

The Newport **Navallog**

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

VOL. 102 NO. 5 FEBRUARY 1, 2002

Now hear this

Army Capt. Christine Ege, Chief of Veterinary Services, headquartered at U.S. Subbase New London, Groton, Conn., checks the ears of Colin, a 5-year-old Collie, at the Morale, Welfare and Recreation Department's Veterinary Clinic here. About 60 pets total are examined each Tuesday and Thursday. More pictures, story, Pages 8-9.

Ron Fontaine/U.S. Navy photo



NCC officers see Providence

The Naval Command College's class of international naval officers visits the State House and other sites in Providence.

— Page 2



Author warns of bioterrorism

A *New York Times* correspondent and author speaks at the Naval War College, and warns biological warfare is likely.

— Page 3



Mini-robots in competition

Rhode Island Robotics Competition tests the engineering skills of middle schoolers in a North Pole rescue scenario.

— Page 13



ON THE SENATE FLOOR—Capt. Vincent P. Mocini, background, upper left, director of the Naval Command College, listens while Cmdr. Sulaiman bin Mohamad, center, Royal Malaysian navy, holds a document and addresses R.I. state senators during a visit to the State House recently. Delegates from NCC listening are, from far left, Cmdr. Juan Narro, Peruvian navy; Cmdr. Sjoerd Both, Royal Netherlands navy; Cmdr. Vassilios Politis, Hellenic navy (Greece); and Cmdr. Khalifa Ndione, Senegalese navy.

International naval officers visit Providence, State House

By **DANA DELSIGNORE**
Publicist, Legislative Press Bureau

PROVIDENCE — More than 35 international naval officers from around the world recently got a taste of politics, Rhode Island-style, with a visit to the Renaissance City, the Statehouse and the Supreme Court building.

Hosted in the State House by state Sen. June N. Gibbs, R-Middletown-Portsmouth, and attended by Republican state Rep. William H. Murphy and other local legislators, the officers from the Naval Command College in Newport received a tour of their opulent surroundings, had lunch with Gov. Lincoln Almond, and took part in a panel discussion with state legislators **OFFICERS, Page 14**



STATE SEN. JUNE GIBBS, R-Middletown, Portsmouth; and state Rep. William H. Murphy, right, R-Newport, Jamestown, speak with Cmdr. Politis outside Senate chambers.



RHODE ISLAND Gov. Lincoln Almond stops by the State Room at the State House where the Naval Command College naval officers are having lunch.

All hands invited to Job Fair 2002

The Naval Station Newport Fleet and Family Support Center invites all hands to Job Fair 2002, Monday, March 4, 9 a.m. to 2 p.m., at the Hyatt Regency Hotel on Goat Island, in Newport.

The Job Fair is open to separating or retiring personnel, active duty personnel, reservists, veterans, members of the National Guard, military spouses, and Department of Defense employees.

Participants in the Job Fair are encouraged to bring at least 20 copies of their resumes, and dress in attire suitable for a job interview.

Job Fairs are unique in that individuals meet employers from several different fields in one convenient location. Participants skip the lengthy process of

sending out resumes and waiting for replies.

Job Fair 2002 is set up specifically for people who have involvement with the military, and will feature employers from several different fields, including health care, manufacturing, office services, technical, professional, financial services, and hospitality industries.

Employers are welcome and encouraged to participate in the Job Fair. There is no cost to participate in Job Fair 2002 for employers or for those seeking employment.

Interested employers or anyone with questions about the Job Fair should contact FFSC at 841-2283.

Navy Show Band to boost CCRI program for 50-plus

LINCOLN, R.I. — The Northeastern Navy Showband will perform at the Community of Rhode Island's Flanagan Campus, on Saturday, Feb. 9, at 7 p.m.

The two-hour performance, featuring a variety of swing, blues, patriotic and popular favorites, is to promote the Kick-off the college's new "Prime Time" program.

Prime Time, especially designed to recognize and address the social and personal needs, and interests of adults age 50 and older, offers non-credit classes in such areas as sailing, floral design, computer, as well as symposia on health and wellness, and financial planning. A travel component will include day and short trips.

The festivities also includes country singer Jerilyn Nancy

Sawyer, 10, who will open the show with an a cappella rendition of *The Star Spangled Banner*. Dancing and a cash coffee bistro with pastry will be available.

The concert is free, but seating is limited. To reserve a ticket, call 333-7286.

Correction

The battleship Massachusetts in Fall River, Mass., fired its 5-inch guns during ceremonies Jan. 20 to mark the 100th anniversary of the destroyer class of warship.

A photo in last week's *Newport Navallog* incorrectly identified the armament as 8-inch. According to George Scheck of the Naval War College Library, there are no 8-inch guns on the South Dakota class of battleship.



TUNNEL VISION — Workmen from contractor Dicin Electric Co. of Waterford, Conn., install wiring and fixtures for 2,000 watts of lighting inside the tubular-frame Vehicle Inspection Shelter outside Gate 4 this week. From left are Kurt Startz, Frank Brooks (on ladder) and Craig Rogers. Similar shelters are at Gates 1 and 10.

Biological terrorist attack likely, correspondent says

By Lt. **DAVID AUSIELLO**
Deputy Public Affairs, Naval War College

Judith Miller, renowned author and *New York Times* correspondent, told a standing-room only crowd at the Naval War College Monday that the "other shoe has not dropped," and that she expects a "second strike" of biological weapons to follow the recent anthrax attacks against the U.S.

"Biological weapons represent a clear and present danger to our country," said Miller. "The nightmare I fear will still come to pass."

Miller, author of *Germs: Biological Warfare and America's Secret War*, began her remarks by outlining the reasons why Americans should be concerned about biological weapons.

Asserting that biological weapons are cheap, easy to transport and undetectable, Miller said, "This is a weapon that terrorizes, regardless if it succeeds in killing thousands of people."

Unfortunately, finding scientists who are willing and able to produce biological weapons is not as difficult as one may think. Reflecting on her numerous trips to Russia over the past three decades, Miller noted there are many scientists



Lt. David Ausiello/U.S. Navy photo **MS. JUDITH MILLER, New York Times correspondent and author, arrives for her lecture at the Naval War College last Monday.**

from the former Soviet Union "on the open market" and available to produce the deadly germs sought after by terrorists.

Miller, a resident of New York, said she is always looking for a silver lining, but when it comes to biological weapons it is very difficult to find one. She was, however, able to find some hope in the military's recent successes in Afghanistan.

"Al Qaeda was probably stopped before they could develop weapons of mass destruction," she said. But Miller's optimism did not last long.

She immediately followed her remark by suggesting, "the demand for (weapons of mass destruction) is growing."

Although Miller anticipates such attacks will not stop, she was adamant about what Americans should do...and not do, to deal with what she called the "biological technical revolution."

"Forget buying gas masks...they

won't work."

"Government is responsible for protecting America. There is no substitute for government action," she said.

Miller called for training and education in public health, **MILLER, Page 13**

Newport Naval Cable TV

Marines on guard duty at 'Gitmo' Camp X-Ray

Navy and Marine Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's Navy/Marine Corps News show: — Update on the Marines guarding the Camp X-Ray detainees at Guantanamo Bay, Cuba.

—The CNO visits Sailors and Marines forward-deployed in Bahrain.

—The NAS Fallon desert training range offers a unique setting to prepare aircrews for combat.

—The new Marine Corps combat utilities uniform goes on sale to a limited number of Marines.

Looking back at WWII

This week's featured video, *The Gathering of Men and Ships*, will follow Navy and Marine Corps News, at 9 a.m., and 1 and 6 p.m.

Health, Wellness Videos

Health education and wellness programs are now offered on Newport Navy Cable Television channel 13, Monday through Thursday, from 2 to 3 p.m.

During next week's featured segments, beginning Feb. 4,

learn more about *Cataracts and Coronary Artery Disease*.

If interested in classroom/video programs or in participating in the Health Promotion Action Council, call Health Promotion Department at 841-6777.

Fleet, Family Support

Parents and teenagers may be interested in the Fleet and Family Support Center video series.

The programs air daily on channel 11 at 10 a.m., 1 and 7 p.m. The schedule is displayed below.

DAY	TITLE
Friday through Sunday	Keys to Reducing and Overcoming Conflicts
Monday	Getting Started on Job-hunting
Tuesday	The Job Search
Wednesday	Writing Resumes and Cover Letters
Thursday	A Job Seeker's Guide

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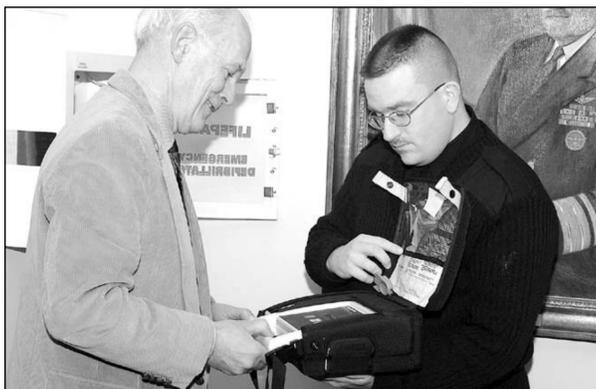
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Bravo zulu



PHC (AW) Jon Hockersmith/U.S. Navy photo

GIFT OF LIFE — Retired Rear Adm. Joseph Strasser, left, Naval War College Foundation director; and Hospital Corpsman (SW/FMF) First Class Patrick Modglin examine an automatic external defibrillator donated to the War College by foundation member, Dr. Gary Brandeland, in honor of Sailors who served aboard USS Liberty. The defibrillator is used by trained personnel to give electrical shocks to stimulate the heart of victims lacking a pulse or not breathing.

VA to raise tuition reimbursements

WASHINGTON (NNS) —The Department of Veterans Affairs (VA) is providing veterans a major boost in the monthly educational payments offered under the Montgomery GI Bill.

Concerned about the underuse of Montgomery GI Bill benefits by eligible veterans, VA supported an increase in reimbursement rates well above the normal cost-of-living increases because these annual adjustments have not kept pace with rising college education costs.

"Under legislation signed by President Bush, we now are on track to gain the tuition spending power veterans expect," VA Sec-

retary Anthony J. Principi said. "We are coupling a series of robust payment increases over the next two years with innovative programs that will help prepare today's service member with the education needed for tomorrow's job market."

At the top tier for full-time studies, the tuition reimbursement rate rises from \$672 to \$800 per month, almost 20 percent. That will jump to \$900 next fall and \$985 in October 2003. Rates are adjusted for veterans enrolled part-time or for those with limited military service.

In addition to covering traditional two-year and four-year

college studies, a new VA program taking effect next fall is aimed at high technology courses. It will allow veterans to use a lump sum from their benefit for certain expensive courses such as those leading to certification of computer network professionals.

Coverage of up to 60 percent of the cost of such high-tech courses will begin Oct. 1, 2002. VA currently is developing regulations needed to launch this new program. The new law specifies a formula limiting it to expensive courses.

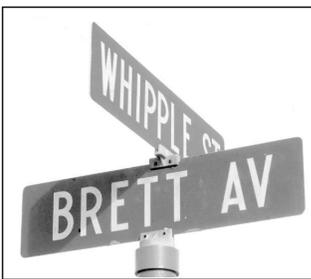
The increase in tuition reimbursement, Page 13

Street signs honor heroes

EDITOR'S NOTE: Did you ever wonder about the names used for buildings, roads and streets on Naval Station Newport, or what the stone markers and monuments commemorate? *The Newport Navallog* today introduces a series of articles on the background behind these landmarks and signs.

Near Building 1121, the Morale, Welfare and Recreation Department headquarters, is the intersection of Whipple Street and Brett Avenue.

Although remember Mr. Whipple as the man who sold Charmin bathroom tissue in television commercials years ago, the street is named after WHIPPLE, Page 13



CROSSROADS — Whipple Street and Brett Avenue cross near Building 1121, headquarters for the Morale, Welfare and Recreation Department.

Recognition

Lt. Daniel N. Meyerhuber, Nurse Corps, Internal Medicine Clinic, Junior Officer of the Quarter, Naval Ambulatory Care Center, Newport, January 2002.

HM1 (SW/FMF) Rodney S. Ruth, Jr. (King Hall) Senior Sailor of the Year, Naval Ambulatory Care Center, Newport, January 2002

HM3 Daryl A. Witt (Care Plus Clinic), Junior Sailor of the Year, Naval Ambulatory Care Center, Newport, January 2002.

HN Joseph M. Turner (Care Plus Clinic), Bluejacket of the Year, Naval Ambulatory Care Center, Newport, January 2002.

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Announcements

Little League registration

MIDDLETOWN — Middletown Little League registration will be held Feb. 2 from 1 to 5 p.m. at Middletown Town Hall for all boys and girls, ages 5 to 14.

Registrants will need to show proof of residency and birth certificates at time of registration.

BINGO is now even better!

Lunchtime BINGO at the Recreation Center, Building 656 is THE place to be every Thursday and Friday and soon, it will be even BETTER! That's right, starting Thursday, Feb. 7, you will have a chance to win BIG bucks on Thursdays, too!

Thursday's Jackpot game works just like Friday's — cover all the numbers on your BINGO card within the first 50 numbers called and you will win \$300! If no one wins, play continues until a good BINGO is called, winning that lucky person \$75!

Don't forget, if the jackpot isn't won another \$10 and another number is added for the next week, making the stakes even higher and the prize even richer! And the Friday Jackpot is still growing — currently over \$550, so you won't want to miss the 12:30 p.m. Jackpot game on either day!

There are still three regular games each day with \$30 prizes for every BINGO called and the Recreation Center serves lunch beginning at 11 a.m., so, bring your appetite for delicious food AND winning, and we promise you'll be satisfied!

For more information or to order take out, call the Recreation Center at 841-2575.

County YMCA free to reservists

The board of directors at the Newport County YMCA voted recently to extend no-cost membership and program privileges to Newport County military reservists who have been called to active duty, and their families.

Spouses and families of reservists who have been called to active duty and are interested in YMCA programs should contact the membership office at 847-9200.

Child Development Program seeking part time teachers

The Naval Station Newport Child Development Programs are looking for qualified individuals for flexible positions within the preschools and Child Development Center.

The nationally accredited Child Development programs provide developmentally appropriate learning activities for children ages six months (at the center) to 5 years (in the preschools).

Providers gain hands-on experience and the opportunity to complete appropriate training to further professional development. Full performance caregivers should have knowledge of appropriate child-care practices and must be responsible, flexible, nurturing and confident.

Part-time teachers and teacher's aide positions are available. For more information, call 841-1953 or 841-2080.

Assistance

Tax preparation service offered

Federal income tax preparation assistance and electronic filing is available by appointment through the Naval Legal Service Office through April 15. This is a free service for active duty military members, retired military members, and dependents of active duty or retired military members.

Appointments for all personnel will be available at the Naval Legal Service Office, but some appointments will also be available at remote tax centers at Surface Warfare Officers School and the Naval Ambulatory Care Center for personnel assigned to those commands.

For more information, or to schedule an appointment, contact the Naval Legal Service Office at 841-3766 ext. 200.

For more information, call Lt. j.g. Sean Cogley, Branch Head Naval Legal Service Office, North Central Branch Office, Newport, at 841-3766 ext. 201.

Meetings/reunions

Recreation board to meet

The Morale, Welfare and Recreation Department's Recreation Board will meet Feb. 7 at 10 a.m. at the Recreation Center, Building 656. Complimentary coffee, breakfast danish and bagels will be served at this meeting and the following agenda items will be discussed:

Overview of FITNESS Plus
ITT overview
Volleyball and softball intramural programs
Youth spring sports programs (baseball and soccer)

Carr Point Recreation Area
Additional agenda items may be submitted to Recreation Director Jeff Shea at least one week pri-

or to the meeting. Agenda items may be added by calling 841-3127, by fax at 841-4500 or via e-mail to Shea@nsnpt.navy.mil.

USS William C. Lawe

A reunion of the destroyer USS William C. Lawe (DD-763) will be held Oct. 18-20, 2002, in Charleston, S.C. For more information, contact retired BMCM John E. Meyers, P.O. Box 134, Tiverton, R.I. 02878-0134; or call 624-6542.

USS Joseph P. Kennedy

The Retired Activities Office is seeking former crewmembers of the destroyer Joseph P. Kennedy, berthed at Battleship Cove, Fall River.

Call 841-4089 at the Military Affairs Office, Fleet and Family Service Center.

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What's going on

Auto Show underway

The 2002 Northeast International Auto Show continues today, noon to 10 p.m., at the Rhode Island Convention Center, One Sabin Street, Providence.

Get the up-close look at new-model cars, trucks, minivans, sport utility vehicles from more than 20 import and domestic manufacturers.

The show continues on Saturday 10 a.m. to 10 p.m.; and Sunday, 10 a.m. to 6 p.m.

Ticket are \$8 for adults (13 and older) \$5 for senior citizens (62 and older); \$3 for children ages 7 to 12; and children 6 and under are admitted free.

For more information, call 458-6000, or visit www.autoshowsusa.com.

TODAY, Feb. 1

• Grand Opening ribbon-cutting ceremony, Noble Roman's Pizza, 10 a.m.

• Armed Services YMCA:

—Fitness Hour, 9 to 10:30 a.m.

—Adult beginner Sewing, 9 a.m. to noon.

Second of four sessions focused on the basics of sewing, \$68 per person. Call 846-9622 for more information.

—Gallery Glass, 10 a.m. to noon. Make a special valentine project. Also, Feb. 4. \$15 for both sessions.

—Messy Fingers and toes. Make fingerprint Valentines with your friends at the "Y." \$5 per child.

—Scrapbooking, 6 p.m. to midnight.

Create beautiful memories with your snapshots. \$10 for beginners/\$5 to crop.

• Lunchtime Bingo, noon to 1 p.m. at the Recreation Center, Building 656! New game every 10 minutes. Cost is \$1 each (three cards on a strip) Winners receive \$30 cash prizes! Jackpot overall game starts 12:30 p.m. Win \$500 if a coverall Bingo is called within the first 50 Bingo numbers! If no winner, game continues until Bingo is called. Winner will win \$100, and \$10 and another number is added to next week's jackpot game.

• Movies at Recreation Center, Building 656. Shown all week upon request 5 p.m. to closing. *Glitter* (PG13); *Seven Girls Friends* (R); *The Fast and the Furious* (PG13); *Don't Say a Word* (R)

• Fitness Equipment Orientation for proper/safe use of Nautilus equipment, cardiovascular machines and the free weights, every Monday, Wednesday and Friday mornings at 8, 9 and 10 a.m., FITNESS Plus, Building 355. Monday, 8 a.m., Nautilus (upper body), 9 a.m.; Nautilus (lower body), 10 a.m., cardio/free weights; Wednesday, 8 a.m., Nautilus (lower body), 9 a.m., cardio/free weights, 10 a.m., Nautilus (upper body); Friday, 8 a.m., cardio/free weights; 9 a.m., Nautilus (upper body); 10 a.m., Nautilus (lower body). For more information, please visit or call FITNESS Plus at 841-1474.

SATURDAY, Feb. 2

• Bob Thornton Nursery Rhymes Exhibit, Bert Gallery, 540 S. Water St., Providence. Display of award winning Rhode Island School of Design graduate's large acrylic painting of nursery rhymes. Weekdays, 11 a.m. to 5 p.m.; Saturdays, noon to 4 p.m. Call 751-2628 for more information.

SUNDAY, Feb. 3

• Chapel of Hope worship services:

—Catholic Mass, 9 a.m. and noon.

—Protestant Services, 8 and 10:30 a.m.

• Sunday Bowling, \$7 per hour, Seaview Bowling Lanes, Building 656. Gather your friends or family and head over for



BEFORE YOU sign on the dotted line for your new car, you may want to check out the 2002 Northeast International Auto Show this weekend at the Rhode Island Convention Center in Providence.

hours of fun every Sunday. Shoe rental is free for children under 12 and bumper bowling available, making this Sunday outing affordable for everyone! Two-person minimum per lane. In addition, the bowling center also has two pool tables, video games and cable TV for your favorite programs or sporting events. For more information, call the Bowling Center at 841-4293.

• Free admission to Providence Children's Museum, 100 South Street, Providence. Families invited to play and learn interactively. Call 273-5437, or visit www.childrensmuseum.org.

• Super Bowl XXXVI, 6:20 p.m. kickoff, Fox Network. (25/64)

• Super Bowl Parties at Recreation Center, Building 656, and Topside Pub at the Officers' Club, Building 95. Doors open at 4 p.m. Call the Recreation Center, 841-2575, or Topside Pub at 849-3693 for more information.

MONDAY, Feb. 4

• Armed Services YMCA:

—Fitness Hour, 9 to 10:30 a.m.

—Elmo's Birthday Story Time, 11 a.m. to noon. Listen to stories and celebrate Elmo's birthday with the ASYMCA gang. \$5 per child.

—Kids Sewing, 4 to 5:30 p.m. - Classes teach kids ages 7 and older basic sewing skills. Intermediate sewers also welcome. Cost in advance is \$48 for four-session class; \$36 for three-session. Call 846-9622 to register or for more information.

—Adult Beginner Sewing, 6:30 to 8:30 p.m. Make a bathrobe for yourself or your valentine in fleece, flannel or silky fabric. Cost \$32 per person.

• Transition Assistance Seminar begins through Feb. 7, 8 a.m. to 4 p.m., Hargor Island Conference Center. Information focused to ease the transition to civilian sector for the retiring or separating service member and their spouses.

• "Fitness Walk and Tone," 8:30 to 9:30 a.m., Gym 109. New program designed for patrons age 50 and up. Class consists of stretching, muscle toning exercises and 20-plus minutes of fitness walking around the gymnasium. Classes will be held Monday and Thursday. Cost is \$5 for five weeks! For more information, call the fitness staff at 841-3154.

• Intermediate Weight Training for Women, 9 to 10:30 a.m., Monday and Wednesday, Gym 109. Learn basic nutrition and calorie consumption, how to burn fat not muscle, how to correctly use free weights/bars/plates/benches, and much more. Cost is just \$10 per person for the six-week class. For more information or to register, contact fitness staff at Gym 109, 841-3154.

TUESDAY, Feb. 5

• Armed Services YMCA:

—Fitness Hour, 9 to 10:30 a.m.

—Scrapbooking, 9 a.m. to noon. Create beautiful memories with your snapshots. \$10 for beginners/\$5 to crop.

—Lovers Night Out, 6 to 9 p.m. Bring your children ages 18 months and older to the "Y" while you go out on a date. \$10 for the first child, then \$5 each additional child. Pre-registration and payment required.

• Relationship Enhancement Workshop, 6:30-9 p.m., Fleet and Family Support Center. This five-session workshop is designed for couples or individuals who want to enrich their current relationships. For more information, call 841-2283.

• Free movies at Officers' Club, 6 p.m. *Riding in Cars with Boys* (PG13); 8 p.m., *O (R)* WEDNESDAY, Feb. 6

• Armed Services YMCA:

—Parents Time Out, 9 a.m. to noon. Bring your child(ren) ages 18 months and older to the "Y" while you run errands or enjoy some time to yourself. \$10 for the first child, then \$5 each additional child. Pre-registration and payment required.

—Kids Sewing, 3:30 to 5 p.m. Kids ages 7 and older learn the basics of sewing. Intermediate sewers also welcome. Cost in advance is \$48 for four-session class; \$36 for three-session. Call 846-9622 to register or for more information.

• Water aerobics, every Tuesday and Thursday from 4:45 to 5:45 p.m., Pool 307. \$3 per class or, \$25 punch card for 10 classes plus one free class. For more information, call Pool 307 at 841-6628.

THURSDAY, Feb. 7

• Armed Services YMCA:

—Fitness Hour, 9 to 10:30 a.m.

—Knitting, 10 a.m. to noon. Make beautiful hand-made gifts for the holidays. \$12 per session.

—Kids Sewing, 2:30 to 4 p.m., and 4 to 5:30 p.m. Kids ages 7 and older learn the basics of sewing. Intermediate sewers also welcome. Cost in advance is \$48 for four-session class; \$36 for three-session. Call 846-9622 to register or for more information.

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Annapolis women's club to distribute scholarships

The Naval Academy Women's Club will be awarding \$1,000 scholarships to deserving college-bound high school students.

Applicants must be a U.S. citizen who is in her/his senior year of or has graduated from an accredited high school or its equivalent.

He or she must be applying to or presently enrolled as a full-time student in one of the following accredited institutions worldwide: two or four year undergraduate college; visual or performing arts school; vocational-technical school

Applicants must also be at least one of the following:

1) A legal family member younger than 23 of an active duty or retired or deceased U.S. Armed Services personnel (Navy, Marine, Air Force, Army, Coast Guard) who is or has been stationed under permanent orders at the Naval Academy for at least one year. (Copy of official USNA orders must accompany application.)

2) A legal family member younger than 23 of a civilian staff or faculty member who is either: presently employed, retired, or deceased after employment at the Naval Academy for a minimum of three consecutive years. (Copy of official faculty or

staff appointment must accompany application.)

3) Child of a current NAWC board member

4) A current regular or board member of NAWC for at least one year.

Rules and regulations:

1. Scholarship is awarded for one year.

2. Applicants may reapply each year for up to 4 years total.

3. Scholarship award is to be made payable to the designated college or institution and the recipient.

4. Copy of college transcripts or registration for full-time status required before distribution of funds.

5. Scholarship will be forfeited upon appointment to a military academy or other fully funded scholarship program.

Applicants must meet the eligibility requirements, and send completed applications to the address below by April 1. Interested students can copy the application at:

www.USNA.edu/WomensClub
Naval Academy Women's Club (NAWC)

Attention: Scholarship Committee

P.O. Box 826

Annapolis, Md., 21404-0826

The email address is: nawc-scholarship@hotmail.com

Naval Station Newport Clubs

Clubs prepare for Super bash!

New England's own red, white and blue boys are heading back to the bayou to take on the St. Louis Rams in Super Bowl XXXVI!

While no city hosts a better party than New Orleans, no place will host a better Super Bowl bash on this Sunday than your MWR club facilities.

Visit the Recreation Center, Building 656, or Topside Pub at the Officers' Club in Building 95 and cheer on New England's favorite sons, Bledsoe and Brady, as the Patriots take on Kurt Warner, Marshall Faulk and the rest of the Rams in the biggest game of the year!

Catch all the action on five big screen TVs while relaxing in big cozy loungers at the Recreation Center. Topside Pub offers over a dozen TVs to watch the game and a special promotional glass with a purchase of a domestic draft.

Enjoy 10-cent appetizer specials throughout the game at the Recreation Center and both clubs will have plenty of promotional prizes and giveaways throughout the game and will be the only places to get \$1 domestic drafts, free popcorn and a complimentary SUPER half-time buffet!

Topside Pub and the Recreation Center open at 4 p.m. and the game kicks off at 6:20 p.m. For more information, call the Recreation Center at 841-2575 the Topside Pub at 849-3693.

Officers' Club

Kick off the weekend tonight from 5 to 7 with complimentary hors d'oeuvres in the Topside Pub. This buffet is kept well stocked with a variety of your buffet favorites and a huge selection of beverages.

For more information, call 846-7987.

Blast from the past: The Officers' Club invites you to attend a special dinner/dance featuring *For Sentimental Reasons* tomorrow, Feb. 2. Enjoy a fabulous evening of fine dining and dancing to Big Band music via a "unique nostalgic recreation of a live radio broadcast from Armed Services Radio!"

The evening begins with hors d'oeuvres and cocktails (cash bar) at 6 p.m. Next, sample baskets of warm bread, French onion soup and tossed garden salad before moving on to a gourmet buffet of broiled scallop kabobs over long-grain wild rice, fresh roasted vegetables, garlic mashed potatoes, carved-to-order prime rib au jus with horseradish sauce and more.

Dessert features our homemade warm apple crisp topped with fresh whipped cream, accompanied with a cup of steaming hot coffee.

Eat as much as you want because when the music starts at 8:30 p.m., you won't be able to sit still! Tickets for this extraordinary event are now on sale at the Officers' Club Gift Shop.

Tickets, including gratuity, are \$24.10 per person and may be purchased at the O'Club Gift Shop or by phone with Visa/MC. To purchase tickets to this or other dinner shows, or for more information, please call 846-7987

Crab-IS-King at the Officers' Club during this semi-annual feast! Purchase tickets, starting Monday, Feb. 4, and you'll be enjoying a crab-lover's feast featuring dozens of mouth-watering crab delicacies on Friday, March 22!

Start your evening with delicious, homemade thick-with-crab bisque. Next, build yourself a fresh tossed salad from our super salad bar (includes crab salad) while your server brings loaves of warm rye bread.

Then, visit the buffet table and help yourself to crab cakes with zesty lemon sauce, crabmeat lasagna, crab del ray, stuffed crab legs, and, of course, Alaskan king crab legs!

This incredible buffet also features thin-sliced top round of beef au jus with whipped horseradish sauce, chicken parmesan, fresh vegetables *al dente*, and the best scalloped potatoes around!

Seating times are available from 5:30 to 9 p.m. and must be confirmed at time of ticket purchase.

Tickets cost just \$30.95 for adults, \$11.45 for children 4 to 12 and all tickets include gratuity. You must purchase a ticket in advance, so get yours today!

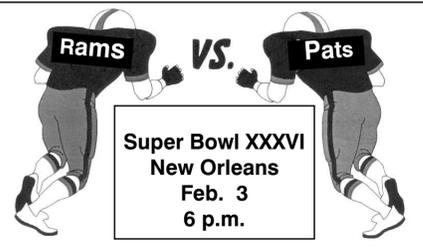
Call 846-7987 for your tickets today!

Recreation Center

The Morale, Welfare and Recreation Department's Computer Café is now in the Recreation Center, Building 656.

You can send and receive e-mail, surf the web, play games, watch television and enjoy a snack or meal from the Recreation Center kitchen.

The computer center is open seven days a week and computer



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Call 846-7987 for your tickets today!

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You can send and receive e-mail, surf the web, play games, watch television and enjoy a snack or meal from the Recreation Center kitchen.

The computer center is open seven days a week and computer

use is still free, so it's never been so easy or affordable to stay connected to friends and family!

Current hours of operation are: Monday through Thursday, 7:30 a.m. to 11 p.m., Friday, 7:30 a.m. to midnight, Saturday, 11 a.m. to midnight and Sunday, 9 a.m. to 10 p.m.

Call 841-2194 for more information.

Eat, Drink and Play: The Computer Café at the Recreation Center opens at 7:30 a.m., Monday through Friday, and offers a delicious breakfast menu featuring sandwiches, bagels, croissants and even pancakes—all available for take-out!

Have a little more time? Come on in, sit down for a cup of coffee and eat, drink and play—it's a great way to start your day!

For more information or to place an order, call 841-2575.

Enlisted Lounges

You can still enjoy a complete steak dinner on Thursdays for \$7.50 and fresh, delicious fish and chips on Fridays for just \$4.75. Lunch is open to all hands and Department of Defense civilians are always welcome. Call 841-3054, for advance orders or for more information.

Every Friday — Enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m. Head over early and enjoy a delicious lunch including a fish n' chips special for just \$4.75. The lunch menu also includes sandwiches, burgers and more. For more information or take-out orders, call 841-3054.

1 First Command FINANCIAL PLANNING™

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Your hosts:
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Michael Corcoran
Joe Bukartek
Marty Robbins
Bob McCall

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IT'S ALL FUN AND GAMES AT NEWPORT GRAND JAI ALAI

Newport Grand Jai Alai's newest gaming room, the Grand Piazza, offers hundreds of slots with no long waiting at your machine for cash payouts. New games like Little Green Men, Monopoly and Wheel of Fortune offer you fun new ways to win. Nickel slots and bar service are available.

Come experience the elegance of the Grand Piazza at Newport Grand Jai Alai, where it pays to play!



Army pet stop for paws, claws



FACE-FULL OF FELINES—Alethea Frazier holds her Siamese cat, Cleo, 5, left, and her offspring, Squeak, 3, at the Morale, Welfare and Recreation Center Veterinary Clinic. The cats needed a health certificate to travel on an airline.

OPEN WIDE —Army Capt. Christine Ege, Chief of Veterinary Services at the Veterinary Clinic headquarters at U.S. Subbase New London, Groton, Conn., checks the teeth and gums of Colin, a 5-year-old Collie.



Vet Clinic keeps busy schedule

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

Twice a week Building 303 at Naval Station Newport goes to the dogs...and the cats too, for that matter. That's when the doctor makes a house call at the Morale, Welfare and Recreation Department (MWR) Veterinary Clinic.

Traveling from headquarters at the New London Branch Clinic at Submarine Base, Groton, Conn., Army Capt. Christine Ege, Chief of Veterinary Services, holds clinic hours every Tuesday and

Thursday in Newport for privately-owned pets of active duty and retired military personnel.

Two Army animal care specialists, also attached to the New London Clinic, assist Capt. Ege on clinic days. An average of 100 pets are seen between the two clinics; about 60 at NAVSTA.

Capt. Ege said the clinic's focus is on wellness and prevention. Services include minor sick calls, vaccinations and other routine preventative services such as heartworm and feline leukemia testing.

Clinic hours are on Tuesdays

and Thursdays, 9 a.m. to 2 p.m., on an appointment basis only. Veterinary receptionist Jeanmaire Jesso is at the clinic Monday through Friday, 8 a.m. to 4 p.m. to book appointments and accommodate patron over-the-counter purchases of preventive medicines and grooming supplies.

A Saturday clinic is held once a month to accommodate patrons unable to use the facility during the week. To make an appointment, call 841-3994.

Vickie Patridge, a six-year pet, **CLINIC, Page 9**



VETERINARY receptionist Jeanmaire Jesso stocks non-prescription preventive medicines.



GOOD DOG — Vickie Patridge treats her greyhound mix, Mandrake, 2, to dog yummies after his weigh-in.



DAX the cat arrives in her carrying cage, top, then has her abdomen examined by Capt. Ege in the examining room, right.



Ron Fontaine/U.S. Navy photos



EYE TO EYE are Colin and Capt. Ege who examines the Collie's eye health.

Clinic

Continued from Page 8

patron of the Vet Clinic, said the service and staff are top notch.

"The clinic is great," said Patridge. The prices are right and give them top grade care."

No surgical procedures are performed at the clinic. Emergencies are taken during clinic hours for purpose of stabilization until the animal can be seen at a civilian veterinary facility.

"Because of these limitations, I stress to patrons to have a vet out in town," said Ege. Services are not limited to just dogs and cats.

"We also see pocket pets, such as guinea pigs, hamsters and mice," she said.

Cost to patrons is a \$2 user fee, plus the cost for medications and supplies, a substantial saving to patrons compared to civilian care.

At the clinic for vaccinations for her newest pet (third dog), Patridge agreed.

"For two dogs, I can come and get all their shots and medications for half the price on the outside," said Patridge.

In addition to annual vaccinations, Capt. Ege said she can't stress enough the importance of an annual check-up.

"It's an opportunity to check the status of your pet's health," said Ege.

Holding clinics for private pets is not Capt. Ege's only job. Her duties include providing exclusive medical care to all military working dogs on military installations in the area, at least once a month.

In addition, she oversees the inspection of meat and other food supplies purchased from civilian vendors used or sold at military installations in Rhode Island, Connecticut and Massachusetts.

The skills of the Army veterinarian are used to support the mission at hand at each command.

In this area there is a big concern of diseases that can transfer from animals to people, such as rabies, and in the prevention of tick-borne diseases such as Lyme disease. She is very active in the prevention of and in educating the public on these issues.

At first knowledge of permanent change of station (PCS) orders, active duty personnel are advised to call the clinic.

"We can help you prepare your pet for travel, especially overseas," said Capt. Ege. "Procedures are different for different places. In some cases, preparation should begin a year in advance."



CANINE heartworm literature is stacked up near a desktop sculpture of a beagle.

Ticket Connection

Armed Forces discount for Killington

Active duty, reserve, and retired members of the U.S. Armed Forces, as well as National Guard members, are invited to ski one of the premier New England peaks at a super discount!

Purchase an Armed Forces Value Card and you'll get lift tickets to Killington in Vermont for just \$35 a day—that's a daily savings of \$23 to \$27!

The value card costs just \$10 if it is purchased in advance (at least 10 days before you plan to use it) through the Group Sales Office at Killington (card applications are available at the MWR Ticket Connection Office in Building 656), or \$25 if purchased via the Killington website or at the resort.

The military member may use the card to purchase one deeply discounted lift ticket per day, Sunday through Friday, (excluding holiday periods) for the entire ski season (card expires June 1!).

Complete details and card applications are available at the MWR Ticket Connection Office or contact Michael Clifford at mclifford@killington.com to receive an application by email.

Note: your Commanding Officer, their designee, or the Ticket Connection Manager must sign the order form.

We have lift tickets for area ski resorts

Do you love to ski, but hate driving for hours to get to a ski resort? Why not ski Wachusett instead? Wachusett Mountain is located in scenic Princeton, Mass., and is just a two-hour drive from the Newport area.

The Ticket Connection, Building 656, has Wachusett Mountain lift tickets available for weekend or holiday skiing for patrons. Each pass costs just \$41, saving you \$2 off the regular price.

Prefer big mountain skiing? How do seven mountains, 32 lifts, and endless nightlife sound? Killington Ski Resort in Killington, Vt., offers all that and more! With a discount lift ticket from Ticket Connection, you can get big mountain skiing at a molehill of a price—just \$52.

Discount lift tickets can be used any day and are available now at the Ticket Connection.

For more information, visit the office or call 841-3116.

See 'The Producers' in New York

The MWR Ticket Connection has your ticket for a fabulous trip to see the Tony Award-winning Broadway phenomenon, *The Producers*, on Sunday, Nov. 10! Seats are in a prime location in the mezzanine section of the theater, ensuring you a fabulous view of this riotous production.

This trip would make a terrific gift for anyone and it WILL sell out, so get your tickets early! Trip price is just \$160 per person and includes round trip motor coach transportation and a ticket to the 3 p.m. matinee performance.

Reserve your spot with a 50 percent deposit (balance is due Oct. 4) at the Ticket Connection Office, located in the Recreation Center, Building 656 today!

Ticket quantities are limited and no refunds will be made for cancellations unless ticket can be resold. For more information, visit the Ticket Connection Office or call 841-3116.

Vouchers available for URI basketball

Discounted vouchers for all University of Rhode Island Rams men's and women's home basketball games* are available at the Ticket Connection, Building 656. Men's basketball vouchers cost \$15 (normally \$17) and women's basketball vouchers are just \$3 (save \$2).

The ticket vouchers may be exchanged for general admission tickets at the URI Ticket Booth in Keaney Gym, Monday through Friday 10 a.m. to 4 p.m. or on the day of the game.

For a complete game schedule, for more information or to purchase vouchers, visit the Ticket Connection Office, in the Recreation Center, Building 656.

*Note: Vouchers are not valid for the Feb. 24 game and Billy Gilman performance.

On base movies

Officers' Club—Tuesday, Feb. 5 at 6 p.m., *Riding in Cars with Boys* (PG13); 8 p.m., *O* (R)

Recreation Center—Beginning tonight the following movies will be shown upon request, nightly starting at 5 p.m.: *Glitter* (PG13); *Seven Girlfriends* (R); *The Fast and the Furious* (PG13); and *Don't Say a Word* (R).

Fleet and Family Support Center

Newcomers invited to open house

If you are new to the Newport area and have not had time to scout around the city, then set aside some time on Tuesday, Feb. 5, from 11 a.m. to 1 p.m., and come to the Fleet and Family Support Center's open house. Welcome to Newport. You will leave with information on area attractions, local events, and community resources.

Call 841-2283 for more information.

Checkbook Balancing Workshop—A representative from the Navy Federal Credit Union will provide you with the "ins and outs" of checkbook balancing at the Fleet and Family Support Center on Wednesday, Feb. 13, from 11:30 a.m. to 1 p.m. The workshop also will feature information on automatic teller machine transactions, VISA Debit transactions, check holds and returned check charges and fees.

For information and to register for this workshop, call 841-2283.

Stress Management 101—Stress Management 101 is scheduled for Thursday, Feb. 14, from 11:30 a.m. to 1 p.m., at the Fleet and Family Support Center. If you sometimes have problems coping with day-to-day situations, or just need some relief from stress on the job or at home, then this workshop is for you. Learn how to assess your stress level, increase stress relief skills to avoid burnout, and learn how to regain control of stressful situations. Call 841-2283 to register.

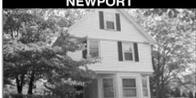
Smooth Move—Whether you are planning your first military move or your 15th, make it a point to attend the Smooth Move Workshop at the Fleet and Family Support Center on Tuesday, Feb. 19, from 11:30 a.m. to 1 p.m. This workshop is designed to

ease the stress and frustration associated with relocation and contains information on moving strategies and tips, travel pay and allowances, stress, employment aspects associated with moving, and the myriad of details that are encountered in your military move.

For information and to register for this workshop, please call 841-2283.

Homebuyers Workshop—Come to the Fleet and Family Support Center on Thursday, Feb. 21, from 7 to 9 p.m., and meet with a representative from the Navy Federal Credit Union to hear first-hand about qualifications for mortgages and other financial options. Home-buying information for all areas of the United States is available at this workshop.

Registration is required. Call 841-2283.

 Prudential http://www.prudentialprime.com (web site) prime@prudentialprime.com (E-mail)		Prime Properties
136 West Main Rd., Middletown • 849-2800		
NEW LISTING  New Listing on "The Point" 4 bedroom Victorian with 2 baths, deck, off-street parking, nice yard. \$295,000. Call Dave McCauley 849-2800x219 or 862-8206. #200282	NEW LISTING  Middletown - 3 bedroom, 2.5 bath home is ready to move into. Dining room, living room and family room w/fireplace. Master bedroom has bath and walk-in closet. Open floor plan with versatility. 2 car garage and deck add to the value. \$249,000. Call Shirley Mello 849-2800x217 eves. 849-2225. #200015	NEW LISTING  Portsmouth Mobile Home - Double wide 3 bedroom, 2 bath with central air fireplace. Lot rent \$300 per month. \$10,500. Call John Silvia 849-2800x228 or 862-3883. #119093
NEWPORT  Everything you've always wanted in a Victorian. Charming entry, hardwoods, bay windows, formal dining room, butler's pantry, eat-in kitchen, 4 bedrooms, huge walk up attic, and a secret garden. Offered at \$210,000. Call Rich or Patricia Carroba 849-2800 Ext. 226/227 eves. 845-2574. #114868	INDIAN HILL ESTATE  New home for the new year. Great location near beaches. Beautiful contemporary with 11 rooms, 5 bedrooms, 3 baths, fireplace, swimming pool, over 1 acre lot, decks, garages, approx. 3500 sq. ft. of living space, circular driveway. Many amenities. \$449,500. Call Dave McCauley 849-2800x219 or 862-8206. #115265	PORTSMOUTH  Common Fence Point - \$299,000 raised ranch with master bedroom suite, family room, gym, 2 car garage. Great space for growing family. Includes extra lot w/inground pool. Call John Silvia 849-2800x232 or 862-3883. #113963
MIDDLETOWN  Custom home to be built by one of the island's most reputable builders in desirable Ocean Ridge. Additional upgrades/options available for the early buyer. Little spring availability. \$449,000. Call Art Weber 849-2800x254 eves. 849-3547 or Barry Clark 849-2800x222 eves. 847-8266. #119773	NEWPORT  Wonderful Victorian offers over 3,500 sq. ft. of living on 11,000 sq. ft. lot. Great Bed & Breakfast potential. New garage and apartment above. Many recent improvements, although a lot of original detail still remains. Offered for sale at \$489,900. Call Michelle Gilman 849-2800x240. #119277	NICE MIDDLETOWN  2 bedroom raised ranch with in-law apartment. Enclosed yard in quiet location. \$249,000. Call Sally Jenkins 849-2800x221 eves. 847-6801. #111721
WARM & COZY  5 room ranch. Vinyl siding, bronzy woodwork, sunroom leading to deck. Hardwoods, full basement, 1 car garage, corner property & nicely landscaped 10,000 sq. ft. lot. \$175,900 and motivated seller. Call Tom Mac. Neil 849-2800x260 eves 846-0949. #119031	WHITEHALL FARM CONDO  The Manning Dove design. 2 bedrooms, 2 1/2 baths, fireplace, 6 rooms, garage, peaceful settings. \$235,000. Call Barry Clark 849-2800x222 eves. 847-8266 or Art Weber 849-2800x254 eves. 849-3547. #115092	MIDDLETOWN  Modest ranch in Eastern Point Views of Atlantic. Call Mark and Marions. Expansion Potential! \$249,000. Call Barry Clark 849-2800x222 eves. 847-8266 or Art Weber 849-2800x254 eves. 849-3547. #110076

Naval Dental Center Northeast

New treatments for pearly whites

EDITOR'S NOTE: February is National Children's Dental Health Month.

CAPT. (DR.) T. L. BROWN
Operative dentistry consultant, Naval Dental Center Northeast

"Doctor, can my teeth be whitened or bleached?"

This is a frequently asked question in the dental office these days. The answer to this question depends on several factors that you should discuss with your dentist.

Some types of discolorations are more easily corrected with whitening agents than others. Yellow stains usually bleach well, but brownish-yellow teeth may not bleach as well and grayish or blue stains may not bleach well at all.

Sometimes a combination of bleaching and porcelain veneers or bonding will aid these stained

teeth. Also, if you have several tooth colored fillings or porcelain veneers or crowns these materials will not bleach so your teeth will be a different shade than these restorations after bleaching.

If you are considering bleaching you may want to have the tooth colored restorations replaced after completion of the whitening procedure.

If you choose to have bleaching done, you and your dentist must decide whether to do an in-office or at-home procedure. Sometimes a combination of both procedures is done to maximize the effects of the whitening.

The in-office bleaching procedure may require several visits of 30 minutes to one hour in duration. During the in-office procedure the dentist applies a rubber shield or protective gel barrier to

the gums to protect the oral tissues. A bleaching agent is then applied to the teeth and a dental light may be used to enhance the action of the bleach.

There are several products available for the at-home procedure. These products can either be dispensed by your dentist or purchased over-the-counter.

Bleaching products contain peroxide that bleaches the tooth enamel. The active ingredient is usually carbamide peroxide in concentrations that vary from 10 to 20 percent for at-home bleaching and higher concentrations for the in-office procedure.

The bleaching agent is typically a gel that is placed in a custom mouth guard provided by your dentist, or in strips that are applied to the teeth. The regimen usually calls for usage twice daily for two weeks or overnight use for one to two weeks. The most



common side effects from the bleaching agent are tooth sensitivity or tissue irritation. Both of these effects are usually temporary and should go away once the treatment is completed. You should consult your dentist if you are concerned about side effects.

There are also several whitening toothpastes on the market. Toothpaste helps remove surface stains with mild abrasives and some toothpaste has special chemicals or polishes to provide additional stain removal. Tooth-

pastes do not remove intrinsic stains that bleaches can remove.

Hopefully, this article has answered some of your questions about bleaching procedures, agents and side effects. If you are considering tooth whitening or bleaching procedures you should consult with your dentist. For additional information or to ask questions about bleaching, visit our command's website at <http://www-ndcne.med.navy.mil>.

Keeping the Faith

"But they that wait upon the Lord shall renew their strength: They shall mount up with wings as eagles: They shall run and not be weary: And they shall walk, and not faint."

—Isa 40:32.

Like eagles, Marines born to higher calling

By **CHAPLAIN (LT. CMDR.) CARLA S. CHERRY**
Naval Chaplains School

True wisdom will always confirm the wisdom of Scripture. For example, principalities and powers and ministering spirits who are ever active, for good or for evil, surround us.

As the great apostle Paul indicated, they influence our conduct in guiding our steps, in aiding our preparation of life, and in preparing our destination. We walk among spiritual beings as people walk amidst their fellow man.

In the prophet's text, Isaiah speaks of learning "one of these spiritual lessons" from the eagle. Consider:

1. **EAGLES ARE BORN TO FLY** (but do not know it at birth): Like eagles, some Marines and Sailors are born to that career, but are unaware of it in innocent infancy or childhood. Often raised in difficult circumstances or trying and distressing environments, more than 50 percent of new recruits come from dysfunctional families. They face challenges and life's daunting tasks, including the questioning and fairness of life itself. Some have even questioned their very existence asking, "Why was I born...?" or "Life is just not fair..."

Nonetheless, they come to the realization who and what they are to be, and their reason for being. During early training as Marines and Sailors, they come to grips with the most complex issues and

face challenges that few others ever will, and reach a level of optimum performance.

2. **PREPARATION:** Eagles are endowed with a vision to see distances and places that others cannot see, including having the ability to gaze into the face of the sun without blindness. Likewise a Marine. They have vision and discernment. They deploy and give so much for so little, and like the eagle that is perched upon the high rocks, are always prepared to protect. They engage and defend with "eyes open." The Marines initial preparation, (albeit meager beginnings for some), is fully realized in the core values: "Honor, Courage and Commitment."

3. **NO FEAR:** Eagles will fly where others dare not. Our naval and USMC history is replete with tasks and accomplishments that none but Marines and Sailors could and would be asked to do. Like the nurturing eaglet, great care is bestowed upon the Marine while in training to survive. Under the watch care of the chain of command, the Marine learns courage and commitment, and to fear none. The eagle learns to sustain a life expectancy—equal to 100 human years. The Marines have been sustaining life and liberty for generations.

4. **RENEWING OF STRENGTH:** There is always a time in the life of an eagle in which it needs to get "rejuvenated." The younger and "soaring" ones will



Dear Navy Doc

Antibiotic resistance real medical concern

EDITOR'S NOTE: Dear Navy Doc is a question and answer column covering health-related topics of general interest from the staff at Naval Ambulatory Care Center, Newport.

Dear Navy Doc:
I was recently seen at the clinic for a sinus infection. When I came down with this before I always received antibiotics. This time I didn't. The doctor tried to explain why I didn't need them, but what do you think?
—Confused.

Dear Confused:

The treatment of a sinus infection (or acute sinusitis) is aimed at allowing the sinuses to drain. Physical measures such as sleeping at a 45 degree angle, sleeping with the less affected side down, and using steam to open the sinus passages tend to help a lot.

The medications that work best are the nasal decongestants. Mucus thinning agents (such as guaifenesin) and saline drops are probably also effective.

Antihistamines can thicken the nasal secretions and may actually make the sinus symptoms seem worse.

Antibiotics have traditionally been used to treat sinus infections. However, recent medical

research indicates that antibiotics do not affect the course of uncomplicated cases of sinusitis.

This is partially due to the fact that most "sinus infections" are not caused by bacteria (viruses are the most common infectious reason; allergy and environmental exposures are other reasons).

In fact, the routine use of antibiotics in uncomplicated sinusitis has been one factor blamed for antibiotic resistance in many common bacteria. Several research and professional groups have since developed guidelines about when to use antibiotics for sinusitis. I would think that the provider that treated you determined that your case of sinusitis did not need antibiotics based on these guidelines.

Many people think that when nasal secretions turn yellow or green that the sinus infection or congestion is being caused by bacteria. The nasal secretions of viral upper respiratory infections often change color to yellow or green after several days. By itself, the color change does not mean that antibiotics are needed.

The problem of bacterial antibiotic resistance is a large

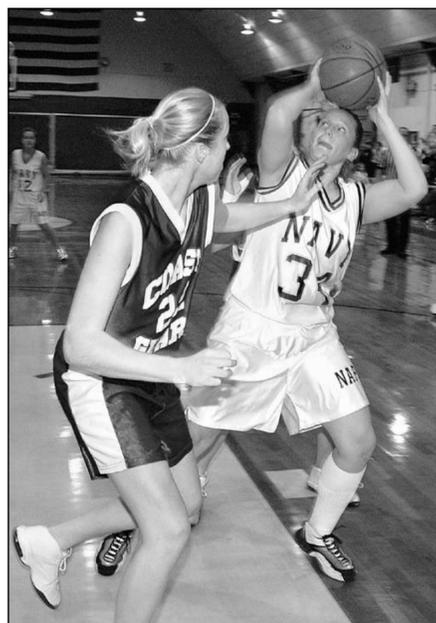
ANTIBIOTIC, Page 13

Sports

Intramural basketball

The Naval Station Newport Intramural Basketball League results for Week 2, ending Jan. 25, follow:

- 18 and over**
Jan. 23
 SSP def. NWDC, 48-39
 Bad Boys def. NACC, 56-35
 Alpha Squad def. PWT, 46-36
 SWOS def. DH-166, 59-24
Jan. 24
 SSP def. NJS, 61-46
 Bad Boys def. NWDC, 71-54
 DH-166 def. PWT, 57-53
 SWOS def. Alpha Squad, 58-53
Standings
 SWOS.....4-0
 Bad Boys.....3-1
 SSP.....3-1
 Alpha Squad.....2-2
 DH 166.....2-2
 NWDC.....1-3
 NJS.....0-1
 PWT.....0-2
 NACC.....0-3
- 35 and Over**
Jan. 22
 NWC def. Bricklayers, 54-38
 CNCS def. Nothing But Net II, 1-0
Standings
 CNCS.....1-0
 Nothing But Net.....1-1
 Bricklayers.....1-1
 NWC.....1-1
 No. 1 Draft Picks.....0-1



PHC (AW) Jon Hockersmith/U.S. Navy photo

ON THE MARK —Midshipman Candidate Brandice Miller (34) of the Naval Academy Prep School tries a fall-away shot under heavy coverage against the Coast Guard Academy junior varsity at Gym 302. Coast Guard won, 58-48, Jan. 17.

NAPS hits bumps on long road trip

The Naval Academy Prep School men's basketball team played two contests on the road last week, but had breakdowns at the Community College of Rhode Island in Providence and the U.S. Naval Academy in Annapolis, Md.

The Rams fell to CCRI, 79-76, on Jan. 23 and then to USNA's junior varsity, 68-52. In both contests the Rams had great moments and had chances to win the contests, but were held off by two pretty determined foes.

In the CCRI game, the difference was at the foul line as the NAPSters were outshot by 15 more attempts and 8 points.

"We had a pretty solid effort and had our chances to win as we played pretty good offense and were patient and ran our plays well," Coach Dave Sladky said. "We had a couple of key turnovers that really hurt at the end of the game, but otherwise I felt we were okay on the offensive end."

Navy was led by Tristen Redmon with 14 points, Leonard Green with 13, Kelvin Boatner with 12, and Dave Hooper and

Chika Onyekanne with nine each.

"Our defense let us down a little and we had trouble controlling their quickness," Sladky said. "We let them have too many second shots on the rebound."

NAPS next faced the Naval Academy junior varsity, and ran into a pressing, tough man-to-man defense that had the Newporters fighting on every possession.

"That was a great test of how far we have come as they really pressured us and we had trouble getting into our sets," Sladky said.

The Rams were led in scoring by Hooper's, Tristen Redmon, and Boatner's eight points apiece. The defense did a good job and it spoke well that the academy will get some good players next year, Sladky said.

Jeff Daisley also had three blocked shots that helped the Rams' effort, and Matt Green had three steals.

The Rams return to action on Feb. 6 against the Tabor Academy in another road action. They will be back at Gym 302 on Feb. 9 to face Bunker Hill College.

Faith

Continued from Page 11

look down into the valley and when they spot a distressed or weakened eagle, it will fetch "fresh-meat" for the distressed and drop it into the area without interrupting the process. From time to time, we are called upon to encourage or lend a helping hand to one who has fallen upon misfortune or undue circumstances. Hope begets hope to the fallen. "Once a Marine, always a Marine" is *apropos*.

5. CONTINUAL RENEWING: A good and honorable Marine is mindful of a weakened or fallen vessel. In wisdom, they learn the great lesson of the apostle Paul, "We have this treasure in earthen vessels, that the power and Excellency is of God..." As so often in life experiences, when we renew the fallen or weak, they in turn renew us when we too need rejuvenating. A good deed done in secret, or done in need is always noticed by our heavenly Creator, and shall not go unre-

warded.
 6. FINAL TRANSITION: In closing, the eagle has an instinct just "hours" before death and demise. It will fly around seeking to find a final resting-place to pass from life unto death. In seclusion, it prepares for final transition. It anchors its talons on a rock with a death grip, and faces the rising or setting sun, as appropriate, until it passes from life. Humans have not the instinct of the eagle, and cannot know the hour or the day of their passing. But believers in faith look unto the hills from which comes their salvation. Like eagles we are born, we are challenged, we are renewed, and then we pass into glory.

Are you in the middle of leaving the eagle's comfort zone, or in the midst of his cave or valley? Or, are you flying high to assist others, or perched on The Rock with eyes toward the Son? Are you in Christ?

Antibiotics

Continued from Page 11

and growing problem in medicine today. Healthcare providers are being taught about new guidelines for antibiotic use that will create major changes in medical practices. Providers have been urged to not only follow the new guidelines but to also teach their patients about them.

Other conditions that have undergone similar practice changes include sore throats (pharyngitis), ear infections (otitis media), and bronchitis. The treatment of these conditions is shifting away from antibiotic use. Be prepared for similar discussions if you develop one of these conditions.

— Navy Doc
 (This "Navy Doc" column was

answered by Capt. T. R. McWilliams, MC, USN, a board certified family physician at Naval Ambulatory Care Center, Newport. If you have a question(s) that you would like to have addressed in this column, forward it by email to dearnavydocnewport@us.med.navy.mil or drop off your written questions in the confidential "Dear Navy Doc" box at the Health Promotions clinic, second floor, Naval Ambulatory Care Center, Newport, R.I. Questions and responses are for publication only. Personal responses will not be forwarded to the individual. Individuals desiring a personal response should direct their question to their health care provider.

Miller

Continued from Page 3

lic health, saying the proposed \$37 billion budget for homeland defense is "a healthy request." However, according to Miller, using some of that money for public health would be considered "unsexy spending in Washington."

When asked by an audience member which countries in the Middle East were capable of producing biological weapons, Miller was quick to respond. "Iraq is able to and probably is producing them."

Miller added only a change in leadership and how Iraq does business as a country can alter this unfortunate fact.

"Germans know no boundaries," Miller said.

Miller's appearance at Spruance Hall was the first installment in the Naval War College's 2002 Evening Lecture Series. The event, sponsored by the Naval War College Foundation, was dedicated to the memory of Edgar W.B. Fairchild, a former foundation trustee.



HM2 Michael Duff/U.S. Navy photo

LEGGO MY LEGO—Peter Cotter, left, and Byron Wilcox of Team Frozen Dozer of Curtis Corner Middle School in Massachusetts, prepare their Lego robot for the Rhode Island Robotics Competition at the Naval Undersea Warfare Center's Building 80 last Saturday.

Lego robots challenged in 'rescues'

MIDDLETOWN — More than 25 teams of youths from around Rhode Island and Massachusetts converged on the Naval Undersea Warfare Center (NUWC) last Saturday for the First Rhode Island Robotics Competition at Building 80.

The students were coached and given guidance by engineers, scientists and other NUWC employees who volunteer their time with local programs.

Eight weeks prior to the competition, each team received kits to design, build, program and test remote controlled toy-sized Lego robots.

In the competition each team had two minutes to maneuver robots made from Lego building blocks across a 4 by 8-foot surface simulating the North Pole, rescue three scientists from polar bears, and salvage supplies in a mission entitled, "Arctic Impact."

JACDD from Groton, Mass., placed first. Local winners included Gaudet Middle School, placing second in performance overall and first among entries from Rhode Island. Barrington Middle School was selected first-place for the Director's Award.

Tuition

Continued from Page 4

bursement, as well as the VA's support for high-tech courses, reflects department efforts to boost use of the current education program, which began in 1985.

Veterans generally have 10 years after release from active duty to use the funds, but only about 60 percent have used some of their benefit.

In addition, about 90 percent of all eligible veterans have not exhausted their account. VA hopes new strategies such as

accelerated payment for high-tech courses will enable more veterans to take advantage of their remaining benefits.

Few service members opt out of coverage. Participants' pay is reduced by \$100 per month for their first 12 months on active duty to cover a total veteran contribution of \$1,200. The full-time rate of \$800 a month is paid for up to 36 months of study, which covers the academic months of a traditional four-year college education for a return value of \$28,800 at today's top rate.

The new law, the Veterans Education and Benefits Expansion Act of 2001 (Public Law 107-103), also improves educational assistance for eligible spouses and children of certain veterans, including veterans who died or are permanently and totally disabled as a result of a service-connected disability.

For more information about veterans educational programs, call VA at 1-888-442-4551, or visit the VA Web page at <http://www.va.gov>.

Whipple

Continued from Page 4

Abraham Whipple, a Rhode Island native who was a naval officer during the Revolutionary War.

It was formerly Fifth Street in Coddington Point, and was renamed in 1975.

Whipple participated in the Gaspee Affairs (1772), was appointed Commodore of the Rhode Island Navy in 1775. He commanded the small frigate

Columbus and subsequently captured the famed British frigate HMS Rose. A replica of the Rose, though currently on location for a Hollywood movie, is a tourist attraction in downtown Newport.

Brett Avenue, once called Avenue M, also was renamed in 1975 in honor of Navy Lt. Robert R. Brett, a graduate of the Naval Chaplains School, Naval Educa-

tion and Training Center.

He was a posthumous recipient of the Legion of Merit for action with the 3rd Marines in the Republic of Vietnam in 1968.

Building 114 at the Naval Chaplains School also was dedicated to Brett in ceremonies in August 2000. A bas-relief tablet of Brett is mounted on the schoolhouse wall.

Recreation

Group orientations at FITNESS Plus

If you are looking to start an exercise program and aren't sure where to begin, the fitness professionals at FITNESS Plus, Building 355, can help! A series of three, one-hour orientations are currently being offered to familiarize patrons of FITNESS Plus with the facility and available equipment.

The orientations will cover the proper and safe use of Nautilus equipment, cardiovascular machines and the free weights.

The orientation schedule is below:

- Monday, 8 a.m., Nautilus (upper body), 9 a.m.; Nautilus (lower body), 10 a.m., cardio/free weights;
 Wednesday, 8 a.m., Nautilus (lower body), 9 a.m., cardio/free weights, 10 a.m., Nautilus (upper body)
 Friday, 8 a.m., cardio/free weights; 9 a.m., Nautilus (upper body); 10 a.m., Nautilus (lower body)
 Attend one session or attend them all—it's up to you. The purpose is just to familiarize you with the equipment that YOU want to use.

Health Promotion Department

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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11 0900-1000 NACC PACE	12 0900 & 1800 NACC DASH 1 1800-1930 NACC Take Care of Yourself	13 1800-1900 NACC ShipShape!	14 09-1000 Glucose Monitor 18-1930 NACC Tobacco Cessation 2	15 0900-1000 NACC PACE
18 <i>Holiday</i>	19 0900 & 1800 NACC DASH 2	20 1500-1600 NACC Healthy Heart 1800-1900 NACC ShipShape!	21 09-1000 Glucose Monitor 18-1930 NACC Tobacco Cessation 3	22 0900-1000 NACC PACE
25 0900-1000 NACC PACE	26 0900 & 1800 NACC DASH 3 1800-1930 NACC Fitness for life	27 1800-1900 NACC ShipShape!	28 09-1000 Glucose Monitor 18-1930 NACC Tobacco Cessation 4 1800 NACC Tobacco Cessation Support Group	

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Officers

Continued from Page 2 inside Senate chambers.

"It was a special honor to entertain this very distinguished group of naval officers from all over the world," said Sen. Gibbs, who represents District 48.

The visit Jan. 11 was part of a professional program offered by the Command College, a graduate-study program offered by the Naval War College in Newport. The students learn about military strategy and how people live and work in the United States.

Officers in the 2002 class represent 35 countries from around the world, including Argentina, Malaysia, Spain, Qatar, Tunisia, Japan and the United States.

"I especially enjoyed the panel discussion," said Rep. Murphy, who represents District 98 in Newport and Jamestown. "The officers had a good understanding of American government, and their questions were very meaningful. They've learned a great deal about our way of life in America."

The goal of the tour was to provide students with an understanding of how government works in Rhode Island, according to Capt. Vincent P. Mocini, director of the Naval Command College. The school has been offering such visits for several years, also taking officers on visits to local businesses, military bases and schools and universities.

The officers began their visit with a trip to the Supreme Court building, where they met Chief Justice Frank J. Williams and received a tour of the courthouse.

They arrived at the State House at midday, and had lunch with Almond in the State Room. From there, it was on to Senate Chambers on the second floor, where officers sat in the legislators' seats and took part in a lively panel discussion with elected officials.

Sen. Gibbs, Rep. Murphy, House Majority Whip Suzanne Henseler, Senate Majority Leader William V. Irons and Senate Minority Leader Dennis Algieri all took part in the discussion, answering questions and talking to students.

The officers ended their day in Providence by taking in the sights within the State house.

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Navy-wide news

Medical facilities built in Gitmo for detainees

U.S. NAVAL BASE GUANTANAMO BAY, Cuba (NNS) — The Navy began construction of a temporary medical facility here last week capable of providing medical attention for the detainees now being held at Camp X-Ray.

The construction of the hospital capable of providing care that ranges from dental exams to major surgery, required more than 180 people including members of Navy Fleet Hospital 20 from Camp Lejeune, N.C. Initially, it took 17 Navy builders from Construction Battalion 423, commonly known as "the Seabees," to clear and prepare the land for the hospital.

This effort alone took more than three days of intense 24-hour operations beginning January 18. Tents went up in one day and the International Standards Organization (ISO) containers were unpacked, expanded and organized into rooms and storage areas fit for labs, washrooms and examination rooms.

Bush pledges pay raise, more money for defense

WASHINGTON (NNS) — The United States "will not cut corners" when it comes to national defense, President Bush told about 1,500 members of the Reserve Officers Association here Jan. 23.

"The tools of modern warfare are effective. They are expensive, and in order to win this war against terror, they are essential," he said. "Whatever it takes, whatever it costs, this patient, this resolved nation will win the first war of the 21st century."

The President said the military takes to priority in the 2003 budget he'll present to Congress next week. It includes more than \$48 billion in new defense spending, and

another pay raise for the military.

"This will be the largest increase in defense spending in 20 years," Bush said. It will be used to invest in more precision weapons, in missile defenses, in unmanned vehicles, in high-tech equipment for soldiers on the ground.

The nation asks much of its men and women in uniform and in return, they deserve every resource, every weapon needed to achieve a full and final victory, the President said.

"Today, the Guard and Reserve are fighting a two-front war, one in Central Asia and one here at home," Bush told the military crowd. "The Air Force alone has flown 3,000 sorties over Afghanistan, and more than 800 sorties to protect American cities."

Afghanistan's Taliban "is now out of business," he said. "We've smoked members of al Qaeda out of their caves. We've destroyed their bunkers and the global network of terrorists has seen the first glimpse of their fate."

The United States has also shipped food and medicine to the people of Afghanistan. U.S. officials have helped them organize a new government representing all the people. These gains are a tribute to America's military, the President said.

The military has been relentless in its pursuit of the terrorists, he said. "No matter how long it takes, no matter where we have to look, our United States military will patiently and surely hunt down the murderers and

killers and terrorists and bring them one by one to justice."

Space-A Travel halted on MEDEVAC flights

ROTA, Spain (NNS) — Space-available (Space-A) travel aboard medical evacuation (MEDEVAC) C-9 aircraft with Red Cross markings is no longer an option outside of the continental United States, according to a message from the Air Mobility Command dated Nov. 29, 2001.

The message can be accessed at <https://amc.scott.af.mil/do/don/291500ZNOV01.txt>.

According to the message, only patients, medical personnel—doctors, nurses and

lab technicians to name a few—chaplains and patient attendees on official travel orders are authorized to travel on aircraft with Red Cross markings. Non-medical attendees traveling permissive temporary duty (Space-A) are not authorized.

This guidance comes amid legal concerns involving special treatment and protections afforded Red Cross-marked aircraft. International law under the Geneva Convention limits the use of C-9 aircraft bearing a Red Cross to fly only medical missions.

Personnel on these flights must be processed through an aeromedical evacuation squadron, not a passenger terminal.

NEWPORT WINTER FESTIVAL

ENTERTAINMENT GUIDE

presented by
NBC10
WJAR PROVIDENCE NEW BEDFORD

Opening Ceremony & Concert

Hyatt Regency - Friday, February 15 - 6pm Fun for the whole family...live music from **Code 5** hosted by **Radio Disney AM550** Providence. High octane contagious R&B/hip hop vibe performed by 5 precocious teenagers from Boston. This group spent last summer touring with Aaron Carter and has opened for The Backstreet Boys! Immediately following performance, catch a colorful fireworks display! Free.

Winter Fest Wine Gala

Regatta Club, Goat Island - Friday, February 15 - 7-9pm The return of the annual wine tasting. A special fundraiser to benefit Boys & Girls Club, featuring wines from around the world. Enjoy the elegance of the Regatta Club as you sample fine wine and hors-d'oeuvres. \$ 35/ \$30/ w/button. Call 847-7666 or 846-WINE for tickets.

Roomful of Blues

Hyatt Regency - Friday, February 15 - 9pm Presented by 99.3 Swing FM. **WADK-1540, New England Coffee Company and Samuel Adams Brewery** Celebrating 34 years...don't miss the most danceable, swinging blues band on the planet! Tickets \$13/\$11 in advance or w/button.

BeatleMania Tribute

Hyatt Regency - Saturday, February 16 - 9pm Co-sponsored by R.I. Quahog Company and Audi. Come Together with members of "The Cast of Beatlemania," with a special tribute to George Harrison. Travel back in time with four seasoned musicians who capture the spirit, look and sound of the Beatles in 29 renditions of the sounds that take us back to *Yesterday*, *Lucy in the Sky with Diamonds* and *Here Comes the Sun*. Don't miss this thrilling performance! Bring your dancing shoes! Tickets: \$13/\$10 In Advance or w/Festival Button. Hosted by B101.

Bombay Jim and the Swinging Sapphires

Hyatt Regency - Sunday, February 17 - 8:30pm Dance to the Big Band sounds of Count Basie, Duke Ellington, and more. This band makes you want to dance! \$10/\$8 w/button.

Fantasy Auction

Astors' Beechwood - Friday, Feb. 22 - 7pm Co-sponsored by Newport Federal Savings. Proceeds benefit Alzheimers Assoc. Bid on unique items such as 2 round trip airline tickets from **Continental Airlines**, a day of pampering from the **Stillwater Spa** at the **Hyatt Regency**, and exotic resort stays from **Sol Melia Resorts**. Tickets \$20/\$15 w/button.

PURCHASE TICKETS AT:
MWR Ticket Connection • Festival Office
Newport Navy Base 28 Pelham St.

Tickets Available at the Door of each Event

PURCHASE BUTTONS AT:
People's Credit Union, AAA Southern N.E. (Middletown), Clement's Market Eastern Resorts, East Side Marketplace II, Gateway Center, Walgreens, Hyatt Regency Newport, Shaw's Supermarket, Walgreens

For a Festival Brochure, Buttons or Tickets Call (401)847-7666 or (401)845-9123 For information online visit us at www.NewportEvents.com

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