

The Newport **Navalog**

SERVING COMMANDS AND COMMUNITIES IN NEWPORT, R.I.

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Little green friend

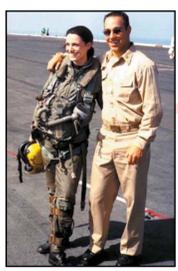
Kennedy Connor, 4, 'sports' a green tree frog on her shoulder at the Armed Services YMCA last Wednesday. Dave Marchetti of the traveling zoo, Animal Experiences, brought reptiles, amphibians and other small animals for the children to see.



Sept. 11 victim eulogized here

Shipmates of a lieutenant killed in the Sept. 11 attack on the Pentagon dedicate a granite bench in his memory.

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Lawyer weds JAG actress

A love story, Navy-style, involves a real JAGC lawyer and a supporting actress on the TV drama JAG.

— Page 3



Navy observes Black History

Naval Station Newport and the Naval Ambulatory Care Center observe National African American Heritage Month.

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Ron Fontaine/U.S. Navy photo

A SMALL CROWD gathers around a polished granite bench last Friday at Dewey Field, Coasters' Harbor Island, that was dedicated to the late Lt. Darin H. Pontell, who was killed in the terrorist attack Sept. 11 at the Pentagon.

Shipmate lost Sept. 11 remembered

By RICHARD ALEXANDER
Navalog editor

Gary and Marilyn Pontell of Columbia, Md., with white tulips in hand, stood on a windy bluff below Pringle Hall at the Naval War College. The Newport Bridge was outlined in the setting winter sun.

They listened as a Jewish chaplain and Navy officers eulogized their youngest son who was among 125 killed in the terrorist attack on the Pentagon on Sept. 11.

In front of them was a polished granite bench erected in Pontell's memory. It was etched with the words, "Lt. Darin H. Pontell, 'Mini-Me,' 24 Aug. 1975—11 Sept. 2001; NAPS 1994; USNA 1998; 'In fond remembrance from your friends at Carrier Air Wing Seven.'"

Ironically, Darin was the Pontell's second son to die in an aircraft crash. Their eldest, Lt. Steven Pontell, was killed trying to land his fighter on the aircraft carrier USS Lexington off Pensacola, Fla., in 1989. Darin was 14 at the time and announced he wanted "to enlist in the Navy to complete the circle where Steven left off," his father said.

The small ceremony included a mix of family members, including Pontell's widow, Devora Wolk Pontell, and her parents, Herbert and Betsy Wolk; the commanding



MR. AND MRS. Gary Pontell place flowers on the bench dedicated to their son.

officer, the football coach and the dean of the Naval Academy Prep School; and several Navy active duty shipmates who knew Pontell from Carrier Air Wing Seven, and who now attend the War College. Wing Seven raised the money for the bench.

Before the ceremony began the family placed their tulips on the bench.

Chaplain (Lt. Cmdr.) Jonathan Panitz, attached to the Air Wing Seven, said, "This bench is a place for reflection, away from the stresses of the day. It is a reminder of Darin's character and a place to find contentment and peace."

After his family moved to Maryland from Illinois, Pontell attend-

ed Atholton High School and graduated in 1993. He entered NAPS in the fall of 1993 before entering the Naval Academy in 1994.

After graduation in 1998, Pontell attended Navy and Marine Corps Intelligence Training Center in Dam Neck, Va. He was later assigned to Carrier Air Wing Seven as collections officer.

In March he got married, and last April he reported to the office of Naval Intelligence at the Pentagon, and was assigned to work the CNO Intelligence Plot as watch floor officer. In August, Pontell, 26, began training to become a briefer for top naval personnel.

SHIPMATE, Page 13

Navy Band plans series of concerts

By KATE WHIDDEN
Navalog contributor

The Navy Band Northeast's Spring Recital Series will kick off on Sunday, Feb. 24 at 3 p.m., with a concert entitled "Afternoon of Brass." The concert, held in the Pringle Auditorium at the Naval War College, will feature members of the band's Brass Ensemble, conducted by Musician Third Cass Ryan S. Hudson.

The recital will feature pieces by Ludwig Beethoven, Aaron Copland, Siegfried Wagner and Giovanni Gabrielle.

The second concert in the series, featuring the Navy Choristers, will be held on Sunday, March 2. The performance will be held in the Spruance Auditorium at the Naval War College at 3 p.m. Other concerts in the series include:

A jazz trumpet recital by Musician Third Class Jason Hanna is scheduled for Sunday, March 24 at 3 p.m. in the Pringle Auditorium.

Musician Second Class Tony Grizzel will perform in the Spruance Auditorium Lobby on Sunday April 7, at 3 p.m.

Chief Musician Heidi Willson will provide a selection of Broadway tunes on Sunday, April 14, at 3 p.m. in the Pringle Auditorium.

A classical trombone performance by Musician Second Class Jonathan Ward is scheduled for Sunday, April 28 at 3 p.m. at the Pringle Auditorium.

All Navy Band Northeast Spring recital concerts are free and open to the public. Guests should enter the naval complex through Gate One.

Members of the public who do not have a pass to gain entrance to the Naval Station can call 841-3538 to make reservations for the concerts.

Boy meets girl, Navy-style

Supporting actress on TV's JAG marries real JAGC lawyer

By RICHARD ALEXANDER
Navalog editor

He's a real lawyer in the Navy Judge Advocate General's Corps (JAGC), but knows only a little about acting.

She's an actress in the CBS television drama JAG, but knows only a little about Navy law.

While he's an instructor in the classroom at the Naval Justice School, she's acting on the set of the CBS television drama JAG, alongside actress Catherine Bell and the actor David James Elliott.

Sometimes when he should be preparing his lesson for the classroom, he's helping her rehearse her lines for the next scene in her role as Lt. Elizabeth "Skates" Hawkes, a radio intercept officer (RIO) in an F-14 fighter jet.

This is the married life of Lt. Peter Galindez and Sibel Ergener who are following different careers, with ironic similarities. It was the Navy that brought them together.

The courtship began in July 1999 when Sibel and the JAG cast were shooting scenes aboard the aircraft carrier USS John C. Stennis in California which was embarked on a three-day cruise. The ship's public affairs officer, a friend of Lt. Galindez, asked him to help escort the group. Although Bell was in the entourage, it was Ergener who caught his eye.

The couple hit it off, and learned they both were Long Island, N.Y., natives. Ergener was graduated from Harvard University with a degree in English, but longed for the footlights of Hollywood. She was living in Los Angeles.

"We kept in touch by emails," Ergener said. The relationship blossomed, and they were married last April. But in early May she had to tape two more episodes, so Galindez helped her with her lines before she was back on the set in Valencia, Calif.

"He helps me with some Navy aviation and Navy legal terms," she said.



TELEVISION actress Sibel Ergener poses with Lt. Peter Galindez, currently a Naval Justice School instructor, on the flight deck of the aircraft carrier USS John C. Stennis off the coast of California in 1999.

Lt. Galindez said his wife has an agent in Los Angeles who finds her roles. She has appeared in an episode of the television series, *Beverly Hills, 90210*; the sitcom *Wings*, about a small airline on Nantucket, Mass.; and the movie, *Phoenix*.

Most of the taping for JAG takes place in the Valencia or at Point Mugu, Naval Air Weapons Station when the scene calls for aircraft carrier decks JAG, Page 13



Ron Fontaine/U.S. Navy photo

EXPLORING VANPOOLS—Department of Defense employees visit the Informational Transportation Incentive Fair at Capt. Howard Kay Hall recently to explore their commuting alternatives, which would ease traffic congestion and air pollution. DoD offers nontaxable vouchers of up to \$100 per month if commuters organize into vanpools such as EasyStreet. The R.I. public transportation system is also encouraged. For more information, contact Karen Peckham, Management Services Department, at 841-6191.

Newport Naval Cable TV

Adm. Clark speaks at Prayer Breakfast

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:

— Chief of Naval Operations Adm. Vern Clark addresses the National Prayer Breakfast in Washington, D.C.

— Master Chief Petty Officer of the Navy (MCPON) and the Sergeant Major of the Marine Corps testify before the House Appropriations Subcommittee on military construction.

— A new location selective reenlistment bonus is available for eligible Sailors.

U.S. Navy history

This week's featured video, *The History of the U.S. Navy (1964-1996)*, will follow Navy and Marine Corps News, at 9 a.m., and 12:30 p.m. and 6 p.m..

Black History Observance

The African American History Month Observance of Feb. 15, which featured Ms. Joyce Williams, President, New England Area Conference, at Perry Hall Auditorium, will be broadcast on channel 11 at 11 a.m., and 2 and 8 p.m.

The program included Navy Band Northeast MU2 Will Scott's singing, *Amazing Grace*, two poem readings and a cake-cutting ceremony.

Health, Wellness videos

The Naval Ambulatory Care Center and the Health Promotion Action Council want to help service members achieve and maintain their optimal health and wellness, while learning more about disease prevention.

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. 25,

learn more about *Overweight & Obesity* and *Insomnia*.

Fleet, Family Support

Parents and teenagers may be interested in the Fleet and Family Support Center video series. These programs deal with a variety of topics which are of interest to children of all ages, and families.

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

DAY	TITLE
Friday through Sunday	Career Planning Steps
Monday	Job Survival Skills
Tuesday	Job Search Skills for Non-College Bound Youth
Wednesday	Job Interview Techniques for Non-College Bound Youth
Thursday	Resume Tips for Non-College Bound Youth

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THE NEWPORT NAVALOG

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The Newport Navalog is printed on recycled paper.

Bravo zulu



Ron Fontaine/U.S. Navy photo

BENEFIT CHARITIES —The 2001 Festival of Trees Donation Committee makes contributions to several area military and civilian charities Feb. 12 at the quarters of Rear Adm. and Mrs. Rodney Rempt, left, Karen Smith, third left, donations chairman, presents a check to Sonja McGough, Director, and Peggy Nilson of the Armed Services YMCA. Looking on are Allison Bradfield and Lynda Sapsal, right, festival co-chairmen.

Festival of Trees distributes \$12,150

The 2001 Festival of Trees Committee distributed the proceeds from its 24th annual festival to local non-profit organizations on Feb. 12.

At a reception at the home of Rear Adm. and Mrs. Rodney P. Rempt, the committee donated \$12,150 to 37 organizations.

Since its founding in 1978, the Festival of Trees has contributed more than \$140,000 to local non-profit and charitable organizations.

Organizations receiving contributions include:
A Wish Come True
Aquidneck Island Christian Academy
Armed Services YMCA
BSA Pack 50
Christmas in April
Cluny School
Coggeshall Elementary
East Bay RSVP
Family Readiness Group of Providence
Recruiting Company
Forest Avenue School

Friends of Rogers Free Library
Girl Scout Troop 706
Girl Scout Troop 751
Girl Scouts of America
Hospice Care of Rhode Island
Literacy Volunteers of Newport County
Lucy's Hearth
Middletown Senior Center
Newport Navy Choristers
Newport Pre-K Playgroup
Newport Public Library
Our Lady of Mount Carmel
TREES, Page 13



Ron Fontaine/U.S. Navy photo

HELPING PENTAGON FAMILIES — Representatives of the Newport County Chamber of Commerce present Dan Brenton, right, director of the Naval Station Newport office of Navy Marine Corps Relief Society with a check for \$5,000 raised through a Christmas gift certificate program. The Chamber sold \$25 gift certificates redeemable at 150 retail merchants, restaurants and businesses, with \$2 allocated for NMCRS. From left are Keith Stokes, Chamber executive director; Jay Humphrey, member of the Chamber's board of directors; and Capt. Ruth A. Cooper, Commanding Officer, NAVSTA.

Length of Service Awards

Lewis E. Scherdt, (25 years), Naval Station Newport Public Safety Department, Feb. 6, 2002
Jeffrey W. Tremblay, (25 years), Naval Station Newport Supply Department, Feb. 6, 2002
Frederic H. Allison, (20 years), Naval Station Newport Supply Department, Feb. 6, 2002
Gerard A. Montani, (15 years), Naval Station Newport Public Works Department, Feb. 6, 2002
Paul Masterson, (15 years), Naval Station Newport Public Works Department, Feb. 6, 2002
John A. Souza, (15 years), Naval Station Newport Public Safety Department, Feb. 6, 2002
David J. Stimson, (15 years), Naval Station Newport Public Safety Department, Feb. 6, 2002

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Tickets available in advance at The Gateway Center or Call **847-7666** • Tickets also available at the door (doors open 6:15pm)
February 23 • 7-8pm • Rogers High Auditorium

FREE WOODEN PALLETS

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Can be picked up at loading dock at The Newport Daily News, 101 Malbone Road, Newport.
First come first serve basis.

Special events

Oriental Rug Show welcomes all

MIDDLETOWN — The Newport Officer Spouse Club will sponsor its 12th annual charity fund-raising event, the Caravan Connection Rug Show and Sale, on March 2-3, at Middletown High School.
Show hours and Saturday and Sunday from 10 a.m. to 5 p.m., and at noon each day there will be short talk on evaluating and caring for fine oriental rugs. Admission is free, and the sale is open to the public. Door prizes will be awarded.
NOSC donates proceeds from the event to local civilian and military charities.
For more information, call Renessa Denny at 848-5730.

Choristers concert March 3

The Newport Navy Choristers will present their annual family concert at Spruance Auditorium in the Naval War College on Sunday, March 3, at 4 p.m. Proceeds will benefit the Navy-Marine Corps Relief Society and Newport Navy Choristers.
The concert will mark the thirtieth consecutive year that the Choristers have performed at the Naval War College. Since 1988, over \$12,000 has been raised for the Navy-Marine Corps Relief Society through this concert.
Tickets are \$5 for adults, \$3 for children and seniors, and \$12 for a family. Because of force protection measures in effect, reservations by name are required for persons who do not possess a military or DOD identification card. Call 847-6117 to reserve tickets. Tickets are also available from chorus members, and at the door for government ID card holders. Concert guests should enter through Gate 1, and be prepared to show a picture ID for admittance to the base, as well as to the Naval War College. (Drivers must show military or DOD identification.)
Facilities are handicapped accessible. Persons needing handicapped access should call ahead (847-6117) to be placed on the Naval War College access list.
For further information, contact Pat McGue, chairman, at 849-1135.



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!



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Announcements

POSH training scheduled

The annual mandatory Prevention of Sexual Harassment (POSH) training will be held every Tuesday and Thursday this month in Perry Hall auditorium, Naval Education and Training Center. This training is mandatory for all civilian employees.
Military members will be included with the civilian training on Feb. 26. Supervisory POSH training will be scheduled at a later date.
The sessions are:
Feb. 28, March 5, 7, 12 and 14 at 10 a.m. and 1 p.m.
If you have any questions or have any special requirements, call Karen Peckham, 841-6197.

Live local weather reports posted

The Naval Training Meteorology and Oceanography Detachment (NTMOD) at the Naval War College (NWC) is now reporting live weather conditions at NWC via the Internet, Aerographer's Mate First Class (AW/SW) Sammy J. Brake, Master Training Specialist/Forecaster, said.
The website at www.nwc.navy.mil/weather can provide our customers with the following products: temperature, wind chill, dew point, humidity, pressure, wind direction, wind speed, wind gust, moonrise/moonset and moon phase, plus weather conditions reported from Newport State Airport and monthly and yearly rain totals with daily rainfall rates.

Any questions, concerns or ideas are welcomed and can be directed to the webmaster at brakes@nwc.navy.mil

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.

Personal Property revises hours

The Personal Property Shipping Office in Building 690 will be closed every Wednesday morning. Hours of operations are Monday, Tuesday, Thursday and Friday from 7:30 a.m. to 4:30 p.m., and Wednesday from 1 to 4:30 p.m.
Commissary operating hours
In an effort to better meet the needs of the local military community, the Naval Station (NAVSTA) Commissary Store has revised hours. The new daily hours of operation will be as follows:
Sunday — 11 a.m. to 4 p.m.
Monday — Closed
Tuesday through Friday — 10 a.m. to 6 p.m.
Saturday — 9 a.m. to 6 p.m.

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What's going on

City closes Winter Fest

The 14th annual Newport Winter Festival winds up this weekend, closing out more than 150 events since opening night Feb. 15.

Highlights include the 14th annual Nacho Tasting at the Brick Alley Pub, today from 11:30 to 5 p.m.; and the Chris Fritz Band at One Pelham East tonight at 9:30.

Tomorrow, it's the first Pizza Cookoff at the Hyatt Regency Hotel from 11 a.m. to 4 p.m. A Scavenger Hunt, presented by Narragansett Electric and Coastal Financial Group, will begin at noon from the Newport Harbor Hotel.

On Saturday Night, the Magic of Lyn will perform at Rogers High School at 7 p.m., and at 9:30 p.m. Bellevue Cadillac Swing Band will play at the Hotel Viking.

Sunday's big event is at the beach for the People's Credit Union Festival Day at Easton's Beach from 11 a.m. to 2 p.m. There will be block hunt, sand and snow sculpture contest, a Polar Bear Plunge and kite flying. The Newport Band and Orchestra, featuring music students from Rogers High School and Thompson Middle School, will play inside the Rotunda.

Festival buttons, for reduced-price admission to these events and activities, are available for \$6 at Ticket Connection. For brochures, tickets or more information, visit Ticket Connection, Building 656, or call 841-3116.

For more information, call 847-7666, or visit www.newportwinterfestival.com.

TODAY, Feb. 22

- Newport Winter Festival event - 14th annual Nacho Tasting, Brick Alley Pub, 11:30 a.m. 13/\$11 with festival button.
- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Adult beginner Sewing, 9 a.m. to noon.
 - Third of four sessions focused on the basics of sewing, \$68 per person. Call 846-9622 for more information.
 - Parents Time Out, 3-6 p.m.
 - 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 overall 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. Also Thursdays.
 - Rhode Island Spring Flower and Garden Show, Rhode Island Convention Center, through Feb. 24. Call 421-7811 for information.
 - Movies at Recreation Center, Building 656. Shown all week upon request 5 p.m. to closing, *Bandits* (PG13) and *Captain Corelli's Mandolin* (R). Other movies are available and may be shown upon request.



"Star Spangled Winter"

THE ANNUAL Newport Winter Festival closes this weekend with a variety of events for the whole family. Visit Ticket Connection in the Recreation Building for a lapel button that offers reduced admission.

- 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. 23

- Newport Winter Festival event - First annual Pizza Cookoff, Hyatt Regency, 11 a.m. Judge for yourself in several categories, including best cheese, best pepperoni and best gourmet. \$7/\$5 with button.

Newport Winter Festival event - Snow Man Building Contest, Bowen's Wharf under tent, snow provided, noon-3 p.m.

SUNDAY, Feb. 24

- 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 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.

MONDAY, Feb. 25

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Kids Sewing with Miss Eileen, 4 to 5:30 p.m.

TUESDAY, Feb. 26

- Lecture, "Cities of the Dead - New Directions in Preserving the American Cemetery," sponsored by Salve Regina University Cultural and Historic Preservation Program, Ochre Court, 7:30 p.m.
- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Stamp-a-Rama, 9 a.m. to noon.

Instructor Tracy Manogue helps you create beautiful gifts and greeting cards. \$10 to make up to three projects/\$5 to stamp.

- Yoga, 1 to 2 p.m. Experience the physical and mental benefit of yoga with instructor Christopher Carbone. \$60 per six-week session or \$11 per class.
- Relationship Enhancement Workshop, 6:30-9 p.m., Fleet and Family Support Center. Fifth of five-session workshop 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., *Hearts in Atlantis* (PG); 8 p.m., *From Hell* (R)

WEDNESDAY, Feb. 27

- Armed Services YMCA:
 - Parents Time Out, 9 a.m. to noon.
 - Kids Sewing with Miss Eileen, 3:30 to 5 p.m.
 - Preparing for a Job Fair, Fleet and Family Support Center, 11:30 a.m. to 1 p.m. Call 841-2283 to register.

THURSDAY, Feb. 28

- County music quintet "Country Mile" with Lobsters for Happy Hour, Officers' Club, 5 to 7 p.m., music entertainment.
- Third annual Kinsale, Ireland, Festival of Fine Food, at participating Newport restaurants, through March 3. For more information, go to www.GoNewport.com

- "The Children's Hour" by Lillian Hellman, Salve Regina University theater department, Mercy Hall, through March 2, 8 p.m., plus Sunday, March 3, 3 p.m. Tickets \$8
- 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.
 - Cookie Corner, 11 a.m. to noon. Make sweet Hershey Kiss cookies for your family and friends.
 - Kids Sewing, No. 1, 2:30 to 4 p.m., and 4 to 5:30 p.m.
 - Stamp-a-Rama, 9 a.m. to 9 p.m.
 - Homebuyers Workshop, 7 to 9 p.m., Fleet and Family Support Center - Hear about mortgage qualifications and other financial options from a representative of the Navy Federal Credit Union. Call 841-2283 for more information.

- Upcoming:
 - March 1, Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - "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 a 20+ 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 caloric 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.
 - March 2-3, Caravan Connection Oriental Rug Show and Sale, Middletown High School, Valley Road, 10 a.m. to 5 p.m. Twenty minute presentation about carpets at noon each day. Show, to benefit charities, by Newport Officer Spouse Club.
 - March 3 - Newport Navy Choristers, Spruance Hall Auditorium, Naval War College, 4 p.m.
 - March 4 - NAVSTA Fleet and Family Support Center hosts Job Fair 2002, 9 a.m. to 2 p.m., at the Hyatt Regency Hotel, Goat Island, Newport.
 - March 5 - Investing in Your Future Workshop, 6:30 to 8:30 p.m., Fleet and Family Support Center - Basic information on mutual funds, IRAs and 401ks.

Senate votes \$15,000 for Saratoga project

PROVIDENCE—The Rhode Island Senate has stepped up with a \$15,000 legislative grant to boost the efforts of the USS Saratoga Museum Foundation, Inc.'s plans to establish a non-profit museum and family attraction on the Narragansett Bay.

"This tangible confirmation of support from our elected officials statewide is extremely gratifying," said Foundation President Frank Lennon. "It proves that our grassroots efforts over the past three years have borne fruit, and that the majority of our elected officials are willing to listen to the voices of those who put them in office."

Sen. James Sheehan, D-North Kingstown, said, "By this action, the R.I. Senate is letting the people of Rhode Island know this worthwhile project is alive and well. This show of support may be just the shot on the arm the Saratoga project needs to gain back the momentum needed to turn this vision into reality."

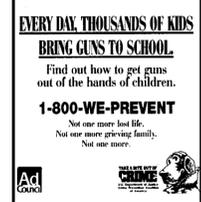
Sens. John A. Celona, D-North Providence; and Stephen Alves, D-West Warwick, co-sponsored the grant with Sheehan.

Celona said, "I think the USS

Saratoga Museum project would be a valuable asset, both historically and economically, for the people of the State of Rhode Island. It will be a wonderful hands-on history lesson for all citizens."

In the spring of 2000 both chambers of the General Assembly passed resolutions of support for the plan to moor the decommissioned carrier Saratoga as the centerpiece of a non-profit Heritage and Technology Park at the old Quonset Point Naval Air Station.

Full detail about the project, as well as information on how to participate, is on the project's website at <http://www.saratogamuseum.org>



Naval Station Newport Clubs

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.

If you've got a 10-gallon hat and cowboy boots collecting dust in your closet, pull them out, and brush them off because country music is coming to the Officers' Club! Get ready for a guaranteed great evening full of food, music and fun on Feb. 28 as the Officers' Club welcomes Country Mile, a Massachusetts-based country quintet to "Lobsters for Happy Hour."

Authorized patrons of the Officers' Club and their guests are invited to mosey on over and eat, drink and dance to contemporary country favorites and original Country Mile compositions beginning at 5 p.m.

Dine on one-plus pound boiled lobsters, a pound of hot and spicy chicken wings including blue cheese dressing and celery sticks, giant Idaho baked potatoes and fresh garden salad for a price you won't find anywhere else! Save room for the special dessert and coffee station, available this evening only, making this a truly special event that you won't want to miss!

The ballroom and beverage stations will be open at 4 p.m. so come early and get a good seat. "Lobsters for Happy Hour" are available from 5 to 7 p.m.; and the pub menu will also be available starting at 7 p.m. Country Mile will perform from 5 to 9 p.m.

This special event is sure to be a rootin', tootin' treat for the whole family, so come down and kick off the weekend with great food and fun music by Country Mile. For more information, call 846-5111.

You'll feel lucky as a leprechaun if you purchase tickets to a spectacular pre-St. Patrick's Day Dinner Show on Friday, March 15, at the Officers' Club. This special evening of fine dining, music and dancing features a traditional Irish buffet and music by *Anything Goes*.

Start the night with a cocktail (cash bar) and some delicious Blarney beer cheese and crackers at 6 p.m. Next, enjoy a crock of hearty Dublin split-pea soup, shamrock salad, Irish soda bread, an abundant, all-you-can-eat Irish buffet including corned beef and cabbage, Irish stew and more! Top it all off with a visit to our Irish coffee station for your individually-made Irish



MUSIC WITH LOBSTERS—The Officers' Club on Feb. 28 welcomes Country Mile, a Massachusetts-based country quintet, to perform during Lobsters for Happy Hour. See details in Officers' Club news.

coffee created with Old Bushmill's Irish Whiskey and Bailey's Irish Cream. Decadent desserts are also included in this marvelous March event!

After you eat, put on your dancing shoes and get ready to kick up your heels until the wee hours of the morn to the fabulous sounds of *Anything Goes*. Tickets must be purchased in advance and cost just \$22.95 each, including gratuity. Order by phone (Visa/MC only) at 846-2515 or visit the O'Club Gift Shop in Building 95 today!

All hands are invited to join us for a Newport O'Club tradition, the annual Easter Sunday Buffet on Sunday, March 31, beginning at 11 a.m.

The buffet will feature dozens of appetizer and salad bar items, a variety of breads, several main dish selections and more dessert choices than you can imagine.

Bring a camera and take pictures of your children with the Easter bunny! Tickets go on sale at the Officers' Club Gift Shop. Cost is \$24.10 for adults, \$11.45 for children 4 to 12; and free for children 3 and under. Ticket prices include gratuity and all tickets must be purchased in advance. Seating times are available from 11 a.m. to 3 p.m. and must be confirmed at time of ticket purchase. For more information call 846-7987.

The Officers' Club has announced the dates for the 2002 Dinner Show series. All shows feature lively entertainment from premiere local bands and a spectacular gourmet menu. Advance tickets are required for all shows and are currently on sale at the Officers' Club.

Ticket prices include gratuity. The remaining shows are:

March 15, *Anything Goes* (traditional Irish buffet), \$22.95 per ticket

April 19, Ronnie Rose Band (gourmet menu), \$24.10 per ticket

Tickets may be purchased at the Officers' Club Gift Shop or by phone (Visa/MC only) by calling 846-7987 during normal hours of operation. For more information, contact the Officers' Club.

Rec 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 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

What about lunch? Stop by the Recreation Center, Building 656, today and get a delicious lunch at a price that can't be beat!

The kitchen opens at 11 a.m. and serves sandwiches, burgers, soups and salads. We've got the best creamy white, New England-style clam chowder around.

You can still enjoy a complete steak dinner including potato and salad, on Thursdays and fresh, delicious fish and chips on Fridays. 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.

Ticket Connection

We love New York, and so do you!

There's no city on Earth like the Big Apple and the Morale, Welfare and Recreation Department Ticket Connection is going to take you there on Saturday, April 13!

Shop for the latest spring fashions, visit the newest exhibit at a museum, or catch a Broadway show for half-price with tickets from the Times Square ticket booth—the choice is yours! Trip price is just \$43 per person and the bus will depart at 7 a.m. from the grassy area outside of Gate 4 and is scheduled to return at approximately 11 p.m. Register at the Ticket Connection, Building 656 or call 841-3116 for more information.

Armed forces can ski Killington, Vt., for less

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.

See the 'Big Picture' for less!

Going to the movies this weekend? Stop by the Ticket Connection, Building 656, and pick up some discount movie tickets first. These tickets cost just \$6 each and may be used at the Holiday and Opera House cinemas.

Tickets to the Jane Pickens Theatre are just \$5, so don't let this great, money-saving offer pass you by! Get over to the Ticket Connection and stock up today! Call 841-3116 for more information.

Howard Johnson
INN

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First Annual

PIZZA COOK-OFF

*"Anyway you slice it...
It's going to be great!"*

Saturday, February 23 • 11am-4pm

Hyatt Regency Newport

THE COMPETITORS

- A1 Pizza of Newport
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- Hyatt Regency Newport
- Mama Leone's Restaurant
- Nobel Roman's Pizza
- Pizza Hollywood
- Rhino Bar & Grille
- Rocco's Little Italy
- West Main Pizza

as of 2/15/02

Adults: \$7/\$5 with button. Children 4-10 are \$5/\$4 with button. Kids under 4 are free.

Tickets available at the door or call 847-7666

BLACK HISTORY

M · O · N · T · H

SONGS OF CELEBRATION — A component of the Naval Ambulatory Care Center's Choir sings, *Let Every Voice Rise and Sing*, for Naval Station Newport's observance of National African American History Month at Perry Hall Auditorium last Friday.



Speaker says black history belongs in American history

By RICHARD ALEXANDER
Navallog editor

African American history should not be observed just one month a year, but should be incorporated into the archives of all American history, the guest speaker for Naval Station Newport's National African American History Month observance said.

Ms. Joyce Williams, president of the Newport County NAACP and the recently-elected president of the New England Area Conference, NAACP, spoke last Friday to about 100 gathered at Perry Hall auditorium. The program included spiritual music, poetry readings and a cake-cutting.

It was the first of two observances held in Navy Newport this month. The second was last Wednesday at the Naval Ambulatory Care Center (NACC) Newport.

Ms. Williams, whose late husband was the pastor of the Community Baptist Church in Newport, said the NAACP first met in 1909, the

100th anniversary of President Lincoln's birthday. The founders were an interracial group of people — not poor, but wealthy — with the intent to lift black men and women in society and help them realize economic advantages.

"The NAACP has proven that it is for all Americans," she said.

She said the names Dr. Martin Luther King Jr., Justice Thurgood Marshall and abolitionist Frederick Douglass are most familiar, but there are other famous black Americans whose contributions have gone unrecognized.

The blood bank concept was devised by Dr. Charles R. Drew; air conditioning was envisioned by Willis H. Carrier; and the ironing board and lawn sprinkler were the inventions of Elija McCoy — all black Americans, she said.

Congresswoman Barbara Jordan was the first black woman to address the Democratic National Convention, and Congresswoman Shirley Chism was a force to be reckoned with on Capitol Hill, Ms. Williams said.

BLACK HISTORY, Page 9



GUEST SPEAKER—Ms. Joyce Williams, president of the Newport County NAACP and president of the New England Area Conference NAACP, speaks at Perry Hall.

Ron Fontaine/U.S. Navy photos



LEGALMAN Second Class Octavia Harrison recites a poem, *Who Am I*, author unknown, at Perry Hall.



LT. COL. DANNY RAY, left, executive officer of the Naval Academy Prep School, speaks at the Naval Ambulatory Care Center's observance of African American History Month on Wednesday morning; while Chief Hospital Corpsman Alphonse Whitt reads Maya Angelou's poem, *Equality*, at Naval Station Newport's observance at Perry Hall last Friday.



AN ETHNIC African-American buffet table draws a crowd after the Naval Ambulatory Care Center's program at Building 43.



Jacqui Parker of Newport sings a solo at Naval Ambulatory Care Center's program at Building 43.



HISTORY ON DISPLAY—Gas Turbine Systems Technician First Class (SW) Thomas S. Earnest reads the biographical information about Dr. Martin Luther King on posters displayed in the atrium of Building 690, Naval Station Newport.

Black History

Continued from Page 8

Ms. Williams, who is a cousin of actor/dancer Ben Vereen, grew up in the Flushing section of Queens, N.Y. Her mother, for a while, danced at Harlem's Cotton Club, while her father performed vaudeville. Ms. Williams was raised in foster homes and orphanages. She is now a great grandmother with an active community life in Newport.

"This is just a brief history lesson," she said. "Our American history should be complete. Please study, make sure that black history isn't just once a month, and that it is recorded in American history books."

The observance included an cappella solo by Musician Second Class Will Scott of Navy Band Northeast, who sang *Amazing Grace*. Two other enlisted members read poems. Chief Hospital Corpsman Alphonse Whitt, read *Equality* by Maya Angelou; and Legalman Second Class Octavia Harrison recited by heart, *Who Am I*, author unknown.

Four members of the NACC Choir sang, *Let Every Voice Rise & Sing* and encouraged the audience to join in.

Capt. Ruth A. Cooper, Commanding Officer, opened the program and said, "It is important to take time to recognize our diverse ethnicity. This is what helps make our country and our Navy so strong. Diversity is an integral piece of the fabric representative of our culture."

The ceremony concluded with a cake-cutting by Capt. Cooper and Ms. Williams.

NACC's third annual African American Heritage Celebration, with the theme, "The African American Legacy: Contributions and Service in America's Defense," was held at the Building 43 Command Conference Room on Wednesday.

Marine Corps Lt. Col. Danny Ray, the Executive Officer/Battalion Officer of the Naval Academy Preparatory School (NAPS), was guest speaker.

Ray identified himself as a Christian and military team member, both of which conceptualize the combination of many parts to create the whole.

He said African Americans have contributed to the success of America and have shed blood, sweat and tears in military service to protect those freedoms.

He quoted from a speech by Gen. Colin Powell, Secretary of Defense, who noted that since 1641 African Americans have contributed to the defense of America.

Ray identified the first African American graduates from West Point and the United States Naval Academy.

He said Mess Serviceman Dorrie Miller manned a machine gun from his ship during the attack on Pearl Harbor, and shot down four Japanese attack planes. Adm. Sam Gravelly was the first black astronaut, and Gen. Powell is the first black Secretary of Defense.

Ray ended his talk by quoting the poem by Edgar Guest, *The Things that Haven't Been Done Before*, as an encouragement not to be intimidated, and to try things that haven't been done before.

Ray is from Wichita, Kan., and is a graduate of the U.S. Naval Academy Class of 1977.

He reported to NAPS in August 2000 after serving as the Executive Assistant to the Director, Strategy, Plans and Policy, U/C/J-5, United Nations Command, Combined Forces Command, United States Forces Korea.

After Ray's talk, Ms. Jacqui Parker from Newport sang, *His Eyes on the Sparrow*.

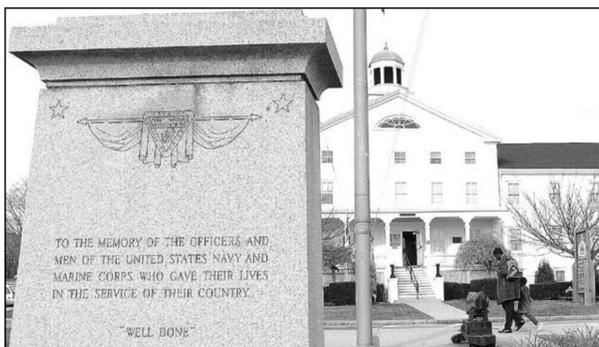
Chief Whitt from the NACC Clinical Pathology Clinic, co-chaired the planning and coordination of the event with Hospital Corpsman First Class Anissa D. Jones from the Radiology Clinic.

Chief Whitt also led the participants in *Lift Every Voice and Sing*. The program ended with a luncheon, slide presentation and door prize raffle.

Other observances:

A special African American ethnic lunch menu will be offered at Ney Hall galley today.

A poster display and slide show will continue until Feb. 28 in the atrium of Building 690, NASTA headquarters. The exhibit highlights the lives and achievements of African American men and women.



Ron Fontaine/U.S. Navy photo

GRANITE MONUMENT at the flagpole opposite the Naval War College Museum was erected in memory of Sailors and Marines who gave their lives for their country.

Fleet Reserve remembers sacrifices

EDITOR'S NOTE: Did you ever wonder about the names used for buildings, roads and streets on the Naval Station Newport, or what the stone markers and monuments commemorate? *The Newport Navallog* continues its series of articles on the background

behind these landmarks and signs.

On Dewey Field, Coasters Harbor Island, a modest granite monument honors Sailors and Marines who paid the ultimate sacrifice for their country.

The stone, erected

and dedicated by Branch No. 19, Fleet Reserve Association, was erected on Sept. 4, 1938.

It is inscribed with: "To the memory of the officers and men of the United States Navy and Marine Corps who gave their lives in the service of the country."

Dear Navy Doc

Abnormal Pap smear not always cancer

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,

My doctor just told me that I have an abnormal Pap smear and need a colposcopy. What does this mean?

—E.

Dear E:

Pap smears are screening tests that look for changes in the cells of the cervix (the opening to the uterus or womb) which could signify cancer of the cervix. Before the Pap smear was developed, many women died of cancer of the cervix. But since routine Pap screening became widespread, death or serious illness from cervical cancer is much more rare.

When you have an abnormal Pap smear, it can be a sign that the cells are changing in a way that may become cancerous. But an abnormal Pap smear doesn't necessarily mean that you have cancer. You could just have pre-cancerous changes, or perhaps an infection that is irritating the cells of your cervix. If you follow your health care provider's recommendations, you have the best chance to make sure that prob-

lems can be avoided or cured.

Colposcopy is a diagnostic test done to evaluate an abnormal Pap result. It permits a very close, magnified examination of your cervix and the back of your vagina that helps your provider find the reason for an abnormal Pap smear. The exam is much like the Pap smear except a lighted microscope is used and vinegar solution and/or Iodine solution (called Lugol's) is applied to the cervix and vagina. The vinegar and Lugol's solution make any abnormal areas look different than the surrounding areas, so they can be evaluated further.

If your provider sees areas of abnormal tissue, he or she may perform a biopsy. This involves removing a tiny pinch of tissue from the abnormal area and sending it to a pathologist to examine. It usually takes 1 to 2 weeks for the pathologist to report back to your provider.

The colposcopy takes only about 20 or 30 minutes from start to finish. Neither vinegar nor Lugol's solution hurt. You might have some mild cramping or pinching if your provider takes a biopsy. This can be minimized by taking an over-the-counter pain reliever like ibuprofen (Motrin) before your colposcopy. You may also have some spotting or brown

or black colored discharge from your vagina for a few days after the colposcopy.

You will receive more specific details about what you can expect before, during, and after the procedure from your provider or his/her staff.

Like any experience with something that is new or unknown, the thought of abnormal Pap smears and colposcopy can cause anxious moments. Ask questions and get information to help you feel comfortable.

—Navy Doc

This "Navy Doc" column was answered by Lt. PL. Pentin, MC, USNR, 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, 2nd 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.

Keeping the Faith

Career, life mentoring often two-way process

By **CMDR. JAMES R. FISHER**
Deputy Director, Naval Chaplains School

One of the most enduring stories of all time is Homer's *The Odyssey*. (So popular, in fact, that last year's great movie, *O Brother Where Art Thou*, starring George Clooney, acknowledged loosely following Homer's storyline.)

Basically, *The Odyssey* tells the story of a great warrior, Odysseus, who must leave his beloved homeland to fight for the honor of Greece. Before he leaves however, Odysseus entrusts the care and education of his son to his trusted family servant, Mentor.

Mentor is commissioned to teach young Telemachus the art of war, the honor of his name and family, the responsibilities of citizenship and, of course, the memory of his far distant father. Mentor does an excellent job. In fact, two decades later when Odysseus returns from the foreign wars he finds his wife, son and household threatened by local interlopers. The story ends with Odysseus, Telemachus and Mentor fighting side by side to successfully defend wife, hearth and home.

Our Navy structure also encourages mentoring. The idea

is to link a senior person to a junior person with the purpose of informal education, career discussion and advice, and to support in times of discouragement or uncertainty. Ultimately, the concept is to provide continuity to the ideals of Navy Core Values, reinforce strength and honor beyond generations, and build upon organizational skills and knowledge. It is a great concept, and when done with commitment and intentionality truly helps both the individual and the organization.

Usually, however, we think of mentoring as a "one-way" relationship. The older, more experienced senior mentors the younger, less experienced junior. I would like to suggest that mentoring could be multi-faceted. In fact, throughout my Navy career I have maintained a mentoring program that has several dimensions.

I believe there are three kinds of mentors: senior mentors, peer mentors and junior mentors. Each kind has played a vital role in my professional development and career advancement.

When I consider my senior mentors I immediately think of three people. The first was my battalion commander when I was a young lieutenant chaplain. Lt. Col. Gary Parks (now a major gen-

eral in the Marine Corps) was the consummate model of leadership. Through his tutelage he taught each of his junior officers that loyalty is a two-way dynamic.

Capt. Leroy Gilbert, Chaplain of the Coast Guard, taught me about goal setting and thinking outside the box. His style of leadership had movement and flow. The chaplains of the Coast Guard learned that effective leadership depends on vision and inspiration.

Capt. David Atwater, presently the Director at the Naval Chaplains School, mentors us, his staff, in the necessity of proper administration and staff work. Each of these attributes, loyalty, inspiration and attention to detail in our paperwork, are vital to today's naval leader.

I also depend on peer mentors to keep me calibrated regarding the quality of work that I am accomplishing in my present status and billet. Three of my best peer mentors are Chaplain Mark Tidd, who is presently the Fifth Fleet Chaplain, Chaplain Bryan Weaver who works with a Marine Expeditionary Unit, and Lt. Cmdr. Butch Candler, White House Communications Staff.

As I observe them, and the high degree of professionalism that they exhibit, I ask myself whether I am maintaining their same level of expertise. If I say to myself, "No," then I know it is time to recalibrate.

Finally, my junior mentors infuse me with fresh idealism and new paradigms. Lt. Tim White of ISC Kodiak, Lt. Kim Anderson of Carrier Wing Seven and Lt. Dan Stallard, here at our Naval Chaplains School, excite me about the future of our Navy. Their dedication, patriotism and "knowledge of the new" challenge me to not get tired or stale. Of course, with groups of young Basic Course chaplains continually rotating through the schoolhouse, it is hard not to resonate with their enthusiasm and vitality.

Who are the mentors worth mentioning in your life and career? How have they modeled success? What kind of leadership style do they utilize? What character traits do they exhibit?

When we imitate great people we do them a wonderful honor. But, not only do we honor them, we advance ourselves, as well. Finally, I am convinced that in following the lead of our mentors we take an active role in improving our Navy/Marine Corps organization and our nation.

Write your mentor today and tell them thanks!

NAVSTA Public Works Department

Lawn mowing contracted for all Navy housing areas

NOTE: *The Newport Navallog* today continues a monthly column by the Public Works Department to address ongoing and future projects. Readers may inquire about specific projects by calling the Public Affairs Office at 841-3538.

Q. I'm a single Sailor, but mother of two small children. It's difficult for me to borrow lawn mowing equipment from Self Help to take care of my housing unit. Any suggestions?

A. As we talked last month, Naval Station Newport has contracted with a new grounds maintenance company called JOPPA Maintenance Co., Inc. of Hampstead, N. C., to do all the mowing on base this summer.

The company has experience and contracts with several other military installations across the country.

One major benefit in this contract for Navy family housing residents this year is FREE lawn mowing. The NAVSTA Housing Dept has contracted with JOPPA to mow front and side lawns of all 1,400 units from Melville to Fort Adams. Residents are only required to mow their back or fenced in yards.

Residents will also have to ensure their front and side lawns are clear when the contractor is our mowing in the neighborhood. The NAVSTA Housing Office will distribute a mowing schedule to all occupants by springtime.

Q. My household can fill up more than one can for trash and recyclables between the times when the refuse collector comes by to take trash. Is there something we can do about this?

A. The answer is YES! Though there is no extra money for additional trash collection times, the Self-Help store on base has additional blue trash containers on wheels and blue recycling bins for housing residents. So if you need more space for your trash and recyclables, you can go to the Self-Help store to check out additional containers. Your only requirement is to clean these containers at the time of your checkout inspection from Navy housing.

Q. The roads on the base are in terrible condition. Though I appreciate the new paving work over in front of

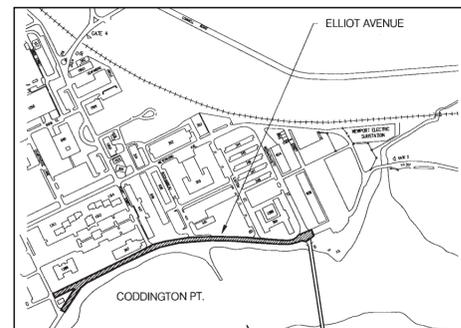
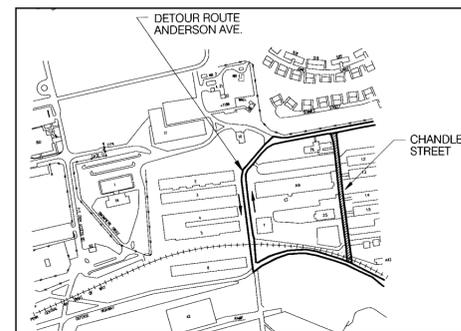
the War College and along the road between Fitness Plus and Gym 302, when are you going to fix some other well traveled roads on base?

This is a great question and one that we have been working on a solution over the past several months. Fortunately, Rear Adm. Tracy, our Regional Commander at Navy Region Northeast, and Capt. Ruth A. Cooper, our Naval Station Commanding Officer, share your viewpoint and expressly set aside some money this year to do some long overdue paving.

You can expect to see the paving crews doing a significant amount of road work on base this year as soon as the weather warms up and the asphalt batch plant opens for operations.

The first two projects are Chandler Street (April 1 start date) and Elliot Avenue (approximately four weeks later). Both of these roads have significant drainage problems underneath and will be completely re-worked.

We also expect to do a few other parts of roads and parking lots this summer.



PUBLIC WORKS DEPARTMENT plans road paving projects this spring, including Chandler Street, top photo, between Simon Pietri Drive and Defense Highway; and Elliot Avenue along Coddington Cove, bottom photo.

Job Fair 2002 targets military

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

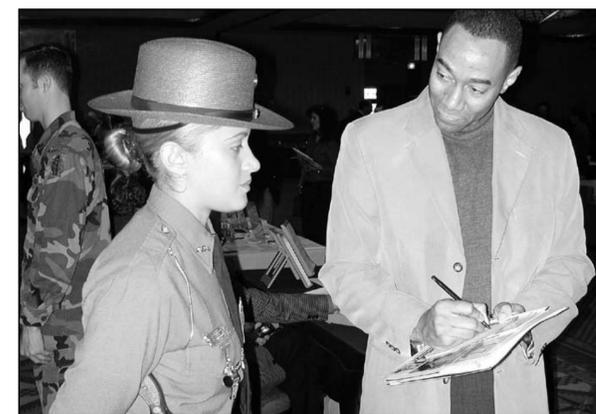
The Job Fair is open to separating or retiring personnel, active duty personnel, reservists, veterans, members of the National Guard, military spouses, and Department of Defense employees. Participants in the Job Fair are encouraged to bring at least 20 copies of their resumes, and should dress in attire suitable for a job interview.

Job fairs are a unique opportunity for individuals to 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.

Job Fair 2002 will feature employers from several different fields, including health care, manufacturing, office services, technical, professional, financial services, and hospitality industries. Employers are welcome to participate in the Job Fair. Interested employers or anyone with questions about the Job Fair should contact the Fleet and Family Support Center at (401) 841-2283.

There is no cost to participate in Job Fair 2002 for employers or for those seeking employment.



Ron Fontaine/U.S. Navy photo

RETIRED Gunnery Sgt. Larry Dunn, formerly with the Broadened Opportunity for Officer Selection and Training program, talks with **C.M. Cortez**, a guard with the Rhode Island Department of Corrections, during the Fleet and Family Support Center's Job Fair 2001 at the Hyatt Regency Hotel.

Sports



Ron Fontaine/U.S. Navy photo

THEY'RE OFF! A handful of runners take part in the first Morale, Welfare and Recreation Valentine's Day Fun Run and Walk at Gym 109 on Feb. 14. The three-mile course was laid out over Coasters Harbor Island.

Foul shot penalties cost NAPS 2 games

The Naval Academy Prep School (NAPS) men's basketball team had a "foul" week of games earlier this month when the Rams faced two formidable opponents in Tabor Academy and Bunker Hill Junior College.

On Feb. 6 NAPS traveled to Tabor Academy in Marion, Mass., to take on the highly regarded Seawolves. In a tough and rumbly game, the Seawolves prevailed, 66-64.

The Seawolves had a definite advantage at the foul line by outscoring the Rams from the free stripe by 30 points. The Rams shot six foul shots and made four, while the home team shot 39. The difference was too much of a difference for the Rams to make up.

"We played an intense and a tough game," Head Coach David Sladky said. "We played good defense and the offense was good enough to win most games. We outrebounced them, outshot them, but the turnovers down the home stretch were too much to overcome."

The Rams went ahead early, fell behind, fought back and then entered a seesaw game in the last half. The Rams held a slim lead at the 1:20 mark, but a three-point shot from the deep corner put the Seawolves ahead.

The Rams couldn't regain the lead then as they had a couple of turnovers while the hosts put up good foul shots.

Dave Hooper and Marquis Taylor led the Rams in scoring with 16 and 15 points respectively, while

Wil Perry and Kevin Boatner played good foul games and good defense.

Lenny Green also had a good game on the Ram squad.

On Feb. 9 the Rams hosted the Patriots from Bunker Hill Junior College in Massachusetts. In another hard fought, tough game the Rams again were whistled for 30 more fouls than their opponents and got outscored by 24 from the free throw line.

Again, the Rams had a great effort but could not overcome the huge difference from the line as they fell in overtime, 92-86.

"We played well and deserved a better outcome," Sladky said. We outplayed them statistically, but did not score enough points to help with the foul line difference.

The Napsters jumped out to a 28-12 lead and then the smooth sailing stopped and turned into a dog fight. By halftime the NAPS lead had dwindled to five, and then the game was tied early in the second half. The lead changed hands a number of times.

Dave Hooper hit a three-point shot at the end of regulation to tie the score, but the foul line became the enemy again. The Rams had four people foul out.

Matt Green led the scoring with 19 points in a solid effort while Hooper had 18 and Kelvin Boatner, 12.

The Rams were off to Ft. Monmouth, N.J., last Saturday to face the Military Academy Prep School for "Little Army-Navy."

Recreation

'Go for the Gold' fitness challenge

You may not be an Olympian, but you can still go for the gold in the Morale, Welfare and Recreation Department's "Go for the Gold" Fitness Challenge, starting Friday, March 1.

Register at Gym 109 or Fitness Plus by today and you will be in the running for great prizes as you earn points for participating in specific fitness activities from March 1 through April 12. Aerobics classes will earn you four points, intramural games, such as basketball, volleyball and soccer will net you two points per game, lap swims are worth three points, and cardiovascular and weighted workouts (half-hour) are worth one point each.

There are over a dozen ways to earn points, and the more points you earn, the better chance you have at grabbing the "gold." The top three point earners will be awarded prizes, so, register today and challenge yourself to become a healthier you in 2002!

Pre-registration is required. Visit Gym 109 and/or Fitness Plus for specific rules and a list of point earning activities. Call Fitness Plus at 841-1474 or Gym 109 at 841-3154 for more information.

Be a treadmill 'Trek' star

Need to spice up your treadmill workout? Try trekking—a new, total treadmill workout, coming to Fitness Plus, Wednesday, March 6! Trekking is a group fitness class set to music, designed for runners, walkers and people of all fitness levels!

This class will meet Wednesday mornings from 6 to 7 a.m. and is limited to the first six participants. For more information, contact Fitness Plus at 841-1474.

Register youth for spring sports

Does your child athlete have the winter blues? Cheer up, the spring sporting season is just around the corner! Soccer, t-ball and coach-pitch baseball registrations are being accepted at Gym 109.

T-ball is open to children ages 4 to 5 and youth ages 6 to 8 may register for coach-pitch baseball. Soccer registration is open to ages 4 to 12. All games are held on Saturday mornings, beginning April 6 and ending on June 15. Cost is \$25 per child for either the baseball or soccer league, and the registration deadline is Friday, March 15. Soccer skill evaluations will take place in March. Register at Gym 109 from 8 a.m. to 4 p.m., Monday through Friday, or call Karen Ferris at 841-3293 for more information.

Try our new flow yoga class

Stressed out with your daily routine? Looking for something to help you relieve stress and relax? Then you will want to register today for a new, dynamic "Vinyasa" (flow) yoga class, beginning on Wednesday, March 13.

This class will take participants through a series of poses with particular emphasis on using breath to guide movement. Students will learn the Ujjayi breathing technique and proper posture alignment while enjoying a vigorous cardiovascular workout. Special attention will be directed towards postures that aid in athletic activities.

Kristen Wilkes, a certified Yoga instructor and a licensed dietician at the Naval Ambulatory Care Center, will teach the class. The six-week session costs \$60 and classes are held from 4:45 to 5:45 p.m. in the Aerobics Room at Fitness Plus, Building 355.

A minimum of 10, pre-registered participants is needed for classes to begin and all participants must have a yoga mat by the first class. Mats may be purchased at Fitness Plus for \$18 during normal hours of operation.

For more information, or to pre-register, call Fitness Plus at 841-1474.

Fleet and Family Support Center

Let us help prepare you for Job Fair 2002

A job search can sometimes be overwhelming. Having a job search in which you take the initiative to make things happen, can alleviate that feeling. Our workshop, Preparing for a Job Fair, will be held at the Fleet and Family Support Center on Wednesday, Feb. 27, from 11:30 a.m. to 1 p.m.

It presents a simple, step-by-step process that will help you keep your job search focused. Explore research techniques, learn how to conduct research on a given job target, and identify job techniques that best work for you. For more information or to register, call 841-2283.

Stress Management 101—Stress Management 101 is scheduled for Thursday, Feb. 28, 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.

Job Fair 2002—Job Fair 2002 is scheduled for Monday, March 4, from 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 should dress in attire suitable for a job interview.

Job Fair 2002 is set up specifically for people who have involvement with the military. More than 30 employers will be on hand from several different fields, including health care, manufacturing, office services, technical, professional, financial services, and hospitality industries.

There is no cost to participate in Job Fair 2002. For more information, please call the Fleet and Family Support Center at 841-2283.

Investing in Your Future—Capitalize on your financial future by attending the Investing In Your Future workshop offered on Tuesday, March 5, from 6:30 to 8:30 p.m., at the Fleet and Family Support Center. The presenter for the workshop is Julie Reed, a retired Navy Master Chief Radioman and a Registered Principal for a local investment firm.

A variety of information is presented, including facts about mutual funds, IRAs, college tax credits, 401Ks and educational IRAs for your children.

Call 841-2283 to register.

Surviving Your Adolescents—Adolescence can be a challenging time for parents. Learn about stages of normal adolescent development and how to identify potential problems, including when to seek professional help for your adolescent. Part one of this informative two-part workshop will take place at the Fleet and Family Support Center on Thurs., March 7 from 11:45 a.m. to 1 p.m. Part two is scheduled for March 14 from 11:45 a.m. to 1 p.m. Registration is required and may be made by calling 841-2283.

Shipmate

Continued from Page 2

He was finishing up his shift Sept. 11 when hijacked American Airlines Flight 77 with 64 passengers aboard crashed into the building.

Pontell was posthumously awarded the Purple Heart, the Navy and Marine Corps Commendation Medal for his service at the Pentagon, and promoted to lieutenant.

Approximately 23,000 people work at the Pentagon, which is one of the largest office buildings in the world. The five-story building was constructed of more than 435,000 cubic yards of concrete during World War II and later became DOD Headquarters.

Naval Dental Center Northeast

Don't give just lip service to daily brushing, flossing

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

By Lt. CDR C. ZDANOWICZ
Naval Dental Center Northeast

It is 8 a.m., your mouth is open, overhead there is a light shining down on your face, you hear the scraping of a metal explorer gliding over what you hope are spotless, cavity free teeth.

Obviously, you are in the dental office and you hear exactly what you want to hear—that you have no cavities! Unfortunately, that statement is followed by something that you do not quite understand: you have periodontal disease. Now you become a bit upset. First, because you are not quite sure what periodontal disease is; and secondly, because you brush your teeth every day and you feel fine.

Periodontal disease is a bacterial infection—often painless—of the gums and teeth. It is caused by a buildup of plaque (the film that forms on teeth both above and below the gum line). If left undisturbed, plaque can destroy the fibers and bone that anchor teeth in the jaw, leading to tooth loss.

The dentist tells you that the key to fighting periodontal disease is good oral hygiene habits—brushing and flossing daily. You recant, "But I brush my teeth every morning."

What most people fail to realize is that there are millions of bacte-

ria which live in our mouths. They thrive off of the same foods and liquids that we place in our mouths on a daily basis. Briefly, these bacteria, their by-products, food debris, and different materials from our saliva all form the substance that collects on our teeth called plaque.

If someone were to brush and floss their teeth at 7 a.m. and then have a cup of coffee with cream and sugar at 7:15 a.m. their teeth would have been clean for a total of 15 minutes. For the next 23 hours and 45 minutes their mouth would be a haven for plaque forming bacteria.

Brushing your teeth once per day in the morning and/or brushing without flossing is like washing your right foot but not your left.

But this act of omission is not only hazardous to your gums and teeth. A growing body of evidence suggests that oral infections, particularly periodontal disease, may play a role in chronic medical problems, including our nations number one killer: heart disease. Furthermore, periodontal disease is increasingly being associated with a raised risk for stroke, diabetes, and pre-term and low-birth weight babies.

The major risk factors for coronary heart disease are well known. They include smoking, hypertension, and high cholesterol. In recent years, several studies have found evidence linking periodontal disease with an increased risk for atherosclerosis

and thromboembolisms independent of other risk factors for these cardiovascular diseases. Researchers theorize that the bacteria associated with chronic periodontal infections may spread throughout the body via the bloodstream to infect the vasculature and other end organ systems such as the heart.

Periodontal disease in pregnant women is receiving considerable attention as a potential independent risk factor for pre-term low-birth weight (PLBW) babies. Several studies have demonstrated an association between genitourinary infection and PLBW babies, and it is now widely held that PLBW caused by infections is probably initiated by the spreading of bacterial products associated with periodontal disease.

This brief article has highlighted some of the knowledge about periodontal disease itself and the link it may play with other systemic diseases. The goal of the dental professional is to help patients prevent not only periodontal disease, but to have good oral health.

Remember, you must brush and floss daily and never, never, never go to bed—or let your children or significant others go to bed—without brushing and flossing.

For additional information or to ask questions about periodontal disease, visit our command's website at <http://www.ndcne.med.navy.mil>

Trees

Continued from Page 4

School	Portsmouth High School
Band Boosters	Portsmouth Senior Center
ter	Presbyterian Church
Soup Kitchen	R.I. Community Food
Band	Rogers High School Foreign Language Club
tute	Seamen's Church Institute
	SHARE
	St. Mary's Soup Kitchen
	Visiting Nurse Services
gram	VNS Young Parents Program
support Network	Woman to Woman Support Network
	VNS AIDS Testing
	All Saints Academy
School Robotics Team	Middletown High
ilies	Sept. 11th Military Families

JAG

Continued from Page 3

for a backdrop. Last July, Lt. Galindez received orders for Newport, so the couple relocated and found a home in Bristol. Ergener keeps her acting skills honed by assisting in the Portsmouth Abbey Theatre Department. She was

Did you know...

Did you know white elephants to you could be treasures to someone else?

Have you out-grown those roller skates and clothes in your closet, and will you ever try to break your neck again on that unicycle? Does the thought of organizing a garage sale turn your stomach?

The Navy-Marine Corps Relief Society Society Thrift Shop might be your answer. It is a great places to take items that you no longer use. Why not recycle your discards and make them available to your shipmates and fellow Marines?

Who knows, you might even treasure someone else's white elephant.

Call the shop for information, Tuesdays and Thursdays at noon, at 846-7961.

assistant director for the production of *Fame—The Musical*, which played last weekend.

Lt. Galindez takes being married to a Hollywood celebrity in stride. "I'm just called the guy married to the actress," he said.

Meetings/reunions

NMCRS fund drive meeting

Full support of all active duty service members is requested for this year's annual Navy-Marine Corps Relief Society (NMCRS) fund drive.

The drive will run from March 1 through 31. The coordinator for the Narragansett Bay area, Lt. Kurt M. Phoel, is requesting that all commands designate a coordinator to organize and conduct the fund drive within their organizations.

A command coordinator's meeting will be Feb. 25 from 9 to 10 a.m. in Building 690 conference room.

The purpose of the meeting is to provide a briefing on the campaign plan and fund raising events policy, training form completion and contribution turn-in procedures. Coordinators are encouraged to bring selected key command personnel since campaign supplies will be distributed at the meeting.

In 2001, the Newport NMCRS office distributed \$80,700 in financial assistance to over 100 service members and retirees. Low cost uniforms, clothing and household items and budget counseling were also provided by the fund drive.

For more information, contact Lt. Phoel at (401) 841-2579 or by email at phoel@nsnpt.navy.mil.

Volunteers wanted to promote wellness

Would you be interested in helping your command maintain its personnel wellness?

The Health Promotion Action Council is looking for volunteers from tenant commands to help bring fun and interesting wellness activities to local commands and their families. The council meets the second Thursday of every month at 1 p.m. in the Health Promotion classroom.

Please submit your request chit through your chain of command, noting NAVSTA Newport Instruction 6100.3C.

For more information, please call Health Promotion at 841-6777.

Return to Normandy

The Normandy (D-Day) European Theater Reunion Group of World War II will return to England and France on May 17, 2002.

Veterans of D-Day, June 1944, and the European Theater of Operations (ETO) will leave New York, N.Y., next spring for a nostalgic reunion tour of London, Portsmouth, Brighton and Normandy, including Omaha and Utah Beaches, military cemeteries, Cherbourg, Caen, Ste. Mere Eglise, and Paris.

American and Canadian veterans can contact Sy Cantan, executive director, Normandy-ETO Reunion Group (WWII) at 5277B Lakefront Blvd., Delray Beach, Fla. 33484 or (561) 865-8495.

USS Portsmouth

The USS Portsmouth (CL-102), 1944-50, will hold reunion ceremonies April 30 to May 5, 2002, in Jackson, Fla.

Contact Jim Patterson at 8 Foster Lane, Palm Coast, Fla., 32137. Phone (944) 446-0895 or email ejpatt@pcfl.net

USS Tarawa

The USS Tarawa Veterans Association will hold its 13th annual reunion in St. Louis, Mo., on April 18-20. For membership and reunion information, contact either Frank Grosey, President, of 1430 Amethys Road, Victorville, Calif. 92392; phone (760) 241-7472 or email BT2FG@msn.com; or C. "Roscoe" Turner, Membership Chairman, at 16 South St., Walton, N.Y. 13856. Phone (607) 865-4076 or email acturner@stny.rr.com.

Cruiser Sailors Association

The U.S. Navy Cruiser Sailors Association's 10th annual meeting will be held April 28-May 3, 2002, at the Radisson Hotel in Annapolis, Md.

Former crewmembers of the USS Fresno (CLAA-121) and USS Fall River (CA-131) are invited to join the reunion.

For information, contact Edward J. August of 21 Colonial Way, Rehoboth, Mass., at 02769; phone (508) 252-3524; or email usncsa@aol.com.

Director and membership chairman is Ronald Maciejowski, USS Worcester veteran, email: clcanary@aol.com.

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010 - Help Wa

CERTIFIED NURSING ASSISTANTS experienced in long term care facility are needed by Aquidneck Island Medical Resource Team, 601 Forest Avenue, Middletown, RI 02842. Please call for inter: 849-4463.



COUNTER HELP, day shift, part time. For local law Apply in person, Shop Wash, 1376 W. Main Road.

HOTEL POSITIONS: Full & part time. Kitchen Manager, Line Cook, Bookkeeper PM Waitstaff, Housekeepers, Sales Assistant. Ran da Inn, Rte. 114 Middletown.

NURSING RN's or LPN's. Full/Part-time. 7 am-3 & 3 pm-11 p.m. Heather Wood Nursing & Subacute Center, a 114-bed facility in Newport, Rhode Island is currently accepting applications for RN's or LP for the 7 am-3 pm & 3 pm-11 p.m. shift. RI w/5 yrs. experience. C earn up to \$23.30/hr. P a \$1 per hr. differential. weeks. We offer individual paid health, and dental insurance, 401 plan, tuition reimbursement & a generous time of package. Interested cand dates should apply to: Director of Nursing, Health wood Nursing & Subacute Center, 398 Bellevue Ave Newport, RI 02840. Tel: phone: 401-849-6600. fax: 401-295-3457. e.o.e.

PART-TIME DRIVER for local laundry. Apply in person at Shop & Wash, 1376 W. Main Rd., Middletown.

RETAIL STORE. Salesperson, Marine Industry. Part time & part time position. Excellent experience preferred. Computer skills helpful. Good wages & benefits incl. discounts on marine supplies. Please send resume or letter of interest to Human Resources, PO Box 282, Bristol, RI 028

522-Sporting C

MOUNTAIN BIKE GT Outpost. Like brand new Asking \$200. 847-5940.

530-Household F

6' LOVESEAT. Taupe, taylored piped cushions, ov stuffed, barrel roll a brushed cotton, great shape. \$375/best. 846-4522

DUCAN FFFFE MAHOGA NY Dining rm. table, 5 1/2'x24'x40, w/din extension \$150. 846-2795.

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REGISTERED NURSE needed for various shifts. S nursing home, family oriented. Good staff quality care provide. Please call Aquidneck Island Medical Resource Team for further inform: 849-4463.

SALESPERSON, Marine Industry. Full time & part time positions avail. Experience preferred. Computer skills helpful. Good wages & benefits incl. discount on marine supplies. Send resume or letter of interest to Human Resources, PO Box 282, Bristol, RI 028

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AVON SALES Reps. earn \$ create your own hrs. C 847-9657 or 1-866-847-9657

350-Instructor

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MOUNTAIN BIKE GT Outpost. Like brand new Asking \$200. 847-5940.

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6' LOVESEAT. Taupe, taylored piped cushions, ov stuffed, barrel roll a brushed cotton, great shape. \$375/best. 846-4522

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GE WASHER w/handwash cycle. Large capacity beige. \$150/best. 847-316.

MAYTAG REFRIG. 2 1/2 yrs. old, ice maker. Upd kitchen. \$350. 849-847

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UPRIGHT 1926 PIANO. Asking \$400/best. Off: 846-5024.

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ROUTE 177 FLEA MARKET Tiverton RI Dealer space avail. Pr parking & admission. Open all winter, Sat. & S 9am-5pm. 401-625-5954. Free Sun. dealer space.

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2 BDRM APT. TO SHARE. Newport \$475 incl a lease message. 225-0743.

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NEWPORT VICTORIAN. 4 bedroom, w/dining room, yard, and parking. \$1,500. Osborn Realty. 849-4150.

NEWPORT. 3 bdrms., 1 bath. Fenced yard, deck, off parking. \$1250+. 846-0037

PORTSMOUTH - Elmhurst school district. 2 bedr duplex. Clean large rooms new windows, washer dryer hook-ups. Large yard garage. \$1200+. 225-0317.

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Navy-wide news

NFL post scholarships for two war casualties

NEWYORK (NNS)—The National Football League has endowed funds for \$10,000 annual scholarships in memory of CIA intelligence officer Johnny "Mike" Spann and Marine Corps Sgt. Jeannette Winters, the first American man and woman killed in Afghanistan.

NFL Commissioner Paul Tagliabue made the announcement Feb. 2, the day before Super Bowl XXXVI in New Orleans, according to Steve Alic, an NFL spokesperson. Spann died Nov. 25, 2001, during a four-day Taliban prison uprising near Mazar-e Sharif. Winters and six other Marines died Jan. 9, 2002, in the crash of their KC-130R refueler aircraft in Pakistan.

"We (the NFL) wanted this as a lasting tribute to these two American warriors, in honor of their sacrifice," Alic said. Spann graduated from Winfield High School in Winfield, Ala., and was a running back and wide receiver on the school football team. He served eight years in the Marine Corps before joining the CIA. Winters was a track team member while attending Calumet High School in Gary, Ind. She joined the Marines after graduating from high school.

Scholarships in Spann's name will benefit high school football players in Marion County, Ala. Similarly, scholarships in Winters' name will be awarded to female high school athletes in Gary, Ind. Judging criteria for both include demonstrated leadership and a commitment to community service, league officials said.

SECNAV to recruits: 'Never forget' 9/11

GREAT LAKES, Ill. (NNS)—Secretary of the Navy (SECNAV) Gordon England implored the Navy's newest Sailors Feb. 8 to "never forget" the events of Sept. 11 or the training they have received at Great Lakes.

"Never forget the values you have learned here; never forget the lessons your recruit division commander taught you and never forget the heroes who have worn the uniform before you."

England told the Navy's newest 520 Sailors at the Feb. 8 recruit graduation ceremony. "Our Navy and our nation are counting on you as we wage the first war of the 21st century. United we stand, and together as a nation, we will prevail."

Bioterrorism fought with top technology

SILVER SPRING, Md. (NNS)—They fight the war against deadly diseases and bioterrorism in lab coats at the Naval Medical Research Center (NMRC). Their weapons are computers, petri dishes and dogged determination. They are Capt. Daniel J. Carucci, Medical Corps (MC); Capt. Al Mateczun, MC, and Capt. Darrell R. Galloway, Medical Service Corps.

These medical researchers may be three of America's most mighty warriors against bioterrorists' weapons of mass destruction—deadly diseases such as anthrax and smallpox.

For years, they have been fighting the battle almost unnoticed to all but the military, which looks to them to protect American fighting men and women who may be sent in harm's way, to far corners of the world where malaria, dengue fever and scrub typhus can fell servicemen and women as effectively as a bullet.

Building on the innovative DNA vaccine models developed by Carucci and his fellow Navy researchers, the three captains and their colleagues have quietly worked in laboratories at NMRC to develop the next generation of vaccines against deadly dis-

eases, whether they are naturally occurring or bio-engineered weapons.

Traditional vaccines have saved countless millions, but have their limitations. They take years to develop and can be difficult and costly to manufacture. They need constant refrigeration, and generally cannot be mixed to inoculate against more than one disease at a time. And there's always the danger of side effects.

But now, Carucci, Mateczun, Galloway and their colleagues may have taken the first steps to a potential new generation of vaccines, which is expected to be safer, cheaper, stable, have fewer side effects, be more effective against a wider variety of diseases and easier to administer.

They are expected to have what the researchers call "agility"—that is, they can

be retailed quickly to become "just-in-time" inoculations against bacteria, viruses or other pathogens that have emerged or re-engineered to make existing vaccines ineffective.

"One of the potential advantages of this agile vaccine technology, which the Navy is a leader in developing, is that production from start to finish might take a matter of months, not years," said Rear Adm. Steven Hart, MC, head of the Navy's medical research programs.

While traditional vaccines use live virus or killed organisms that stimulate humans and animals to develop an immune response against a specific disease, these agile vaccines will use fragments of organisms' DNA.

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- Col. John W. Cunningham, US Air Force Ret.
US Family Health Plan member,
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