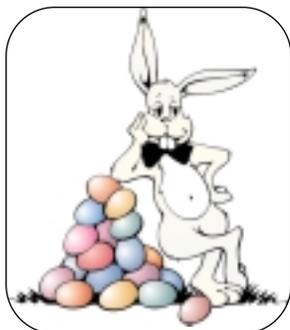


Shoreline



Check out Around the Station.
see page 2



Easter Eggstravaganza coming soon.
see page 10



Time to mow the lawn. Yard of the Month is near.
see page 13



Station helps Pinckney crew deal with tragic loss



photo by JO2 Christal A. Bailey

PCU Pinckney (DDG 91) Sailors fold an American flag during a memorial service March 15 for three Pinckney crew-members who were killed a bus accident March 12.

By Susan Piedfort
Navy Charleston Shoreline

When a trip to Beaufort, S.C., to honor the ship's namesake turned into a tragedy last Friday morning, Naval Weapons Station Charleston mobilized to support the Sailors and families of the guided missile destroyer Pinckney (DDG 91).

Three Pinckney Sailors died and more than 70 were injured in the accident on U.S. Route 17 about 20 miles north of Beaufort.

A memorial service was held on board the ship Monday in remembrance of the Pinckney Sailors killed in the accident, Seaman Apprentice Kip C. J. Baker,

Gas Turbine System Technician-Electrical 2nd Class Alfred J. Concepcion and Fire Controlman 1st Class Michael T. Booker. Crew members gathered on the ship's fantail, along with the many family members, chaplains and counselors who supported them during the ordeal, while community leaders such as S.C. Lieutenant Governor Andre Bauer, Congressman Henry E. Brown, Jr. (R-S.C.), Charleston Mayor Joseph P. Riley, Jr. and others looked on from the flight deck. Pinckney's widow, Henrietta Middleton Pinckney, sat among the crew, many of whom wiped

see Pinckney page 3

First responders arrive on scene, save Sailor's life

By Bart Jackson
Navy Charleston Shoreline

Firefighters, policeman and emergency medical technicians. Those unsung heroes that live in obscurity until that one fateful moment arrives, and you really need them.

Such was the case on the afternoon of Oct. 27, 2004 when a routine call came into Naval Weapons Station Charleston's Fire Station 3 to respond to Naval Nuclear Power Training Command (NNPTC) to assist with a young female petty officer who had fallen off the stage in the NNPTC auditorium.

Assistant Fire Chief Darrel Haselden was first on the scene, just ahead of the Ladder 1 crew. Hospital Corpsmen Third Class June Breckenridge, and Patrick Bourland were providing first aid, and started to place her in cervical spine immobilization when the corpsmen and Haselden both realized that her breathing had stopped and her pulse was weak.

The decision was made at that point to use the automatic external defibrillator (AED). According to Haselden, that decision saved this young petty officer's life. The AED analyzed her vitals, and it was determined that a cardio shock was warranted, as well as Cardio Pulmonary Resuscitation (CPR). The firefighters are all certified first responder Emergency Medical Technicians (EMTs), and their training and skilled response helped the patient survive critical moments awaiting Berkeley county EMS for transport to Trident Regional Hospital.

While situations like this are thankfully not the

norm, Haselden can't express enough how proper training and the right equipment (such as the AED) are essential tools in their supply locker. "The AED has been a good addition to our arsenal," said Haselden. "It's money well spent."

Statistically speaking, the AED is worth every penny. Statistics show that patients who suffer cardiac arrest, if CPR is administered within the first 4-5 minutes have a 40% better chance of survival; whereas in situations where the AED is needed and administered, this value soars to 85%.

Station firefighters have an AED unit available at each of the four stations, as well as one unit at all times in the fire chief's truck. "Believe you me, if I was to have a heart attack, it's a good feeling knowing that such lifesaving devices are available to first responders here on Station," said Haselden.

While the firefighters who responded that day are a bit taken aback by all the attention they have received, they take it all in stride. "We were doing what we were taught to do," said firefighter Billy Gooding. "The call came in, we responded. It just happened to be on our shift," he added.

"We didn't do anything that any other team wouldn't have done if faced with the same call," said firefighter Jimmy Lefever, a 20 plus year veteran of firefighter service.

Gooding, a 30 plus year veteran of firefighting, summed it up this way, "You gotta' be just a little crazy to run into a burning building, when everyone else is running out, but I wouldn't want it any other



photo by Bart Jackson

From left, firefighter Billy Gooding, firefighter Jimmy Lefever and Assistant Chief Darrell Haselden are three of five firefighters who saved a Sailor's life.

way, I just love this job!"

So, take heart the next time you have to make the call to 9-1-1 while on Station. The voice you hear on the other end is that of a dedicated, well trained professional, who is ready to help however "routine" the call.

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

About the Shoreline

The Navy Charleston Shoreline is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. government, the Department of Defense, the U.S. Navy and do not imply endorsement thereof. The editorial content and any supplement is prepared, edited and provided by the Public Affairs Office of NWS Charleston.

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Questions and comments can be directed to the editor. The Navy Charleston Shoreline can be reached at (843) 764-4094 or by fax at (843) 764-7307 or write the Navy Charleston Shoreline, 2316 Red Bank Road, Suite 100, Goose Creek, SC 29445. All news releases should be sent to this address.

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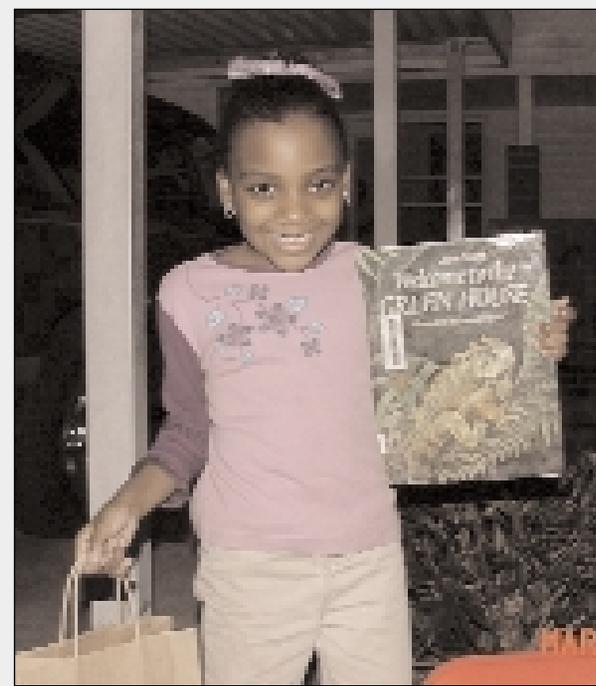
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Around the Station



From left, Sea Scouts Tom Hinton, Kyle Foster, Sarah Pritchard and Lauren Schmitz of Ship 2000 from Duluth, Ga., paid a visit to Explosive Ordnance Mobile Unit Six during a tour of Naval Weapons Station Charleston recently.



Soleil Collins was one of the grand prize winners for Marrington Elementary School's Third Annual Reader's Prize Patrol on Read Across America Day, March 2. Collins and her family were eligible for the grand prize, which included candy, popcorn, books, a tangram puzzle and a sign for their front yard.

Station kicks off 2004 fund drive

**By Journalist Second Class Christal Bailey
Navy Charleston Shoreline**

Naval Weapons Station Charleston recently kicked off the 2004 Navy-Marine Corps Relief Society (NMCRS) fund drive campaign.

The 2004 NMCRS campaign will be conducted through March 31. Funds raised will go to assist Sailors, Marines and their families.

The Society provides interest free loans to service members who are unable to afford funeral expenses, food, rent, utilities, medical expenses, car repairs and much more. According to LT Ennis Williams, fund drive coordinator, the Society is a great resource for Sailors.

"As a young Sailor, I used NMCRS a few times," he said. "My transmission went out a few times and I couldn't afford to get it fixed. If it weren't for NMCRS, I wouldn't have been able to have it fixed."

In 2001 the Station drive accumulated \$108,064, and in 2002, \$134,423. Last year however, funds raised by the Station totaled only \$79,000. In 2003 the Station had 622 cases and provided \$222,558 in loans.

"I don't think we spread the word far enough last year, which hurt our efforts," said Joy Wilson, NMCRS director. "I want to get the word out, so we can help our service members."

The Society's sole survival depends on donations from service members and loans or grants. "Money raised by the Station goes to service members, not employee salary or supplies," said Wilson.

Chief Culinary Specialist (SS) Bryon French, Station coordinator said that the keeping track of donations made is important. "Department coordinators will keep track of donations by submitting weekly progress reports," he said. "This way we can see how

far we are away from achieving our goal."

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.

Initially named The Navy Relief Society, it 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.

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 NWS NMCRS is located in building 717 on Jefferson Avenue. For more information on the NMCRS fund drive contact French at 764-7476 or call the society at 764-7662.

Briefly Speaking

Southern Division Anniversary Ball

It's time to celebrate SouthDiv's anniversary. This year's celebration will be at the Carolina Yacht Club March 26 at 6 p.m. The guest speaker will be RADM Michael Loose, CEC. Tickets are \$25 for the Atlantic salmon and \$30 for beef. Attire is dinner dress blues for military and black tie for civilians. Reservations must be made by March 23. For more information, see your local MWR representative.

Make ID card appointments on-line

Don't wait in line to get a new ID card. If you're military, retired or a family member, and need to update DEERS information or receive a new or updated card, go to www.psalant.navy.mil and select make an appointment for ID card issuance. Appointments can be made Monday through Friday 7:45 a.m. to 2:15 p.m. For any questions regarding the process, call PSD at 764-7771, ext. 118.

Station lends a hand to Pinckney during hard times

continued from page 1

away tears during the ceremony.

The military community's outpouring of support for the Sailors and their families was a clear reminder that here in Charleston, the bonds still hold strong among community and the Navy.

When news of the accident reached the Weapons Station, Navy chaplains and Navy Fleet and Family Support Center (NFFSC) personnel were dispatched immediately to the ship, as were the Station executive officer and command master chief. NWS chaplains CDR David Mudd and LTJG Joseph Johnson and FFSC counselors Karen Harrison, Becky Geiger, Linda McCall, Melonea Locklair, Loretta Sumter, and CDR Barry Murphy, along with Coastal Crisis Chaplaincy's Rev. Rob Dewey and Chaplain Taylor, met with crewmembers in groups and for individual consultations. They counseled the ship's crew as they awaited the return of their shipmates, and were in place when the Sailors returned from Beaufort. The team was in close and constant contact with the ship's senior officers and senior enlisted personnel all day to help the Sailors cope with the developing news. Mudd stayed onboard the ship Friday night, while Murphy was on call. They also stayed on board Saturday to provide direct assistance the crew through grief or specialized counseling, or just to offer support.

Meanwhile, back on Station, a command center had been established as a central point from which to coordinate assistance through NFFSC, chaplains' office, the

Navy/Marine Corps Relief Society, local businesses and anyone else offering help.

When Charleston's Mayor Riley phoned the Naval Weapons Station offering his support and assistance, NWS Charleston commanding officer Capt. Robert Zalaskus took him up on the offer. Many Charleston businesses and citizens showed their support by offering free goods and services to the Pinckney families through this difficult period.

"The community support was outstanding," said Zalaskus. "We always say that the Navy takes care of its own. The outpouring of support and compassion from the citizens of this community and the entire state showed how much they've embraced this ship

and her crew, and that they also take care of their own."

The NFFSC response team worked around the clock coordinating hotel rooms, meals, transportation and other needs for Pinckney family members, and manning NWS command center phones. Nearly a dozen local hotels offered rooms free or at greatly reduced rates to the families and crewmen of Pinckney.

The NWS team coordinated the offers for free rooms at hotels between Charleston and Beaufort. An Adopt-A-Family Program also implemented by the FFSC ombudsman coordinator proved very successful at meeting the immediate needs of family members.

During the memorial ceremony on board the ship, Pinckney commanding officer CDR Robert M. Byron said, "I'd like to thank our brothers and sisters from the local communities and various organizations lending support

"It means so much to feel your compassion as we go through these trying times."

-CDR Robert M. Byron, commanding officer PCU Pinckney (DDG 91)



photo by MMS3 Mark Taylor

PCU Pinckney (DDG 91) command master chief CMDCM (SW) Kevin R. Blade stands with Henrietta Pinckney, widow of the ship's namesake, during the March 15 memorial service.

and a helping hand to us. It means so much to feel your compassion as we go through these trying times."

More than 40 crew members were left behind to recuperate when the ship departed Pier Papa on the former naval base Tuesday. The NWS team continues to provide direct support and assistance to those Sailors (and their families) remaining in the Charleston area, including several still hospitalized, and is helping Pinckney family members plan their transportation back home.



photo by Naval Hospital Charleston Public Affairs

Naval Hospital Charleston welcomed the return of eight staff members who made the Horn of Africa their home for the past six months. The medical team consisted of a group of 30 active duty members from Naval Hospital Charleston and Naval Hospital Jacksonville, deploying as Naval Hospital Jax Fleet Hospital. Team members from Naval Hospital Charleston were CAPT David Leivers, MC; CDR Melanie Mitchell, MC; LT Richard Schultz, NC; LT William Jones, NC; LT Stanley Styk, NC; Hospital Corpsmen Second Classes Gabriel Leyva and Theresa Bailey, and Hospital Corpsman Third Class George Barr. They were deployed with the first ever Expeditionary Medical Unit (EMU) to Djibouti, Africa. The highly skilled personnel of the EMU provided medical care to deployed personnel and participated in numerous humanitarian medical operations throughout the Horn of Africa, including Yemen, Djibouti, Ethiopia and Kenya.

Station authorizes turkey hunting for first time in 11 years

**By Terrence Larimer
Natural Resources Specialist**

After a decade of scarcity the wild turkey population on Station has rebounded to the point that turkey hunting has been re-authorized.

Following Hurricane Hugo in 1989, Naval Weapons Station Charleston's mature woodland turkey habitat was so badly damaged that turkey populations plummeted. The last turkey killed on Station by a hunter was in 1993.

Fourteen years of tree growth and forest management with prescribed fire has seen the turkey habitat recover to the point that large flocks of turkeys are now seen regularly Northside as well as in the Southside Ordnance Area.

Marrington, possibly due to its heavy recreational use by people, has not seen a large resurgence in wild turkeys.

As a result of this population expansion, and numerous requests by turkey hunters, the command has authorized turkey hunting in the Northside and Southside Ordnance Areas. These hunts will be open to Category A turkey hunters on weekend mornings begin-

ning March 20.

The Station has been divided up into 14 turkey hunt areas. Each hunt morning, an hour and 45 minutes before sunrise, hunters will participate in a lottery to determine which area they may pick to hunt. A hunter may take one companion into the hunt, but only one gun is allowed per area.

Hunters must return to the Hunter Check Station between 9 a.m. to noon. All birds will be checked at the station before transport off station.

One adult bird (with a beard 6" or longer) per hunter is the season limit. An overall limit of 20 birds on the Station was established for the first year following consultations with turkey biologists from the South Carolina Department of Natural Resources. In addition, the Weapons Station's hunter check station has been established as an official S.C. turkey check station for Weapon Station birds only.

For more information see WPN-STACHASNOTE 5090 or call the Natural Resources Office at 764-7951.



On your mark....get set...go!

By Glenn M. Cox
MWR Publicity Specialist

Don't miss running in the 20th annual Fleet Feet 5K Cross Country Race March 27 at Marrington Plantation.

The race is set for 9 a.m. This year's race is free of charge for all active duty personnel (show military I.D. when registering). T-shirts will be \$10 for participants, but are only guaranteed for pre-registered runners (registered by March 19). For all other participants, the pre-registration fee is \$12 through March 19. The fee includes a T-shirt and post race refreshments. No refunds will be given. The late registration fee is \$15 for entries received after March 19. T-shirts are not guaranteed with late entries. Race day registration is \$15 and will be held from 7 to 8:30 a.m. at Marrington Plantation.

In addition to the 5K race, a Kids' 1-Mile Fun Run

for children (ages 13 and under) will be held at approximately 9:45 a.m. There is no registration fee for the 1-Mile Fun Run.

To register or for more information, call Mark Mikhitarian, race director, at 764-7530, or the Liberty office at 764-7002. Registration forms are also available at www.mwr.nwschs.navy.mil/fleet_feet.htm.

Naval Weapons Station's intramural run will be held in conjunction with the Fleet Feet 5K Cross Country Race at Marrington Plantation March 27.

There is no charge if you are running in the intramural competition for Captain's Cup points only. However, runners who desire a Fleet Feet T-shirt must pay \$12 and register by March 19. All intramural runners must fill out an application and put "INTRAMURAL PARTICIPANT" at the top of the application. There is no higher level of competition for this event. For more information, call 764-7530.



photo by Glenn M. Cox

Don't miss running in the 20th annual Fleet Feet 5K Cross Country Race March 27 at Marrington Plantation. The race is set for 9 a.m. This year's race is free of charge for all active duty personnel, and the race is expected to be bigger than before. To register or for more information call Mark Mikhitarian, race director, at 764-7530, or the Liberty office at 764-7002.

Monthly memberships available at Redbank Plantation Golf Course

Monthly memberships are available at Redbank Plantation Golf Course for all eligible patrons. The price is \$50 per month and the pass is good for that month. For more information, call Redbank Plantation Golf Course at 764-7802.

Stingrays drawing near to season end

The South Carolina Stingrays professional ice hockey team is wrapping up another season. The ITT office has a fantastic deal for all Stingrays fans in the area. Ticket vouchers for home games are now on sale at the ITT office for \$10. The vouchers may be purchased for any home 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:

- March 19-Stingrays vs. Alaska
- March 23--vs. Florence
- March 26--vs. Columbia
- March 30--vs. Augusta
- April 2-vs. Columbia
- April 3-vs. Greensboro



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

Action! Thrills! Variety! Only at Carowinds!

Paramount's Carowinds amusement park, located on the North Carolina/South Carolina border, opens for the 2004 season March 20. Carowinds is the premier family entertainment destination in the Southeast featuring more than 40 world class rides and movie-themed attractions, your favorite Nickelodeon characters and WaterWorks, an exciting water park. It's Hollywood style entertainment for kids and adults of all ages. New for 2004; experience a menacing adventure when you fly without floors, walls or ceilings as you're blasted into the world of Star Trek on BORG Assimilator, the world's first 24th Century flying roller coaster. Tickets are available at the ITT office for \$23 for children and adults. Stop by the ITT office for your tickets or call 764-2120 for more information.

Six Flags Over Georgia now open for 2004 season

Six Flags Over Georgia, located in Atlanta, Georgia, is now open for the 2004 season. Experience state-of-the-art thrill ride technology with the Superman-Ultimate Flight adventure, which begins flying face-first through 2,759 feet of tortuously twisted steel track. The remarkable flight pattern includes a series of sharp dives, high-banked curves and spirals uniquely designed to enhance the flying experience. Tickets are available at the ITT office for \$24.50 for children and adults. Stop by the ITT office for your tickets or call 764-2120 for more information.

Local Area Attractions

Fort Sumter--America's most historic landmark

Visit the USS Yorktown, the "Fighting Lady"

IMAX Theatre, Charleston

Movie tickets: AMC Theatres at Northwoods and Citadel malls

Regal Cinema 16, Montague Avenue

Riverbanks Zoo and Gardens, Columbia SC

Keep ITT in mind when planning summer vacation

You've worked hard and it won't be long before you start planning your summer vacation. Stop by the ITT office to make plans for your vacation. Our professional staff can help with ticket information and hotel reservations in Florida. Plan ahead to get the best rates! For more information, call the ITT office at 764-2120.

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

We're cookin' again! Redbank Club re-opens

By Glenn M. Cox,
MWR Publicity Specialist

After nearly a three-month closure for renovations, the Redbank Club is now open for business once again.

The Redbank Club closed for renovations Dec. 23, 2003 and reopened to the public March 16 following an open house March 15. The renovations were done by Hitt Contracting of Charleston.

The renovations include new carpet, paint and wallpaper in the ballroom, dining room and lounge. Further renovations include remodeled restrooms as well as exterior improvements to the club.

A sliding, soundproof wall between the dining room and the lounge will be available to separate the two rooms for smaller functions or opened to form one large room for larger functions. The wall will be open during lunchtime to provide an expanded dining area. Also inside are new pictures and large mirrors on the walls throughout the building.

Outside, the sidewalk in front of the Redbank Club is now handicap accessible. It has been moved closer to the building and is much wider. The club's entrance has been replaced with new doors and the windows have been tinted. New landscaping including new shrubs and sod further enhances the overall look to the outside of the club.

"I am delighted with the outcome of the new facility and the new look. The Redbank Club is more modern, updated and it is customer-friendly," said Barbi Sullivan, manager of the Redbank Club. "I think we are going to have a positive year, as I feel that the Redbank Club will sell itself to the customers."

Patrons are invited to return to the Redbank Club to enjoy the new look and feel and to enjoy the food the Redbank Club has to offer. The Redbank Club continues to offer the lunch buffet Tuesday through Thursday from 11 a.m. to 1 p.m. The buffet changes daily but it always offers at least two meats, starches, vegetables, soup, salad bar and dessert. The soup and salad bar now offers two soups daily to choose from, as well as a new Caesar salad. The entire buffet is \$6.50, which includes iced tea and water. The soup and salad bar is available for \$4.75 and the salad bar only is \$4, which also includes iced tea and



Redbank Club employees pose for a picture during the club's grand reopening March 15.

water.

In addition to the lunch buffet, a "Blue Plate" special is available. The main entrée varies daily but always features the chef's special of the day, a starch (french fries, onion rings or baked potato) and a large beverage.

Patrons are also encouraged to sample some of the new menu items such as croissant sandwiches, chicken philly cheese sandwiches and fried catfish sandwiches. For the health conscious, a variety of side items such as soup, fresh fruit and salad are available with sandwiches and entrees.

The Redbank Club staff thanks everyone for their patience during the club's temporary closure during the renovation period. Make the Redbank Club your next choice for lunch. And always remember that reservations are available for banquets, parties or meetings and special catering is just a phone call away. For more information, call the Redbank Club at 764-7797.

Register now for 2004 Battling Bass Open Fishing Tournament

The 2004 Battling Bass Open Fishing Tournament will be a one-day event to be held May 1 at Short Stay Navy Outdoor Recreation Area, Lake Moultrie, Moncks Corner. The tournament is open to the public and will include cash prizes, a cook-out, door prizes, a Big Fish Pool and trophies. Participants will also be offered a chance to win a brand new truck from McElveen.

Registrations will be limited to 150 boats and an 80 percent prize payback of total entry fees will be in effect. The entry fee, if received before 4 p.m. on April 15, is \$100 per two-person team. The entry fee, if received after 4 p.m. on April 15, is \$130 per team.

Lodging reservations will be made on a first come, first served basis. When you call, say that you are fishing in the Battling Bass tournament. Reservations are currently being made for the spring months, so it is recommended that you make your reservations early.

For entry forms, lodging reservations, or for more information, call Short Stay at (843) 743-2608 in Charleston; 761-8353 in Moncks Corner; or toll free at 1-800-447-2178. Entry forms are also available at the Outdoor Adventure Center, 764-2123, and online at www.shortstay.nwschs.navy.mil/new_page_3.htm.



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

Women's History Month

March is Women's History Month. To honor women in history, the Library will have a poster display and give away informational handouts about famous women. Stop by the library for your handouts while supplies last.

Tax forms still available

Federal tax forms are still available at the Library. Additionally, South Carolina resident and non-resident forms are also available. April 15 will be here before you know it. Stop in today and pick up any needed forms.

March is National Pig Month

To celebrate National Pig Month, the Library will give away free piggy banks to

the first 50 participants. Children (ages 3-10) must read one pig book and four other books about fictional or non-fictional animals. Participants will be given reading records to list their book titles. The reading records must be turned in before April 1 to redeem for piggy banks.

Fax service available at Library

Do you have an important document to send? The Library offers fax service Tuesdays through Saturdays. The cost for local incoming, outgoing and 800 numbers is \$1 for the first page and 50 cents for additional pages. The cost for long distance fax service is \$1.50 for the first page and 50 cents for additional pages. Fax service is still available at the ITT office, but only on Mondays.

Bowling

When was the last time you stopped at Marrington Lanes for a game of bowling? Join all your friends at the most popular spot on the Naval Weapons Station. Marrington Lanes is a state-of-the-art facility featuring 20 lanes with automatic scoring, bumper bowling, glow-in-the-dark Xtreme Bowling, bowling birthday party packages and more!

A whirlwind of activities is always happening at Marrington Lanes including bowling specials, tournaments and leagues for all ages, which run throughout the year. For those non-bowlers in the crowd, video games and a pool table are ready for your after-hours leisure time.

The pro shop is just the place to purchase bowling accessories. The full service snack bar features the best cheeseburger in town and offers terrific daily lunch specials.

Stop by the most popular spot on the Naval Weapons Station-stop by Marrington Lanes today! For more information, call Marrington Lanes at 764-7235.



Go to the Extreme with Xtreme Bowling

Xtreme Bowling at Marrington Lanes is held every Friday and Saturday from 9:30 p.m. to 12:30 a.m. The features include a fabulous light show with glow-in-the-dark bowling balls and pins, fog machines, music and dancing. The cost is \$8 per person. Go to the Xtreme with Xtreme Bowling!

Family Night Xtreme Bowling is held every Saturday from 6 to 9 p.m. Family Night features country music, oldies and rock 'n' roll (bring your favorite CD's if you want). Call 764-7235 for more information.

Anytime you are at Marrington Lanes, be sure to play Bonanza Bingo, and you could win up to \$1,000!

LIBERTY Program

Unless otherwise indicated, Liberty trips and events are open to All Hands of Naval Weapons Station Charleston 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.

Horseback Riding, April 4, 9 a.m.

Come out for a one-hour trail ride. Experienced and non-experienced riders are welcome. The cost is \$30 per person. Sign up in the Liberty office, located in building 206, by March 29. For more information call 764-7002.

Charleston Museum, April 10, 10:30 a.m.

Join Liberty on a self guided tour through America's first Museum since 1773. Learn about the history of Charleston and surrounding areas, first settlers and Native American Tribes. The cost is \$11 per person. Sign up in the Liberty office (Building 206) by April 7. For more information, call 764-7002.

Paramount's Carowinds Amusement Park, April 11

Don't sit at home alone this Easter Sunday. Come out and enjoy roller coasters, thrill rides and 3-D Adventures at this 105-acre theme park that straddles the North Carolina/South Carolina border. The cost is \$25 per person. Sign up in the Liberty office (Bldg. 206) by April 7. Call 764-7002 for more information.

Pool Tournament, April 6, 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. Prizes include gift certificates to the NEX. For additional information, call 764-7002.

Skydiving, April 17, 7:30 a.m.

Experience 5,000 feet of free fall with a tandem jump from 10,500 feet in the air or take a static jump from 3,500 feet and complete the first step in becoming a certified skydiver. The cost is \$49-\$135. Deadline is April 14. Sign up in the Liberty office (Bldg. 206). For questions, please call 764-7002.

Isle of Palms Beach Day, April 18, 9:30 a.m.

The cost of \$5 includes transportation to the Isle of Palms beach. Enjoy a relaxing day of fun in the sun. Open to NNPTC students only. Deadline to sign up is April 14. Sign up in the Liberty office, Bldg 206, or call.

Sports & Fitness

Get your team ready for intramural spring softball

The registration deadline for intramural spring softball is March 19. The league will begin play April 12. This is a Captain's Cup event. Sign up at the athletics office (building 725, MenRiv Plaza). For more information, call 764-7530.

Sign up now for intramural tennis

The registration deadline for intramural tennis is March 26. The tournament will begin April 7. This is a Captain's Cup event. Sign up at the athletics office (building 725, MenRiv Plaza). For more information, call 764-7530.

Step aerobic classes offered

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.

Kick your way into shape with Cardio-Kickboxing

Get fit with Cardio-Kickboxing at the Group Exercise Room in Building 725, MenRiv Plaza! Cardio-Kickboxing 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.

Spinning/Cycling classes offered

Get ready for a 40-minute cycling journey on a stationary bike at the Group Exercise Room in Building 725, MenRiv Plaza. Spinning welcomes all levels of fitness. From the beginner to the skilled athlete, you will be challenged physically and mentally. An evening class is held every Monday from 6 to 6:45 p.m. and Wednesday from 5 to 6 p.m. Morning classes are held every Tuesday and Thursday from 8:30 to 9:15 a.m. Challenge yourself to a ride! 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.

Cardio & Strength Mix classes

This is a 45-minute class that involves both cardio and strength exercises. This is a great lunchtime pick-me-up. The classes are held Tuesdays and Thursdays from 11:30 a.m. to 12:15 p.m. at the Group Exercise Room in Building 725, MenRiv Plaza.

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.

Relax with yoga class

Beginner yoga classes are currently being offered at the Group Exercise Room in Building 725, MenRiv Plaza. The classes are held Mondays and Wednesdays from 9:45 to 10:45 a.m. Yoga is a mind-body workout. It will tone your muscles, sculpt your body, improve your flexibility and build muscular strength and endurance.

This class is designed for those with no or limited experience with yoga. It is an introduction to basic stretching postures, breathing techniques, guided relaxations and meditation.

Yoga will help you achieve harmony between your body and your mind. The practice of poses and breathing exercises cleanses your body, restores your energy and makes you stronger and more flexible. It will help reduce stress, leaving you better equipped to deal with the demands of every day life.

No special equipment or clothing is required to do yoga. Just wear loose comfortable clothing and bring a towel or small blanket. The classes are free to active duty military and \$2 per session for all others. Call 764-4173 for more information.

Increase strength, relax with power yoga classes

Experience power yoga as you move through a non-stop flow routine that will focus on exercising the mind-body-breath connection, increasing strength, balance and agility. The classes are held every Monday and Wednesday from 11:30 a.m. to 12:30 p.m. at the Group Exercise Room in Building 725, MenRiv Plaza. The classes are free for active duty military and \$2 per class for all other eligible patrons. For more information, call 764-4173.

Body sculpting classes

Want to shape your body? If so, our body sculpting classes are for you! The body sculpting classes offer resistance training using a body bar, light weights and tubing to achieve that sculpted look. Classes are held Tuesdays and Thursdays from 9:30 to 10:30 a.m., Wednesdays from 7 to 8 p.m. and Saturdays from 8:30 to 10 a.m. at the Group Exercise Room in Building 725, MenRiv Plaza. The classes are free for active duty military and \$2 per class for all other eligible patrons. For more information, call 764-4173.

Get into the "squeeze" of it!

Massage therapy is available at on Station with certified massage therapist, Althea Donahue, to serve you better. Fees are \$25 for 30 minutes, \$50 for 60 minutes and \$75 for 90 minutes. Donahue specializes in Swedish massage, deep tissue massage and neuromuscular massage. She is available seven days a week, however, massage appointments must be scheduled in advance. For an appointment, call 324-4887.

Barracudas swim team parent's meeting

A meeting has been scheduled for parents interested in signing up their children for the Barracudas summer swim team. The meeting is scheduled for March 31 at 7:30 p.m. at Cinema One Theater. Be sure to attend this meeting if you plan to sign up your children for the swim team. For more information, call Debbie Kasper at 569-6891.

AUTO SKILLS CENTER
March Special

**Get three tires balanced
for \$12
and get the fourth tire
balanced for free
(\$4 Savings).**

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

Frame of Mine
March Special

**Stop by Frame of
Mine this month
and receive 25% off
all custom framing.
For more informa-
tion, call 764-4107.**



Navy One Source makes finding answers easy for families

Information & Referral (I&R)

Have you heard!? There are free baby information classes for new parents. Need to sit and chat with a counselor? More information is added daily to this site, take a look! Do you want to volunteer in your community or on the base? Need information about free Income Tax Preparers on base? Need to talk to a financial counselor? Are you moving and need information about the new location? If you need answers to questions, call 764-7294/7480 or go to the website- www.nwschs.navy.mil.

Counseling Services

Need to talk to someone in confidence? Are you feeling stressed or angry? Just call and make an appointment for our free counseling! We have trained counselors to help you through this time. You can make an individual appointment or with your spouse. We visit some commands during the day to talk. If you are an active duty or retiree, spouse of an active duty, 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	DATE	TIME
Base Orientation	Mar. 25	9 a.m.
Breastfeeding Class	Mar. 22	1-3 p.m.
Family Affair	Mar. 30	9-Noon
Job Fair	Mar. 26	Noon-2 p.m.
Pre-separation Counseling		Monthly
Playmornings	Every Wed.	9-11:30 a.m.
Spouse Orientation	Every Tues.	10 a.m.
Stress Management	Apr. 2	1-4p.m.
Training Wheels	Mar. 18	9:30-11 a.m.
Volunteer Opportunities	Mon.-Fri.	8-4 p.m.



Easter Eggstravaganza at Marrington Plantation

Get ready for the big Easter Eggstravaganza at Marrington Plantation coming up Saturday, April 10 from 10 a.m. to 1 p.m. Admission is Free.

Hey kids, get ready for the Easter bonnet contest and best decorated Easter basket contest at 10 a.m. Age groups for these two contests are 3-5, 6-9, and 10-12 (basket should be decorated by the child).

At 10:30, get ready for the big Easter egg hunt for the same age groups. Bring a container to collect your eggs. There will be special eggs with prizes inside! You might win a chocolate bunny, Easter basket, stuffed animal, or a giant Easter surprise!

Then get ready for two more hours of fun with the exciting Easter Carnival and Bunny Land from 11 a.m. to 1 p.m. Come out and enjoy the Tiger Aircastle and face painting. Meet "Thumper", "The Easter Chick" and many more characters in Bunny Land!

For more information about the Easter Eggstravaganza at Marrington Plantation, call the Youth Center at 764-7809.

Easter Fun Week at the Youth Center

Are you looking for something fun for your children to do during their Easter break from school? Don't let them miss out on Easter Fun Week, April 5 through 9, at the Youth Center.

Qualified counselors will keep the children constructively busy with movies, field trips, games, and crafts. Easter Fun Week is for all children ages 5-12, and the cost is on a sliding fee scale. To sign up your children or for more information, call the Youth Center at 764-7809.

Thumper-Grams offered through Youth Center

Call the Youth Center today and order a Thumper-Gram. On April 8 and 9 from 9 a.m. to 5 p.m., you can have the Easter Bunny deliver a chocolate egg to your special someone for only \$15! If there is more than one person per household or office who will receive a chocolate egg, the cost is only \$2 more per person. Deliveries will be made in MenRiv housing and the Station only. Call 764-7809 to place your order.

Monkey Business Message Service

The Youth Center provides a terrific balloon bouquet delivery service on an ongoing basis. We have a host of characters that will deliver balloon bouquets for any special occasion, birthday, anniversary, or just to say "Hello" to a friend. To place an order, call the Youth Center at 764-7809.

Lay-away now for Camp Grinning Gator

Summer will be here before you know it. At the Youth Center, summertime means Camp Grinning Gator time!

Camp Grinning Gator is open to dependent children (ages 5-12) of active duty military, retirees, reservists, DoD civilian employees, and DoD contractors. Sessions are June 1-25, June 28-July 23, and July 26 until school starts.

Campers will participate in drama, music, nature activities, skating, bowling, field trips, movies, sports, and much more! Camp fees are based on a sliding fee scale and a \$25 non-refundable deposit with our layaway plan will ensure your child of a place in camp. Only 150 slots are available per session.

Who do you call when you need to talk to someone about stress workshops, relocating, or counseling? The Fleet and Family Support Center (FFSC).

FFSC is here for families 8 a.m.- 4:30 p.m. weekdays. But, who can Sailors call after hours and weekends with military questions? Navy One Source Online is the answer. You'll find solutions to questions and more at Navy One Source Online. It's an easy-to-use, confidential online resource that can help make life a little easier.

Whether new to the Web or have been surfing for years, Navy One Source Online gives you immediate access to the advice, support and information needed to help balance work and personal life. Navy One Source Online offers assistance on a variety of issues including taking care of yourself and family, career management, managing your money, strengthening relationships, and coping with the ups and downs of everyday life.

The innovative features of Navy One Source Online will save time by giving:

- * "My Navy One Source" Sign up and customize the site with features like "My Bookmarks" and receive e-mail notification

of any new content on the site

- * Direct access to locators for child care programs near home or work, K-12 schools in any neighborhood, and day or overnight camps; health and wellness programs and providers from smoking cessation and weight management to massage therapy and yoga; or locate nursing homes, assisted living arrangements, and home health agencies

- * Financial calculator: Link to interactive tools on budgeting, saving and investing, retirement planning, home buying, refinancing, loan comparisons, credit card repayment plans, car buying, etc.

- * E-mail newsletter subscriptions that address a variety of life issues.

- * Self-Assessment: Interactive, easy-to-use self-assessments on a range of topics

- * Updated information: Participate or see results of weekly polls, catch up on the latest news bulletin, and enjoy Today's Tip.

To take advantage of the wealth of information and resources FFSC has to offer, go online to www.nwschs.navy.mil or call us at 764-7294.

Go to Navy One Source Online by simply logging on at www.navyonesource.com and enter user ID, Navy, password, Sailor.

Can't find what you're looking for here?

Visit The Fleet and Family Support Center on the Web at

www.nwschs.navy.mil

Meeting your needs. At home. At sea.

With the Youth Center's special Camp Grinning Gator lay-away plan, there's no reason why your child can't have a blast at camp this summer! Stop by the Youth Center today to register your child, or call 764-7809 for more information.

Junior Counselor Work Skills Training Program

Hey, parents! What will your teen do this summer? Why not have them join the Junior Counselor Work Skills Training Program, which will be held in conjunction with the Naval Weapons Station Youth Center's Camp Grinning Gator! Teens (ages 13-15) will learn new work skills while participating in camp activities such as roller-skating, bowling, movies, swimming, and other fun activities.

The program is designed to introduce teens to the requirements of a profession to help them prepare to join the workforce. By assisting adults as junior counselors, the teens will learn teamwork and discover how it relates to the workplace, learn about the mission and purpose of the workplace, and learn the following job skills:

- Telephone skills (correct procedures for answering phones).
- Equipment skills (adding machine, fax machine, copy machine, calculator, and computer).
- Meeting skills by attending staff meetings.
- CPR and First Aid.

The teens will learn the connection between learning and earning, why a good education is the key to getting a good job and why lifelong learning is important to continued success. They will also learn to recognize child abuse and develop a good understanding of why children act the way they do.

Sessions are June 1-25, June 28-July 23 and July 26 until school starts. The cost is \$75 per session for the first and second session and \$50 for the third session. There is a limit of eight teens per session. Each junior counselor will receive a staff T-shirt and a certificate upon completion of the program. Call the Youth Center at 764-7809 to sign up.

Family & Housing News

Family housing birth announcements

Congratulations to Electronic's Technician Third Class Brent Scheive and his wife, Stacia, on the birth of their daughter, Alexys Renae Scheive, born February 24. She weighed seven pounds, nine ounces, and was twenty and one-fourth inches long. Alexys is the Scheive's first child.

Also congratulations to Machinist's Mate Third Class George Bawden, and his wife, Naomi, on the birth of their son, Nathan Paul Bawden, born March 2. Nathan weighed seven pounds, one ounce, and is also the Bawden's first child.

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



A/C preventative maintenance

Housing maintenance contractor, KIRA Incorporated, is continuing to perform preventive maintenance inspections of cooling systems. Residents will receive a flyer advising them of the dates the contractor will be working in the area. You may call 553-2737 to arrange a convenient time for the contractor to perform this service at your home. In the event residents are not home when contractors arrive to service the unit, please call promptly to reschedule the work. Experience indicates that preventive maintenance will save future service failures when outside temperature increases.

The contractor's schedule for April is as follows:

March 28 - April 3: Key Street, Key Circle, Key Court, Florikan Circle, Kittiwake Street, Nemo Way, and Longwood Court

April 4 - 10: Knutson Street, Mahan Circle, Polk Street, Polk Court

April 11-17: Lafayette Street, Tecumseh Avenue, Tringa Street, Tringa Court West, Tringa Court East, Parnassus Road

April 18-24: Marshall Street, Pulaski Street, Pulaski Circle, Pulaski Court North, Pulaski Court South, Sunbird Street, Teddy Roosevelt Circle, Ararat Court

April 25-30: Von Steuben Street, Von Steuben Circle North, Von Steuben Circle South, Von Steuben Court North, Von Steuben Court South, Keklico Court West, Keklico Court East, Vallejo Street, Vallejo Circle, Petrel Street

Exterminating service

The Housing Welcome Center provides insect and rodent control in each unit before occupancy and for the first 30 days after occupancy. At the end of the 30-day period, insect and rodent control is each resident's responsibility. This can be done best by maintaining high standards of cleanliness.

Do not let garbage accumulate. Store food in closed containers. The center offers Combat roach motels at the Self-Help Store. If you are confronted with an unusual insect or pest problem, call the for advice and/or assistance.

Housing often receives calls requesting treatment of flea and tick infestation. Where there are dogs and cats, fleas and ticks are usually present. Controlling flea and tick infestation is also each resident's responsibility.

Pest control: Termites

Hooray, spring has sprung!! Mother Nature is starting to show off all her glory in the birth of beautiful plants, flowers, trees and shrubs. However, she will also be giving birth to all those pesky little critters we have to deal with each spring and summer. Termites are usually one of the first of these pesky little critters to be seen.

The first indication of a termite infestation is the presence of large numbers of winged termites emerging or swarming from the soil or from areas indoors. While the actual flight of the insects may not be observed, discarded wings and some dead termites may be found on the floor beneath windows and doors. Within buildings, the light at windows attracts the adults when they emerge. Swarming usually occurs during spring but may also occur during the summer and sometimes in the fall in warmer parts of the country. The adults are yellow-brown to black in color and have two pairs of long whitish transparent wings of equal size. Worker termites are white with no wings. Termites differ from winged ants by having a straighter body and no pinched "waist." ants have a narrow "waist" like a wasp and wings of unequal size. Contact the Housing Welcome Center, 764-7218, immediately if you notice these pests.

Renter's insurance

Without insurance, most residents would be unable to pay for losses that are their responsibility. One example would be financial responsibility for any fire damage caused by their negligence or that of a family member. Not only would the member be responsible for damage to personal belongings but also damage to the residence, as well as any damages to the property of neighbors. You cannot be forced to purchase renter's insurance; however, ask yourself this question, "Can I afford to take the chance of not having renter's insurance?" This may encourage you to contact an insurance agent and discuss appropriate coverage for you and your family.

Yard of the Month awards 2004

The first Yard of the Month selection will be made on April 13. Subsequent selections will be made on the second Tuesday of each month, the last being Aug. 10. Recipients of Yard of the Month award will be recognized by a sign displayed in their yard, a photograph presented of their home, a letter of recognition and a plaque. Winners may also use a reserved parking space at the Commissary during their month of tenure. Recipients of Honorable Mention Award are recognized by a sign displayed in their yard, a letter of recognition and photograph of their home is presented.

The selection is based on a rating system. Points are assigned as follows:

- * House - condition of carport, driveway, sidewalk (25 points).
- * Grounds - condition of lawn, front of unit (25 points); rear of unit (10 points).
- * Landscaping - shrubbery, flower beds, etc. (25 points);
- * General appearance and cleanliness (15 points).

The awards committee is made up of a housing department project manager, a community services representative, a previous "Yard of the Month" recipient and the Command Master Chief.

BEQ Employee Spotlight



SH3 CHARLES SPRUILL

Ship's Serviceman Third Class Charles Spruill is a new member of our Bachelor Housing staff. Petty Officer Spruill was previously assigned to USS Emory S. Land (AS 39), and he was also stationed at Meridian, Miss. SH3 Spruill's interests include fishing, movies, PlayStation, and the Internet. Welcome to Naval Weapons Station Charleston.



Self-checkouts arrive in commissaries

By Bonnie Powel and Rick Brink
DECA Public Affairs

Three commissaries in Virginia, Texas and California are the first to receive self-checkout lanes and an automated coupon verification checkout system that Defense Commissary Agency officials say increase shopper convenience and service.

The self-checkouts first appeared last month in the Langley Air Force Base, Va., commissary, and have since been installed at the Fort Sam Houston, Texas, and McClellan, Calif., commissaries.

Langley store director Norman Brown reported customer use of self-checkouts grew from 10 percent of total transactions to more than 13 percent in less than a month.

"We're very pleased with the level of customer acceptance for the new lanes. One customer said using self-checkout is like baking - it gets easier and easier the more you do it," said Bob Vitikacs, DeCA's head of sales operations.

Self-checkouts are for customers with a few items who

scan and bag their own groceries. An attendant monitors the lanes, checks shoppers' ID and provides assistance when needed. The system weighs the bags to ensure scanning is correct.

Method of payment - credit, debit or cash - is nearly the same as regular checkout lanes. Self-checkouts also have the capability to scan coupons although the attendant has to check expiration dates.

Coupon processing at all checkout lanes in the five commissaries receiving self-checkouts is becoming more convenient thanks to a scanner software upgrade that validates coupon purchases. By gleaning information from coupon bar codes, the scanners validate whether a customer has actually purchased products represented by the coupons. This replaces the manual process conducted by cashiers.

The upgrade is being tested in the five stores, and will eventually be implemented in all checkouts in all commissaries. "Overall, it will improve the flow of customer checkout and increase our coupon redemption accuracy," said Bradford.