."

Now that the New Year is here, it's time to start working on that resolution. It's time to get back in shape again and lose those extra pounds.

Between Thanksgiving and New Year's Day, Americans gain an average of eight pounds.

For those looking for a great place to work out,

Deadline announced for intramural soccer

The registration deadline for intramural soccer is Jan. 30. Play will begin February 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.

Roll into recreational adult roller hockey

If you are interested in playing recreational roller hockey, be sure to stop by the in-line roller hockey rink, located inside Charleston's main gate. Pick-up games are formed on Mondays and Wednesdays at 6:30 p.m. For more information, call Mark Mikhitarian at 764-7530.

Step aerobic classes in Group Exercise Room

Step aerobic classes are currently being held Monday through Friday at the Group Exercise Room. Classes are held Monday and Friday from 8:30 to 9:30 a.m. Classes on Tuesday and Thursday are held from 4:30 to 5:30 p.m. A class on Wednesday is held from 6 to 7 p.m. This is an effective workout using every major muscle group stepping on and off of the step, using a variety of combinations and patterns for optimum calorie burning complete with toning exercises to give you a total body workout. The classes are free for active duty military and \$2 per class for all other eligible patrons. All classes are co-ed and pre-registration is not required. For more information, call 764-4173.

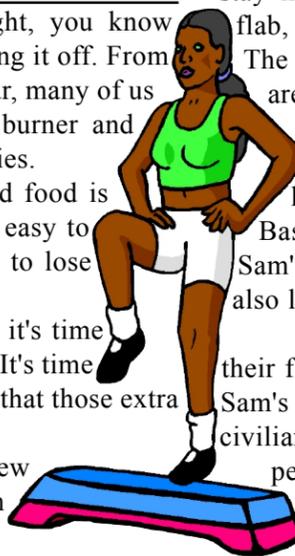
Cardio-Boxing classes offered

Get fit with Cardio-Boxing at the Group Exercise Room in Building 725, MenRiv Plaza. Cardio-Boxing is an explosive fitness training combining martial arts and aerobic conditioning techniques that will shape, tone and strengthen all major muscle groups. We'll teach you moves that will "knock you out." Classes are held every Tuesday and Thursday from 5:30 to 6:30 p.m. A class on Wednesday is held from 8:30 to 9:30 a.m. The classes are free for active duty military and \$2 per class for all other eligible patrons. For more information, call Sam's Gym at 764-4173.

stay in shape and burn off that excess holiday flab, Sam's Gym Fitness Center is just the place. The gym offers racquetball courts and a cardio area, a variety of Lifefitness and aerobic machines and free weights.

After a tough workout, patrons have the chance to relax in the sauna. Basketballs are available for checkout at Sam's Gym, along with a fully stocked pro shop also located in the fitness center.

All active duty, reservists, retirees, and their family members have unlimited free use of Sam's Gym Fitness Center. The cost for DoD civilians and contractors is \$2.50 per day or \$18 per month. Stop by today and start burning off those extra inches. For more information, call Sam's Gym at 764-4173.



Planning a cruise? Let the ITT office save you some money!

Military rates are now available for cruises for the year 2004. For cruise destinations and rates, contact Annette Sellers at the ITT office at 764-2120.

Stingrays ticket vouchers on sale at ITT

Ticket vouchers for the South Carolina Stingrays are now on sale at the ITT office for \$10. The vouchers may be purchased for any game and exchanged at the North Charleston Coliseum for seats in the lower 200 sections of the coliseum. Mark your calendar to attend the following home games:

- Jan. 24-Stingrays vs. Gwinnett
- Feb. 4--vs. Roanoke
- Feb. 7--vs. Florida
- Feb. 8--vs. Florida
- Feb. 13--vs. Charlotte
- Feb. 17--vs. Florence

Stop by the ITT office for your vouchers today or call 764-2120 for more information.

Riverbanks Zoo and Garden

Located in Columbia, the 170 acres of Riverbanks Zoo and Garden are home to more than 2,000 animals representing more than 350 species from around the world. Tickets at the ITT office are \$6.30 for adults and \$5 for children (ages 3-12). Stop by the ITT office for your tickets or call 764-2120 for more information.

Busch Gardens, Tampa Bay

You do more than visit Busch Gardens, Tampa Bay...you will explore it. With over 30 attractions, five world-class coasters and 2,800 exotic mammals, birds and reptiles on nearly 335 acres, to describe it as "wild" would be an understatement. Take your family from the edge of Africa to the edge of their seat and discover jungles of fun and wonder. Tickets at the ITT office are \$44.50 for adults and \$36.80 for children (ages 3-9). Stop by the ITT office for your tickets or call 764-2120 for more information.

Sea World Adventure Park, Orlando and Universal Studios Orlando, available too!

The ITT office accepts VISA, MasterCard, Discover, and American Express on all ticket purchases! For attraction brochures or more information about ticket prices, stop by the ITT office or call 764-2120.





Children and Vacant Quarters

Parents are encouraged to caution their children against playing in close proximity to vacant quarters located within the Housing area. This is especially true at the quarters that have a large yellow caution label attached to the front door. The label states "AUTHORIZED PERSONNEL ONLY" for several reasons. First, since these quarters are not being reassigned at the present time, the intent is to caution against unauthorized access and to prevent possible vandalism. Secondly, and of greater concern to parents, is the possibility of injury to their children caused by door or window glass accidentally broken during play.

Vacant quarters are monitored by the maintenance contractor to identify and prevent deterioration and by the Security Department to prevent vandalism. Children caught in vacant units subjects their sponsors to letters of warning via their command. The possibility of financial liability occurs if damages are found. Again parents, please assist us by reminding children to stay clear of vacant houses. If they are unable to read, tell them not to play at houses with a yellow sign on the door. Your cooperation and assistance are appreciated.

Housing guests

Webster's Definition: Any person or persons visiting one: company, visitor and visitant.

OPNAV'S Definition: Any person that is not listed on the military members Record of Emergency Data Sheet (Page 2) as a full dependent and resides with the member nine consecutive months.

Our Family Housing residents are reminded of Command policy concerning visiting guest(s). Residents, whose guest(s) will be visiting for more than 48 hours, are required to register them with the Housing Welcome Center by completing a "Guest Information Form" that is signed by the resident and his or her guest. Any guest(s) desiring to stay beyond 30 days must have written permission from the Housing Director. One week is generally considered a normal visit.

Navy Family Housing is provided solely for our military families and their guests in compliance with the above stated require-

ments. Subleasing or joint tenancy of assigned quarters is strictly prohibited and may result in the termination of assignment to Navy Family Housing.

If further information or assistance is needed regarding this policy, please contact the Housing Welcome Center at 764-7218/7219.

Patio Lights/Christmas Lights

Now that the Christmas season has ended, it's time to remove Christmas lights and decorations. This includes the strings of clear lights that are on patios and screen porches.

Lights that are designed for patios are fine to put on the patio and porch around the housing area; however, leaving the lights up after Christmas on the patio is not permitted.

Please remove all Christmas lights and decorations promptly. Spring is just around the corner.

To hire or not to hire a contract cleaner?

The choice is yours! If you elect to hire a cleaning contractor, the contract is between you and the contract cleaner. Housing Welcome Center personnel will assist by providing the contract form to be executed by housing occupants and the contract cleaner, and scheduling the termination inspection for you and the contractor.

The Housing Welcome Center has a listing of contract cleaners who have agreed to clean family housing units and satisfactorily pass the final termination inspections. The inspection criteria are the same for residents who elect to clean their homes themselves or for contract cleaners retained by residents.

Email scams

Before you open your wallet, exercise caution with charity requests received via email.

- * Most charities will not send unsolicited e-mails.
- * Check the name of the charity with a reliable source. Scammers will use similar-sounding names of well-known organizations.
- * Don't be afraid to ask how donations are used. A reputable charity will give this information willingly.
- * Con artists know what piques people's charitable tendencies.

Make sure disaster relief funds and police/firefighter drives are legitimate.

—adapted from the National Consumers League Web site.

Pick up after your pets

Housing regulations require pet owners, in order to retain pet privileges, to "maintain sanitary conditions not only at your residence, but also while walking your pets." The prompt removal of animal excrement both at the residence and on other property is mandatory.

Remember that pet ownership in Family Housing is a "privilege" and not a "right." Be considerate of your neighbors when walking your pet and pick up after it.

Bachelor Housing

Recently, at the quarterly Bachelor Housing Resident Advisor meeting, Resident Advisors were updated on the status of the Whole House Renovation Project. The next Bachelor Housing Resident Advisor meeting will be held on May 20 at 2 p.m. in the Community Center; all tenants are welcome and encouraged to attend.

As many of you know, the Whole House Renovation Project is well on its way. We are currently in phase one where demolition has started. Residents are reminded that anyone in a demolition area must wear a hardhat. As construction for phase one continues, the Bachelor Housing Office and Model Unit should be completed in mid February. Upon completion, the model unit will be furnished and set up so both the command and residences can walk through and have an idea of how the units will look upon completion. Personnel will be contacted on room shifts and given plenty of time to relocate.

Again, we apologize for any inconvenience during this project phase,; and as always, the BH Staff remains available to assist 24 hours, seven days a week. Your suggestions are encouraged, and blank suggestion forms are available at the front desk. Your ideas and cooperation will enable us to improve services provided to you.

Scholarships for Military Children application deadline Feb. 18

By Carrie Williams, Defense Commissary Agency

Didn't find any "college cash" in your stocking? Don't worry. There's still time to apply for Scholarships for Military Children money. Applications for the \$1,500 scholarships are due at the nearest commissary by close of business Feb. 18. At least one scholarship will be awarded at every commissary location with qualified applicants.

The application can be downloaded through a link on the front page of www.commissaries.com or downloaded directly from www.militaryscholar.org and filled out by hand or on the computer. Copies of the application are also available at commissaries worldwide.

Students should put on their thinking caps and give it their best shot when it comes to writing the scholarship essay. "In past years the essay has been a key factor in deciding among the many outstanding applicants," said program liaison Edna Hoogewind, Defense Commissary Agency. This year's topic is "What aspect of military life has had the greatest influence on you?"

Applications must be in the store by close of business on Feb. 18, and students who are not hand-delivering applications are advised to use a delivery method that supplies a return receipt.

After March 29, applicants may visit www.militaryscholar.org and click on the "Verification of Receipt" section. Scholarship managers will respond to "Verification of Receipt" emails until June 15.

Applicants should check all materials carefully for simple things, like making sure the

application is signed or that it's the 2004 application, not one from previous years.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2004, or enrolled in a program of studies designed to transfer directly into a four-year program. Additional instructions can be found on the application or at www.militaryscholar.org.

Fisher House Foundation, a nonprofit organization best known for building comfort homes near military medical facilities, administers the Scholarships for Military Children program. Fisher House Foundation uses the services of Scholarship Managers, a professional firm that has handled more than 400 programs, to screen applicants and award scholarships. Neither Fisher House nor DeCA are involved in the decision process.

The Scholarships for Military Children program has awarded nearly 1,500 scholarships and nearly \$2 million since the first awards in 2001. Scholarships are funded through the voluntary donations of the various manufacturers, brokers and suppliers that sell products in commissaries.