



Navy-wide news

Nominations accepted for Navy's 10th MCPON

WASHINGTON (NNS) — The tenth master chief petty officer of the Navy will take the helm from MCPON(SS/SW/AW) James Herdt this coming spring, upon his retirement in April.

NAVADMIN 327/01 outlines the procedures and prerequisites for the next MCPON applicant. All packages for qualified candidates are due to the Chief of Naval Personnel (Code N00D) no later than today.

In addition to having a record of outstanding service and leadership abilities, candidates need to be eligible for a top secret/sensitive compartmentalized information (SCI) clearance. Prior experience as a command master chief is also highly desired.

Commanders and commanding officers should nominate those master chief petty officers whom they believe will best serve as the Navy's senior enlisted leader.

The MCPON reports directly to the Chief of Naval Operations, and serves as the principle enlisted assistant to the Chief of Naval Personnel.

After a special selection board submits its recommendations and a final interview process is completed, the selection of MCPON-10 will be the sole responsibility of the CNO.

For more information on the MCPON, go to <http://www.chinfo.navy.mil/navpalib/mcpon/mcponpg.html>.

CNO posts assignments for service's flag officers

WASHINGTON (NNS) — Chief of Naval Operations Adm.

Vern Clark announced the following assignments: Navy Rear Adm. (selectee) Curtis A. Kemp is being assigned as president, Board of Inspection and Survey. Kemp is currently serving as commander, Cruiser Destroyer Group 2.

Navy Rear Adm. (selectee) Joseph A. Sestak, Jr., is being assigned as Commander, Cruiser Destroyer Group 2. Sestak is currently assigned as director, Naval Operations Group, N3/N5, OPNAV.

Navy Rear Adm. (lower half) David M. Crocker is being assigned as Commander, Operational Test and Evaluation Force. Crocker is current assigned as assistant chief of staff for plans and policy, Supreme Allied Commander, Atlantic.

Navy Rear Adm. (lower half) (selectee) Christopher C. Ames is being assigned as director for plans and policy, J5, U.S. Transportation Command. Ames is currently assigned as commander, Amphibious Squadron 3.

Naval Air Reserve aircraft named in tribute to Sept. 11.

FORT WORTH, Texas (NNS)— In a lasting tribute to victims from the World Trade Center and the Pentagon Sept. 11, 2001, the Naval Reserve now has two of its newest C-40A "Clipper" logistics aircraft bearing the names "The Spirit of the Pentagon" and "The Spirit of New York City."

The two planes were the last of four Clippers to be assigned to Fleet Logistics Support Squadron (VR) 59 at Naval Air Station Joint Reserve Base (NAS JRB) Fort Worth, Texas.

Following naval aviation tradition, squadrons customarily name aircraft after cities or the locations where they reside.

However, in this instance, the men and women of VR-59 chose to name their two newest Boeing C-40A aircraft as "The Spirit of the Pentagon" and "The Spirit of New York City."

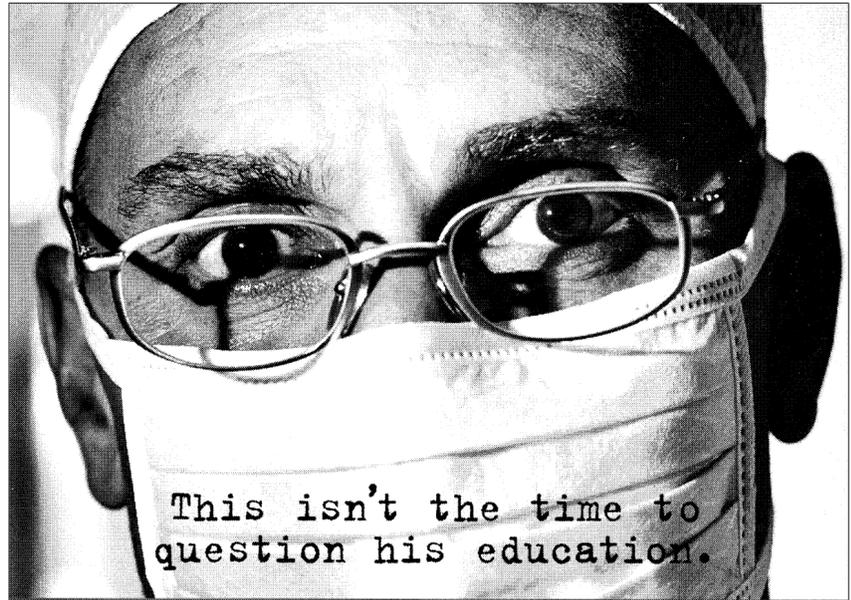
"Without question, it was the squadron Sailors who came up with the names for our latest C-40A aircraft," said Cmdr. Steve Andersen, VR-59 officer-in-charge.

In the aftermath of the attacks, the Naval Reserve has already recalled more than 8,900 Reservists to active duty as part of the partial mobilization authorized by President Bush in support of operations "Noble Eagle" and "Enduring Freedom." Most have been recalled individually based on their specific skills.



PH3 Troy M. Latham/U.S. Navy photo

FLASHBACK — An F-14 Tomcat from the 'Checkmates' of Fighter Squadron 211 ignites its afterburners as it is about to launch from the carrier USS John C. Stennis in support of Operation Enduring Freedom. An F/A-18 Hornet is being launched in background.



This is.

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The Newport Navallog

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SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

Dusting of winter

NAVY NEWPORT receives its first dusting of snow for 2002 on Sunday night. Top, a petty officer crosses Dewey Field toward the Naval War College; near right, a tree at the Chapel of Hope casts a long winter shadow; and far right, an animal leaves its tracks near outhauled buoys at the Naval Station Newport Marina.

Ron Fontaine/U.S. Navy photos



Navy to mark King's birthday

An African American studies authority will speak at NAVSTA's tribute to Dr. Martin Luther King Jr.



Sailors tutor area students

BOOST and SWOS students return in 2002 as tutors and mentors to area public school students.

Java City, Breyer's join Noble Roman's franchise

By RICHARD ALEXANDER
Navallog editor

It soon will be possible to get a cup of gourmet coffee and danish for breakfast, a pizza or lasagna for lunch or dinner, and an ice cream cone for an afternoon snack — all under one roof at Naval Station Newport.

The former McDonald's Restaurant in Building 1255 on Whipple Street will reopen by Jan. 25 with three vendors: Java City Gourmet Coffee, Noble Roman's Pizza and Breyer's All Natural Ice Cream.

Gene Sanchez of Aramark food service suppliers and franchisee,

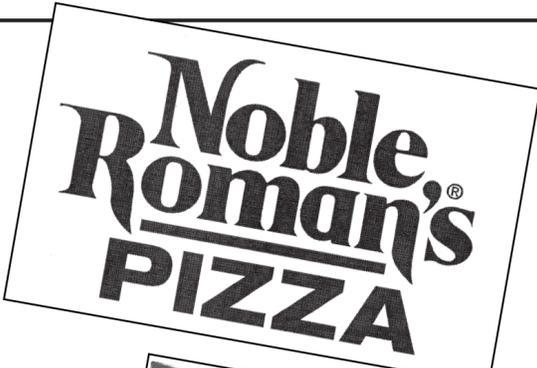
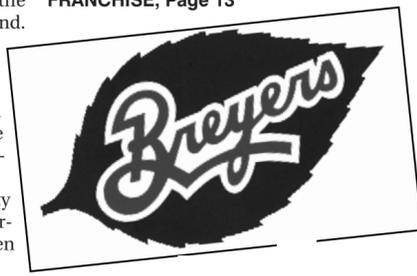
said the three companies will share counter space for their products serving NAVSTA personnel.

Since 1997, Noble Roman's of Indianapolis has been awarded 800 franchises in 41 states. The NAVSTA restaurant will be the company's first in New England. With the current heightened security and all fast food deliveries on base suspended, Sanchez believes there is a unique opportunity for Noble Roman's to win over Navy customers.

"We must supply a quality product, and capture the market on base. So, hopefully, when

the security lifts our customers won't go back to their regular restaurants off base," he said. "We are well aware of it."

There will be take-out pizza advertised as "ready-to-go"; and dining room seating
FRANCHISE, Page 13



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NAVSTA to mark Dr. King birthday

By BOB KREKORIAN
NAVSTA Public Affairs Staff

Professor Cynthia Hamilton, director of the African and African-American Studies Department at the University of Rhode Island (URI), will be the keynote speaker at the Naval Station (NAVSTA) Newport observance of Dr. Martin Luther King Jr.'s birthday on Tuesday, Jan. 15, at 11 a.m. in Captain Howard N. Kay Hall.

The program includes a reading of Dr. King's famous *I Have a Dream* speech by Petty Officer Second Class Lateef Compton and a cake-cutting by Captain

Ruth A. Cooper, Commanding Officer, Naval Station Newport.

The birthday observance will continue at the Ney Hall galley with a special lunch menu on Tuesday, Jan. 15.

Dr. Hamilton, who has a doctorate in political science from Boston University, is a published author. Her numerous writings have appeared in many academic journals, books, and magazines.

She has written extensively about race and class issues, the struggles of African-American women, and economic discrimination.

Her teaching and research specialties include African-Ameri-

can/American government and society with a subspecialty in urban politics, comparative politics with a subspecialty in the cultural impact of Third World development, community power structures, African-American political participation, and Third World women and development.

She has been teaching at URI since 1992, and has also taught at Providence College; California State University; University of California at Los Angeles and Santa Barbara; and Simmons College in Boston. Dr. Hamilton earned a bachelor's degree in Political Science from Stanford University in 1970.

Fort receives restoration funds

The third in a series of three checks totaling \$90,000 to assist in the restoration of Fort Adams has been received by the Fort Adams Trust from George Wein and Festival Productions, Inc., producers of the Newport Folk Festival and the JVC Jazz Festival.

Historic Fort Adams, a national historic landmark and the largest seacoast fortification built in the United States, has deteriorated over the past 150 years. Capital improvements made in 1994 and 1995 allowed parts of the fort to be reopened to the public for the first time in more than a decade, but much remains to be done.

According to Anthony M. Palermo, executive director of the Fort Adams Trust, the \$30,000

donation will be used for the first phase of the restoration project. This phase encompasses outdoor lighting of the granite walls, interpretive signage along the tour route, replacement of iron gates with wooden replica at the main entrance, the east gate and the restoration of the north casemates for artillery exhibits, function space and displays of period cannons.

The Fort Adams Trust, founded in 1994, is charged with directing the restoration, operation and maintenance of the fort as a historic site. 2001 marked the second year of the seasonal, daily-guided tours, special events and corporate events held at the fort that attracted over 20,000 visitors.

The 21 1/2-acre fort is part of the R. I. Department of Environmental Management's (DEM) 80-acre Fort Adams State Park, home of many special events that capitalize on its prominent location on the East Passage of Narragansett Bay.

Wein, founder of the Newport jazz and folk festivals in the 1950s, brought the concerts back to Newport in the 1980s, where they have been staged at Fort Adams, under agreement with the DEM.

That agreement was amended to allow Wein's Festival Productions, Inc., to contribute \$30,000 per year for the three-year period to the Fort Adams Trust for capital improvements of the fort.

Motorists must protect vehicle decal privileges

Naval Station Newport Security urges all personnel to take responsibility for the protection and safeguard of Department of the Navy (DON) decals issued for their motor vehicles.

"There is no security instruction that should be taken lightly," Lt Cmdr. Michael Grant, NAVSA Security officer said. "We sometimes don't understand the reasoning behind these instructions, but this should not detract us from following the rules in their entirety. They protect us, our families, co-workers and our way of life."

DON decals help control vehicle and personnel movement on government properties. They are individually numbered and must be accounted for 100 percent.

Issuance of a decal is a privilege and after it is attached to your vehicle it becomes the

motorist's responsibility to control it.

When your vehicle is sold or junked, the decal must be scraped off, and the remnants returned in an envelope to the Pass and Decal Section of the Public Safety Department at Gate 1. It is wise to write down the decal number before it is ruined during removal.

This action also applies if the decal is attached to the windshield or bumper and has to be replaced because of an accident. Any stolen vehicle with a decal must be reported immediately to Security.

These security guidelines apply to all personnel associated with Navy Newport and help protect the homefront.

Anyone with questions may call 841-3126.

THE NAVALOG
NEWPORT

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SEA

Continued from Page 3

"The (old) furniture was more 'hotel' style, instead of suiting the students' academic needs as well as long term transient guests," said Alves.

There are private or connecting semi-private baths, spacious closet space, and telephone service for each occupant. A modular unit with under-the-counter refrigerator and larger freezer unit replaces a service counter with a small refrigerator built in.

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Deputy Director Master Chief Electronics Technician Keith Rogers, who graduated from SEA in 1995, said the berthing spaces are a definite improvement. When he was a student there were linoleum floors with area rugs.

"This is definitely better," said Rogers. "Those floors were cold."

Rogers said the new spaces are like an upgrade from a cheap hotel to a Holiday Inn or a Hilton. "Instead of having that institutional feeling, it feels more like being at home."

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FULL-SIZE ROWE SOFA. White, comes with four throw pillows, very comfortable. In excellent condition, but needs to steam cleaned. Will not in my new apartment. Paid \$900 2 years ago. Will sell for \$350. Must be able to take away (I can't deliver) call 846-9203.

FULL-SIZE WASHER & dryer. \$400. Will enter all offers. 401-619-0002

RCA CONSOLE COLOR TV w/remote, like new. \$25 846-9784.

590-Musical

PIANO & Flute lessons, all levels, experienced teacher. State certified. 848-4327

660-Flea Mar

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

670-Business Opp

INVESTING? Promises of big profit mean big risk! Call R.I. Consumer Protection at 800-852-7776, or the Federal Trade Commission at (877)-FTC-HELP for free information, or visit Web site at: www.ftc.gov/bizop.

690-Apartments

NEWPORT. Thames St. B&B. 2 bdms. avail. Clean \$400/mo. 848-0222.

700-Rooms for

NEWPORT SWOS, SALVE & others \$125/wk. TV, digital cable, kitchen, incl 847-4004.

700-Rooms for

NEWPORT, 1 BDRM., private bath, living room, kitchen, cable & phone incl. \$160/week. 847-0033

NEWPORT-In town, near base, lg rooms, cable parking, kitchen N/S 846-014

QUIET location clean, furn. incl. phone, laundry & utils. \$125/wk. 849-1903.

SHARE HOUSE. Non-smoker near base. \$130 per week. 846-9956.

710-Unfurn. Apa

1 BDRM. Enjoy sunsets from Terrace. Large living room & closets, 1st fl. quiet area, \$865 with the Portsmouth 849-1100.

1 BDRM. Spectacular Bay view from 7th fl. balcony. Immaculate, & spacious laundry, pool, Feb. 1, \$1 plus. Portsmouth 849-1100

3 BDRM., Kay-Catherine area. Heat & water in \$1400/mo. 848-7413.

BRIGHT & NEW 1 BDRM., w/study, built-ins, laundry storage, yard. Tr. 1e Jan. 15. \$1,100+. 294-2792

BRIGHT, QUIET 2 BDRM., laundry. No pets/smoking \$950+. Call Sean McElroy, Remax 848-6751.

NEWPORT: 2/3 BDRM., w/parking washer/dryer yard. Short or long term. \$900+. Osborn Realty, 849-4150.

QUIET 3 bdrm., 2 bath 1750 sq. ft., laundry parking. \$1600+. Edith Cushing 848-6750. Remax

720-Furnished A

1-5 BDRM., ATTN: SWOS & others. Great and affordable now through July Cornerstone, 849-9192.

2 BEDROOM INTOWN near base, lge. rooms, parking No smokers. \$1200+heat. 846-0161

ATTN: SWOS & OTHERS 2 bdrm. on the Point, off parking, deck, yard, washer/dryer. \$1000. Avail. r Private Properties 84 9000, eves. 846-5434.

ATTN: SWOS and others. Spacious three bedroom, two bath apartment located just two blocks from Newport Harbor. Walk to everything. Washer/Dryer unit, fireplace, Cable, VCR, phones. Strictly no smoking. Off-street parking. Details: www.InnNewport.com. Call Karen or Thom at 84 0565 or toll free at 847-7319.

FRESHLY PAINTED new furniture. \$700. Call Ocean Side Realty 849-5599 c Nancy eves. 841-5191.

JAMESTOWN waterviews, serene area. \$800. Ocean Side Realty 849-5599 c Nancy eves. 841-5191.

STUDIO APT., 1 mi. from 1st. & 2nd beaches, parking, cable. Avail. Dec. \$800 incl. all. No pet. no smokers. 849-4954 or 225-7535 leave message.

SWOS & OTHERS - Singles welcome. In town, large apt, w/computer desks & access. 847-1775, broker welcome.

SWOS & Others, wonderful little house, 2 bdms. bath in great downtown but quiet neighborhood \$950. Private Property 846-9000, eves. 841-0606.

730-Houses for

4 BDRM., 2 bath, waterfront walk to beach. Unfurn \$1700+. 512-630-6309.

730-Houses for

JAMESTOWN VILLAGE. 2 bdrm., 1-1/2 bath, ne windows. \$1,390. 423-0812

NEWPORT 3 BEDROOM, 1-1/2 bath, newly remodeled, deck, yard. Furnish or unfurnished. Long c short term. \$1,700 +. Osborn Realty, 849-4150.

NEWPORT: 4 bdrm., 2 bath w/hookups, parking & yard \$1,600+. Osborn Realty, 849-4150.

PORTSMOUTH - Elmhurst school district. 2 bd duplex. Clean lge. rooms new windows, w/d hookups. Lge. yard, garage. \$1250+. 225-0317.

PORTSMOUTH - Elmhurst school district. 3 bdrm. full baths, dining area, in kitchen. 2 fireplaces. rec. room, garage, lg yard maintained by owner Feb. 1. \$1700+ 225-0317.

PORTSMOUTH. 1 bdrm. cottage. Washer/dryer refig., stove incl. All incl. \$1100 a mo. 683-268

SWOS & OTHERS - Singles welcome. In town. Large fully furnished, incl. pter desks & access. 847 1775. Brokers welcome.

740-Summer Ren

POPE ST., 3 BDRM., HOUSE w/parking, yard, new paint & furniture Great location. \$12,00 summer. Osborn Realty, 849-4150.

SUMMER RENTALS ALL types. Monthly & seasonal. Edith Cushing or Sean McElroy, Remax 848-6750.

741-Winter Re

1-5 BDRM., ATTN: SWOS & others. Great and affordable now through July Cornerstone, 849-9192.

ATTN: SWOS, SALVE & Others. Rentals all ty avail. Remax, Edith Cushing 848-6750.

FURN. 1 BDRM. Cottage Parking. Deposit & ref required. No pets 846-9251

870-Houses for

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All real estate advertised in this newspaper is subject to the Federal Fair Housing Act of 1968, as amended which makes it illegal to discriminate on the basis of race, color, religion, sex, handicap, familial status or national origin. If you are a victim of any such discrimination, this newspaper will knowingly accept any advertising for real estate which is in violation of law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD Toll-free 1-800-669-9777. The Toll free number for the hearing impaired is 1-800-927-9275. In R.I. contact:

R.I. Human Rights Commission - 1-277-2661

Dept. of Housing & Urban Development - 528-5351



Ron Fontaine/U.S. Navy photo

NEW DIGS—Master Chief Electronics Technician Keith Rogers, Senior Enlisted Academy's deputy director, looks over a refurbished unit on the second deck of Tomich Hall. The rooms, some with private baths, are furnished with armchairs, study desks, recliners, bureaus, full-size beds, dinette tables and microwave/refrigerator food service units with cooking utensils.

Senior Enlisted spaces like home, sweet home

By JOY CHRISTMAS
NAVSTA Public Affairs Staff

Class 100, the first class of 2002 at the Senior Enlisted Academy in Tomich Hall, will also be the first class to take up residence in the new renovated berthing spaces.

The \$550,000 quality-of-life project spearheaded by Naval Station (NAVSTA) Newport Combined Bachelor Housing, was completed last month by Shore Lines Manufacturers Group, Inc., of Virginia Beach, Va. The project began in October.

Marcia Alves, bachelor housing functional manager, for Commander, Navy Region

Northeast, said the renovations were completed under the Navy's seven-year replacement plan, ensuring all furnishings, fixtures and equipment (FFE) are maintained adequately.

"During the replacement, all FFE is upgraded or updated through the whole room concept," said Alves. "This project required some additional amenity upgrade/changes."

The project involved a complete gutting of the 64 single-occupant rooms on the second, third and fourth decks of the schoolhouse which opened in 1989. The rooms were then painted, and wall-to-wall carpet was laid over tile flooring to

reduce noise.

Each room, between 250 and 270 square feet, is now furnished with a full-size bed, nightstand and triple-dresser with mirror. An armoire holds a 20-inch remote control color television/VCR combination with cable access. The rooms have desks with ergonomically designed chairs, and lounge/recliners.

New mini-blinds and reflective film to repel heat from the sun and cool the non-air-conditioned rooms during summer were added to the double thermopane windows replaced a year earlier.

SEA, Page 14

HRO slates CA Study briefing

Public Works may receive information on personnel issues

Naval Station (NAVSTA) Newport Public Works Department (PWD) civilian employees may learn more about personnel issues relating to the ongoing Commercial Activities (CA) Study during briefings on Jan. 17 at 10 a.m. and 1 p.m. in the Perry Hall auditorium.

The briefings, by representatives from the Human Resources Office (HRO), Groton, are open to all NAVSTA Newport civilian employees. Employees who have specific questions they would like addressed by HRO Groton during the briefings should forward them to Gail Montague, Code N321, Building 1, at 841-2789, or via e-mail at MontagueG@nsnpt.navy.mil. She will consolidate the list of specific questions and forward them to HRO Groton.

An issue that has typically caused the most concern is the Reduction in Force (RIF) process. The U.S. Office of Personnel Management's Workforce Restructuring Office web site at www.opm.gov/rif/general/rif includes *The Employee's Guide to Reduction in Force (RIF)*.

RIF is considered a last resort measure to downsizing. Other options include Voluntary Early Retirement Authority (VERA), Voluntarily Separation Incentive Pay (VSIP), and directed reassignments. VERA is used to avoid involuntary separations or downgrades when an activity is undergoing a major reduction in force, major reorganization, or other action where a large percentage of the employees will be involuntarily separated or subjected to a downgrade. To be eligible for VERA, an HRO, Page 13

measure to downsizing. Other options include Voluntary Early Retirement Authority (VERA), Voluntarily Separation Incentive Pay (VSIP), and directed reassignments.

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To be eligible for VERA, an HRO, Page 13

Newport Naval Cable TV

16 college courses cablecast for credit

By GREG KOHLWEISS
Navy Cable Television Manager

Newport Navy Cable Television and the Community College of Rhode Island (CCRI) offer 16 telecourses to military personnel for college credits that can be earned at home, beginning Tuesday, Jan. 22.

If interested in continuing your education, but just can't find the time to get to class on campus, CCRI offers this alternative. The telecourses are delivered solely through television. Students only need to visit CCRI for orientation sessions, workshops, seminars and examinations. Registered students will receive their instructor's phone numbers if they have questions. Credits for these courses are transferable to other institutions.

To view a particular course, note when it is airing on Newport Naval Cable Television and tune in during the broadcast date and time of the course.

Courses offered on channel 13 for the 2002 Spring semester are:

Personal Finance (3 credits). The wise use of financial resources today requires more than an income-producing job and simple subtraction skills. In today's world, an individual must approach his or her financial needs with the savvy of an investment counselor managing the affairs of the company's most important client.

Airs Monday, 10 to 10:55 a.m., and 6 to 6:55 p.m.

Principles of Management (3 credits). This vital and insightful business management telecourse provides an overview of management with an emphasis on the competencies that are essential for success. *Taking the Lead* features such noted

authorities as Warren Bennis, John Kotter, George Labovitz and William Ouchi, and provides students with an inside view of management in a variety of businesses, including General Dynamics, Hybritech, Patagonia and the Four Seasons Hotel.

Airs Tuesday, 10 to 10:55 a.m., and 6 to 6:55 p.m.

Seminar on Student Success (Closed Captioned; 3 credits). Based on the popular text, *Becoming a Master Student*, written by noted author Dave Ellis and published by Houghton Mifflin Company, *Mastering the College Experience* features real situations experienced by real students enrolled in college.

Airs Tuesday, 11 to 11:55 a.m., and 7 to 7:55 p.m.

Composition I (CC; 3 credits). Each program presents a principle of writing — rhetoric or process — and shows students how this principle applies to CABLE, Page 11

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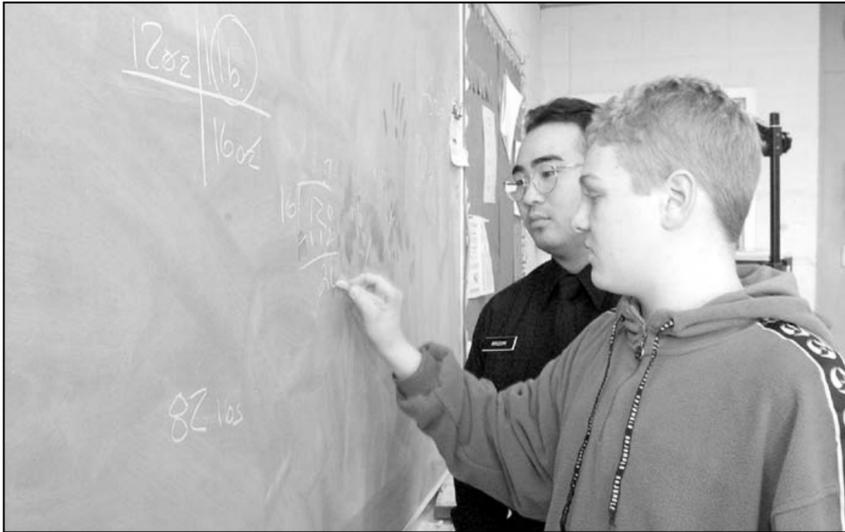
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Ron Fontaine/U.S. Navy photos

CHALK THIS UP TO TUTORING—Machinist's Mate Second Class (SS) Mark Arizumi, left, of the Broadened Opportunity for Officer Selection and Training program, helps Grade 7 pupil Bobby Cory with math conversions at Gaudet Middle School, Middletown.

Sailors, Marines back in school as mentors, tutors to students

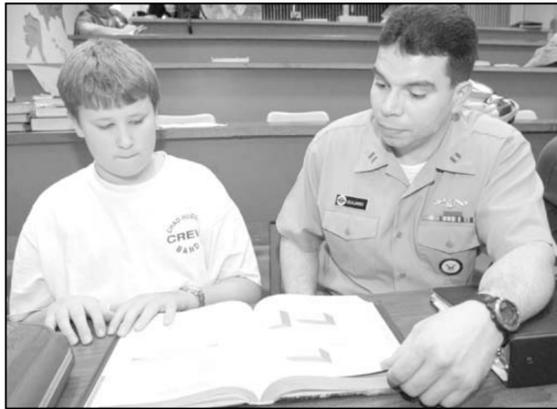
By **BOB KREKORIAN**
NAVSTA Public Affairs Staff

Having the opportunity to interact with young students and make a positive impact on their lives can be a delicate task, but the Sailors and Marines from the various commands at Naval Station (NAVSTA) Newport who serve as mentors and tutors at Aquidneck Island schools are a resource in frequent demand.

During the past 15 months, more than 175 military staff and students from the Naval Education and Training Center's (NETC) Broadened Opportunity for Officer Selection and Training (BOOST) program, the Communications School, Officer Indocination School and the Surface Warfare Officers School Command (SWOSCOLCOM) performed a combined total of 1,300 hours of mentoring and tutoring at public schools here.

The schools that have benefited from this relationship include Rogers High School, Newport; Gaudet Middle School, Middletown; and Melville School, Portsmouth.

"They (the tutors) tend to be excellent role models," said Portsmouth Middle School student assistance counselor Cheryl Atwood. "They are hard-working, and given recent events, we have a whole new respect for



STUDY GUIDE —Lt. Carmelo M. Quijano, right, from the Surface Warfare Officers School Command, helps Grade 8 pupil Andrew Furtado with transition mathematics.

them."

Atwood heard through another counselor about NAVSTA Newport Sailors who were mentoring and tutoring students, and is seeking their help.

One of the goals of the Navy Community Service Program is to develop the nation's youth to their fullest potential in the areas of education, healthy lifestyles and civic responsibility. Tutoring and mentoring have a positive impact on the lives of students by helping them to reach their full potential.

Chief Sonar Technician Andrew Robillard, SWOSCOLCOM staff,

mentors several Grade 8 students at Gaudet and provides after-school homework help. He is interested in the Department of Defense's "Troops to Teachers" program.

"It's the interaction with the student that interests me," he said.

According to Gaudet Principal Vincent Giulian, the Navy's affiliation with the students "is an on-going relationship and has had a specific impact."

"We're grateful to all the Navy people, and it's greatly appreciated," he said.

Students from BOOST volunteer, **MENTORS, Page 13**

Letter of Commendation

OS2 Gregory C. Gannon, Naval War College, Dec. 6, 2001.
ITSN Bradley W. George, Naval War College, Dec. 6, 2001.
ITSN Brett D. Kell, Naval War College, Dec. 6, 2001.
ITSA Ruben Dejesus, Naval War College, Dec. 6, 2001.
Lt. j.g. Lisa S. Fitzpatrick, Military Personnel, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
HM3 Christopher S. Rockwood, (Flag), Radiology, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
HM3 Daryl A. Witt, (Flag), CarePlus Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
HM2 Henry W. Halvorsen, (CO), Physical Therapy, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
Ms. Judith A. Byrnes, (CO), Health Promotion Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
Ms. Ann McCulley, (CO), Family Practice Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001

Physical Readiness Test Award

Cmdr. Francis X. O'Connor, General Surgery Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
Lt. Stephen W. Dolak, CarePlus Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001

Civilian Length of Service Award

Ms. Cynthia B. Levesque, (35 years), Medical Records, Naval Ambulatory Care Center, Newport, Dec. 12, 2001
Ms. Deborah A. Stinton, (35 years), Family Practice Clinic, Naval Ambulatory Care Center, Newport, Dec. 12, 2001

Master Training Specialist Certificate

OS1(SW) William C. Moreau, USN, Naval War College, Dec. 6, 2001.

Franchise

Continued from Page 2

for about 100. There is plenty of parking around the building, and free deliveries will be made at dinner time to on-base customers. The drive-up order window will reopen at a later date.

Sanchez said the new Navy Lodge across the street, the Combined Bachelor Housing quarters, and the Newport Chalet will all offer a solid customer base. They will be saturated with coupons and fliers.

About 20 employees will be hired, and each franchise will have a "dedicated staff" specializing in coffee, ice cream or pizza. Some employees will also be cross-trained in all food preparations.

Noble Roman's, contracted by Navy Exchange Service Command last August, will offer breakfast, lunch and dinner selections from 10 a.m. to 10 p.m.

The breakfast menu will feature omelets, egg and cheese biscuits, muffins and cinnamon rolls. The lunch and dinner menu will offer individual seven and 14-inch family pizzas, pasta and lasagna, hot subs, buffalo wings, fresh salads, and soft

drinks.

Java City Gourmet Coffee, established in Sacramento in 1985, currently supplies coffee to 700 restaurants, cafes, businesses and universities. It will serve gourmet coffee blends, plus cappuccino, lattes, frozen coffee drinks, and espresso daily between 6 and 10 a.m.

Breyer's Ice Cream will be available all day, and eight flavors will be offered. Besides the usual vanilla, chocolate and strawberry, Breyer's also market unusual flavors such as Neapolitan Light, Banana Chocolate Chunk, Cappuccino Creme Duet and Butterscotch Ripple.

Ice cream cones, cups, frappes and sundaes will also be available.

Electrical and plumbing contractors, plus a cleaning service company, began renovating and upgrading the facility in mid-December. Some minor interior decorating is planned, also.

A grand opening celebration is planned for Jan. 25.

The restaurant phone number for employment, information and delivery orders is 851-2006.

Lyme

Continued from Page 12

ticks, which spread the disease to animals and humans through bites. Deer ticks are really tiny, about the size of a sesame seed, and are most likely to be encountered in woods or areas overgrown with grass and bushes.

There are many other, larger ticks in these same areas.

Often, the earliest sign of Lyme disease is a rash, which appears anywhere from three to 30 days after the tick bite. The rash is called erythema migrans, and usually starts at the site of the bite as a small red spot that can grow larger.

The center of the spot may fade, creating a ring or bull's eye appearance. Some

people with Lyme disease can have many red spots. Most often, the rash does not bother you but it can itch, burn or be painful. About 20 percent of people never get a rash.

Some people with Lyme disease start to feel ill around the time they notice the rash. They may have fever, chills, headaches, stiff neck, fatigue, muscle aches and joint pain. The disease can spread to the nerves and can cause one side of the face to droop temporarily, something called Bell's palsy. If Lyme disease isn't promptly treated, it can cause arthritis, muscle weakness, or difficulty concentrating.

Lyme disease is treated with antibiotics. In most cases, 30 days of treatment kills the bacteria for good. If you have Lyme disease, it's important to take all of the medicine your provider prescribes in order to prevent the spread of the disease to your joints or nerves.

The best treatment is prevention, which is a good topic for the next article.

— 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, 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.)

Assistance

Retired Activities Office looking for volunteers

The Retired Activities Office in Building 1260 is looking for a couple of volunteers to staff the office for three hours a week, either 9 a.m. to noon or noon to 3 p.m.

On-the-job training will be provided.

If you can use a phone book and answer the telephone, the rest is easy. Newcomers will be paired with a current volunteer and when they feel confident, they will be assigned a time slot.

For more information, call 841-4089.

HRO

Continued from Page 3

employee must be at least 50 years old with 20 years of service, or have 25 years total creditable service at any age. Employees who are covered by the Civil Service Retirement System (CSRS) are subject to a two percent reduction in annuity for each year they are under 55, when they accept a VERA. Temporary and term employees are not eligible for VERA.

VSIPs, also referred to as buy-outs, are lump sum payments of up to \$25,000 paid by the government to encourage employ-

ees to resign or retire. VSIPs may be offered to employees in specific grades, series, and locations to help avoid a reduction in force and minimize involuntary separations.

Basic eligibility requirements to apply for VSIP are: the employee must be a U.S. citizen, employed in an appointment without time limitation, and must have been employed by the federal government for a continuous period of at least 12 months; an employee must not be a re-employed annuitant, and must

not have a pending or approved application for disability retirement. If an employee has already accepted a position with another federal agency, or if they have received a specific RIF separation notice, they are not eligible for a VSIP.

According to the guide, RIF has "negative connotations, but it also has another side — as an objective system which determines how employees may compete to stay in the organization when employment reductions are necessary."

Mentors

Continued from Page 4

teen regularly as mentors and tutors at Gaudet, from November through May. Twelve students from the BOOST Class of 2001 volunteered at Gaudet and performed more than 479 hours as tutors and mentors.

Sgt. Patrick Adams, BOOST Class of 2002, has mentored youth since his high school days in Grand Rapids, Mich., and has found the experience rewarding. He mentors and tutors at Gaudet during after school hours from 2:30 to 3:30 p.m.

Prior to BOOST, Sgt. Adams was assigned as a military police-

man at Camp Lejeune, N.C., where he also worked with the local Marine Youth organization.

"You can feel kids out because they are more honest than adults," he said. "I talk to them about my life and some of the hurdles that I have overcome," he said. He said he opens communications with them using his own life's stories.

"Sometimes the parents just don't have the time," he said. He said his chats with the young students help to air out any small problems they might be having.

"When I was young, I didn't

have anyone who I could look up to," he said.

Sailors from the Newport naval complex have been recognized for their service to the community. During the Veterans Day observance at Gaudet, a ceremony was conducted to formalize the education partnership with SWOSCOLCOM students and staff.

"Navy mentors help make our students feel important by building rapport, being supportive, listening and helping, said Rosemary Lowenstein, student assistance counselor at Gaudet.

"Navy mentors are responsible role models who set an example for positive behaviors," she said.

Military family members make up nearly 45 percent of Gaudet's student population, she said.

NETC was a 2001 Regional Flagship Award winner in the Small Shore Command category for its Personal Excellence Partnership program with Gaudet.

SWOSCOLCOM also was a 2001 Regional Flagship Award winner in the Medium Shore Command category for its Personal Excellence Partnership

program with Volunteers in Newport Education (VINE).

SWOSCOLCOM volunteers served as mentors, friends, role models and one-to-one tutors to at-risk teenagers in Newport schools. The Navy volunteers have been such a positive influence on the students they have worked closely with, according to Terrence Caldwell, a guidance counselor at Gaudet.

Some students thrive on that special boost so they can meet success; a hat off to the Navy mentors because they have touched lives forever, he said.

Sports



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

COACH DAVE SLADKY appears to solicit divine intervention as the Naval Academy Prep School baseball team takes on a rival prep school recently. The Rams host Maine Central Institute of Pittsfield tomorrow at Gym 302.

Recreation

Start the New Year with fitness programs!

Are you a woman interested in learning how to use the Nautilus machines, free weights and cardiovascular equipment?

Would you like to learn the proper techniques for stretching? Have traditional classes scared you away? The Morale, Welfare and Recreation Department's Fitness Staff has the solution!

Register for the next session of "For Women Only," beginning on Jan. 22 at Fitness Plus. Participants will learn how to use the Nautilus equipment, free weights, and participate in discussions on health and nutrition. There will be guest speakers on subjects specifically geared towards women.

The gym equipment won't intimidate you when you are learning to use them in a non-competitive group setting led by a qualified instructor.

Classes will be held on Tuesday and Thursday, 9 to 10 a.m., through Feb. 28. Cost is just \$5 per person for the five-week class.

At a price like this, you have no excuse not to join! Class is limited to six participants; contact the fitness staff at Fitness Plus at 841-1474 to register or for more information.

Lift some more weight, burn off some pounds

Already exercising? Come in and get a tune-up! This class will take you to the next level in your training goals of strength and endurance. Our experienced trainers will guide you in making changes to your existing workout to stimulate your muscles and get you excited about your exercise routine.

Register today for "Intermediate Weight Training for Women," beginning on Jan. 28. Where you will learn basic nutrition and calorie consumption, how to burn fat not muscle, free weights/bars/plates/benches, and much more.

Classes will be held Monday and Wednesday from 9 to 10:30 a.m. at Gym 109. Cost is just \$10 per person for the six-week class. Class is limited to six participants. For more information or to register contact the fitness staff at Gym 109 at 841-3154.

Fitness Walk and Tone aimed at age 50 patrons

Hit the prime of your life in the prime condition with "Fitness Walk and Tone," a new MWR sponsored program designed for patrons age 50 and up.

This class consists of stretching and muscle toning exercises as well as 20-plus minutes of fitness walking around the gymnasium.

Classes will be held Monday and Thursday, 8:30 to 9:30 a.m. in Gym 109 beginning Feb. 4. You can't pass on this deal – just \$5 for five weeks!

For more information call the fitness staff at Gym 109 at 841-3154.

Let's get body moving in MWR fitness classes

This winter, the Morale, Welfare and Recreation Department fitness staff says, "don't move a muscle—move them all!"—at one of the fabulous aerobics classes offered at FITNESS Plus, Building 355!

Start your day off right by getting your body moving and your heart pumping at a super 6 a.m. class! Offered four days a week, this early morning class will kick-start your day and still get you to work or class on time.

Each class is different from cardio to toning to circuit training so you are sure to find one that meets your needs. Classes are also offered throughout the day and even on Saturday, making the MWR fitness program easy to fit into your busy schedule.

There is no need to pre-register—just show up and get fit! Classes cost just \$1 to walk-in or purchase a punch card good for 30 classes for just \$25.

Keeping the Faith

Angels everywhere, even at coffee mess

By **CHAPLAIN (CMDR.) D. NIX**
Naval Chaplains School Advanced Training Officer

I was a geographic-bachelor, a modern Navy term for lonely.

Assigned to the USS Frank Cable (AS-70) homeported in Guam, my family situation did not allow us to be together that holiday season in 1997.

My sermons that year centered around God's love for humankind and our joy in the special events of the season, but I did not experience those emotions. Instead I was in a "blue funk" on New Year's Eve as I sat in my stateroom feeling sorry for myself.

My stateroom TV delivered a program that focused on the Christmas story: Jesus in the manger, the shepherds in the fields, the wise men with their gifts and the angels who shone in the reflected radiance of God's glory and whose light filled those desolate fields as they announced the savior's birth.

The message and the music touched my heart in a way that I had not experienced that season. My eyes began to "leak." After a little damage control and a softly uttered prayer, I headed down to the mess decks with some of the contents of my Christmas care package: cookies, candy and a fruit cake from some well-meaning relative.

As I wandered the mess decks, I discovered a large fellowship of geo-bachelors; some playing cards, some playing Dominos, or just sitting and drinking coffee.

The cookies disappeared quickly, the candy took a little longer, but after nearly an hour of talking to folks and sharing stories of Christmas and New Years, I still had that fruit cake.

At the coffee urn, my luck

changed. I offered some to a first-class and he accepted. We stood there and munched and drank coffee and all of a sudden I met the angel of the coffee urn. It happened as we shared our life stories.

We both had four kids, both came from Florida, both were married within one year of each other. Then came a startling similarity, and difference. On the day my wife and I celebrated our 21st anniversary, his wife died of a heart attack.

The Angel of the Coffee Urn touched my life. He did not feel sorry for himself. He was saddened by his loss, but thanked God for the blessings his wife and family had bestowed upon him. When the angel told me he knew how I felt being away from family during the holidays, I believed him. As we talked of God's love and God's care for each of us in our individual circumstances, I felt my heart strangely warmed.

I had gone down to the mess decks to minister to others, and instead was cared for in a loving and caring way by one of my shipmates.

Sadness and darkness comes into each of our lives. The events of the year 2001 certainly have brought that message home to us. Yet each of us has a responsibility to bring light into the world. We do so every time we perform a simple act of kindness for a shipmate, a neighbor or unfortunate member of our community.

As 2002 arrives, let each of us determine in our hearts not to focus on our own troubles, but to make the trials of others less burdensome. It is wonderful to have angels minister to us, but even more blessed to be an angel. I volunteer for a set of wings; how about you?

Dear Navy Doc

Lyme disease comes from deer tick's bite

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:

A friend of mine just told me that he was treated for Lyme dis-

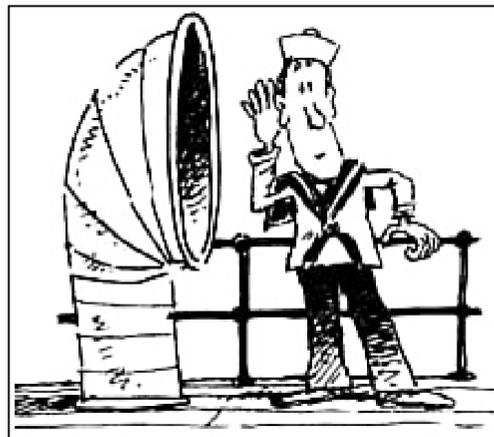
ease a couple of months ago. How do I know if I have Lyme disease?

—M

Dear M:

Lyme disease is an infection caused by a special kind of bacteria called a spirochete. The spirochete is carried by deer **LYME, Page 13**

Now hear this



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.

"The board's hope is that the YMCA can provide the affected families an opportunity to recreate together, participate in a program, and find away to burn off some stress," said Peter Milizanno, executive director of the YMCA. "The intent is to keep the offer in place as long as the need exists."

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.

Health Care meeting

The quarterly Health care Consumer Council meeting is scheduled for Tuesday, Jan. 15, at 1 p.m. in the command conference room on the second deck of Building 43, Naval Ambulatory Care Center, Newport.

Eligible beneficiaries for care at NACC Newport are invited. Information will be provided by members of the staff.

Flu vaccines for walk-ins

The influenza vaccine has arrived at Naval Ambulatory Care Center, Newport, and is available to eligible military family members and regular patients on a walk-in basis at the Immunizations Clinic.

No prescription or appointment is required.

International students need Newport sponsors

The Naval Staff College is a six month program at the Naval War College for mid-grade officers from around the world. Because of the short length of the course and the cultural transition, NSC seeks sponsors (military and civilian) to assist the students and their families during their stay in Newport.

The opportunity to get to know these officers from our allies' military and their families is an experience that can enrich your family. Many of these young officers have gone on to be the leaders of their country's navy and military. One former student is now the president of Lebanon.

The time requirements are minimal and sponsorship includes social activities sponsored by NWC.

The next class begins this month and NSC is looking for sponsors.

Military sponsors are needed for representatives from The Bahamas, Cameroon, the Dominican Republic, Guinea, Jamaica, Nigeria, Oman, the Philippines, Qatar, Romania, Saudi Arabia, the United Arab Emirates.

Civilian sponsors are needed for representatives from Latvia, Oman and Saudi Arabia.

If interested in helping out or would like more information, contact Ms. Alice Deery at 841-4782.

Special events

Navy Federal Credit Union to celebrate 35 years

The Navy Federal Credit Union (NFCU) Member Services Center at Naval Station Newport will host an all-day celebration commemorating 35 years of service to Navy Newport on Friday, Jan. 18, beginning at 9 a.m.

All members and commands are invited to attend. A ceremonial cake-cutting will take place at 10 a.m. and refreshments and give-a-ways will be available throughout the day. In addition, a pictorial history of the various sites where the member services office has been located will be displayed.

NFCU Manger Linda Crowley said the celebration is "a way for us to express our appreciation to membership and the Navy for all their support

since being here in Newport."

Observance to remember Dr. Martin Luther King Jr.

All hands are invited to attend a birthday observance for slain civil rights leader Dr. Martin Luther King Jr., on Tuesday, Jan. 15, at 11 a.m. in Capt. Howard N. Kay Hall, Building 1801.

Guest speaker will be Cynthia Hamilton, chairman of the African American Studies Department at the University of Rhode Island. King's birthday, Jan. 15, is celebrated as a federal holiday the third Monday in January. This year it is Jan. 21.

Coordinated by the NAVSTA Equal Employment Opportunity Committee (EEOC), the program will conclude with a ceremonial cake cutting.

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What's going on

Observance to remember Doctor King

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Guest speaker will be Professor Cynthia Hamilton, chairman of the African American Studies Department at the University of Rhode Island. King's birthday, Jan. 15, but is celebrated as a federal holiday the third Monday in January.

Coordinated by the NAVSTA Equal Employment Opportunity Committee (EEOC), the program will conclude with a ceremonial cake cutting.



A TAPESTRY painting of the late Dr. Martin Luther King Jr. hangs from the podium at the civil rights leader's birthday observance at Cranston Calvert School, Newport. Naval Station Newport will observe King's birthday on Jan. 15.

TODAY, Jan. 11
• Armed Services YMCA, Fitness Hour, 9 to 10:30 a.m.
—Basketweaving, 9 a.m. to 1 p.m. Learn the art of basketweaving, \$24 per person, excludes tie-ons.

—Scrapbooking, 6 p.m. to midnight. Learn to 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 coverall game (Friday only) starts 12:30 p.m.
• Movies at Recreation Center, Building 656: *Max Keegle's Big Move* (PG); *American Pie* (R); *Summer Catch* (PG 13); *Rockstar* (R). Shown all week upon request 5 p.m. to closing.

• 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, Jan. 12

• Home By Myself Workshop, 9 a.m. to 12:30 p.m., Fleet and Family Support Center. Skill-building workshop for parents and their children who will be home alone for short periods of time. Fire and safety tips, basic first aid, role-playing and more will be included. For registration or more information, call 841-2283.
• "Rock and Bowl," 8 p.m., Seaview Lanes, Building 656. Bowl to dim lights and hottest rock and roll hits. Prizes awarded if strike rolled when head pin is red. \$7 per person. Food and beverages from the special "Rock and Bowl" menu available for purchase! Call the Bowling Center at 841-4293 after 5 p.m.

SUNDAY, Jan. 13

• Chapel of Hope worship services: —Catholic Mass, 9 a.m. and noon.
—Protestant Services, 8 and 10:30 a.m.
• Are you a super sleuth? Come and see how real life crime fighter Dr. Carl Selavka uses science to find and identify people, Providence Children's Museum, 9:30

a.m. to 5 p.m., 100 South Street, Providence. Call 273-5437 or visit www.childrenmuseum.org.

MONDAY, Jan. 14

• Armed Services YMCA:
—Fitness Hour, 9 to 10:30 a.m.
—Make and Take Snowman, 11 a.m. to noon. Make an indoor or maybe an outdoor snowman to decorate. \$5 per child.
• Stress Management 101, 3 to 4:30 p.m., Fleet and Family Support Center. 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 or more information.

TUESDAY, Jan. 15

• Armed Services YMCA:
—Fitness Hour, 9 to 10:30 a.m.
—Stamp-a-Rama, 9 a.m. to noon. Make beautiful handcrafted gifts and greeting cards. \$10 to make up to three projects. \$5 to stamp.
—Yoga, 1 to 2 p.m. Experience the benefits of Yoga for all ages and fitness levels. \$60 for six-week session, or \$11 per class.
• Free movies at Officers' Club, Jan. at 6 p.m.
• Investing in Your Future Workshop, 6:30 to 8:30 p.m., Fleet and Family Support Center. Basic information on mutual funds, IRAs, 401Ks, college tax credits and more will be discussed.

WEDNESDAY, Jan. 16

• Armed Services YMCA:
—Parents' Time Out, 9 a.m. to noon. Let the staff at the "Y" watch your child(ren) ages 18 months and older while you run errands or enjoy some time to yourself. \$10 for the first child, then \$5 each additional child. Pre-registration/payment required.
• 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.
• Car buying Workshop, 11:30 a.m. to 1 p.m., Fleet and Family Support Center - Learn how to buy a car, compare costs, research, find a qualified mechanic and develop a spending plan.

THURSDAY, Jan. 17

• Armed Services YMCA:

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

—Stamp-a-Rama, 6 to 9 p.m. Make beautiful handcrafted gifts and greeting cards. \$10 to make up to three projects. \$5 to stamp.

—Whole-sum Pathways, 6 to 7:30 p.m. An 8-week program focusing on successful weight loss and nutrition, body sculpting and individual counseling, \$7 per class.

—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! Don't miss our huge Friday jackpot game starting promptly at 12:30 p.m.

Upcoming:
Jan. 18 —STOMP, the international percussion sensation, uses the movement of bodies, everyday objects, sound and abstract ideas to produce creatively fascinating performance. Providence Performing Arts Center, 220 Weybosset Street, Providence. Call 421-ARTS, or visit www.ppaacr.org.

Jan. 21 — National birthday observance of slain civil rights leader Martin Luther King Jr.

Jan. 21 — Newport County NAACP Martin Luther King Jr., birthday observance, Cranston-Calvert School, Newport.

Jan. 22 — Smooth Move, 6:30 to 8 p.m., Fleet and Family Support Center. Hear representatives from Housing, Personnel Support Detachment, Personal Property and others to help ease the stresses associated with a move. Call 841-2283 for more information.

Jan. 31 — 2002 Northeast International Auto Show opens through Feb. 3, noon to 10 p.m., Rhode Island Convention Center, One Sabin Street, Providence. Friday, noon to 10 p.m.; Saturday 10 a.m. to 10 p.m.; and Sunday, 10 a.m. to 6 p.m. For more information, call 458-6000, or visit www.autoshouusa.com.

Jan. 28 — "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.

Feb. 3 — Super Bowl parties at Recreation Center, Building 656, and Topside Pub at the Officers' Club, Building 95.

Feb. 4 — "Fitness Walk and Tone," a new MWR program designed for patrons age 50 and up. Class consists of stretching, muscle toning exercises and a 20-plus minutes of fitness walking around the gymnasium. Classes will be held Monday and Thursday, 8:30 to 9:30 a.m., in Gym 109. Cost is \$5 for five weeks! For more information, call the fitness staff at 841-3154.

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Ticket Connection

We have ski lift tickets

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 does 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.

It's a savings of \$7 off the weekday rate and \$10 off the weekend/holiday rate. 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.

Ballroom dance classes offered

You still have time to register for ballroom dance lessons, held weekly on Wednesday evenings at the Knights of Columbus Hall on Valley Road, Middletown. An eight-week session of classes began last Wednesday, but you can still sign up for the following classes:

7 to 8 p.m., Beginner American Class (waltz, fox-trot, swing)
8 to 9 p.m., Beginner Latin Class (rumba, cha-cha, tango)

Cost is \$48 per person for 8 one-hour classes and \$80 per person for 8 two-hour classes. No prior experience is necessary, singles are welcome and the dress is casual. Classes run through Feb. 27, so, get out your dancing shoes and "trot" over to the Ticket Connection, Building 656, to sign up today! Call 841-3116 for further information.

Let's ski Attitash Bear Peak

Ski season is just around the corner and that means it's time to register for the Ticket Connection's annual ski trip.

This year we are going to Attitash Bear Peak Mountain, a premier ski area in Bartlett, N. H., with 70 trails and a variety of terrains for skiers of all experience levels.

The trip date is Saturday, Jan. 26 and cost is just \$48 per person for round trip motor coach transportation and an all day lift ticket. Call 841-3116 or stop by Building 656.

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Continued from Page 3

real-life situations through the use of case studies. The case study approach provides a graphic illustration of the practical importance of writing and helps students improve their writing skills.

Airs Wednesday, 10 to 10:55 a.m., and 6 to 6:55 p.m.

History of the U.S. From 1877 (3 credits). *America in Perspective* helps students think about the larger domestic community, past and present, as well as the relationship of the United States with the rest of the world. Our personal lives, our nation, and our world demand that we analyze, evaluate, and make reasoned judgments about people, leaders, positions and issues.

Airs Wednesday, 11 to 11:55 a.m., and 7 to 7:55 p.m.

Child Growth and Development Skills (3 credits). This introductory child development telecourse traces life's most extraordinary journey—the universal journey from babyhood to puberty. Academically comprehensive, the course is distinguished by its multicultural and cross-cultural focus.

Every program keeps several of the series' themes in sight, including the continuing interaction of nature and nurture, the forces that make for risk or resilience, and the influence of the wider society in family life.

Airs Thursday, 10 to 10:55 a.m., and 6 to 6:55 p.m.

Law of Contracts (3 credits). *Business and the Law*, as with most introductory law courses, emphasize contracts and the legal system. By including modules on the law and sales, commercial paper, agency, and property—and examining such critical legal environment topics as government regulation, employment practices, and consumer and environment protection—students will gain a comprehensive overview of law and the world of business.

Airs Thursday, 11 to 11:55 a.m., and 7 to 7:55 p.m.

Introduction to Oceanography (3 credits). A study of the total marine environment with emphasis on basic facts and principles of physical, chemical, biological and geological oceanography. Topics include the origin of oceans and the composition and history of seawater, oceanic currents, tides, waves and beaches.

Airs Friday, 10 to 10:55 a.m., and 1 to 1:55 p.m.

Introduction to Philosophy (3 credits). Offering learners an in-depth analysis of the Western world. *The Examined Life* studies the "great questions" that

have intrigued philosophers from antiquity to the present.

Using writings of past philosophers and interviews with more than 50 contemporary thinkers, the telecourse episodes underscore how such questions as what is art? Does God exist? What is the meaning of life? Does the end justify the means?

Airs Friday, 11 to 11:55 a.m., and 2 to 2:55 p.m.

American National Government (CC; 3 credits). *Voices in Democracy* explores contemporary issues as examples of our government in action. Its citizen-activist approach to the study of political science uses actual documentary footage and interviews with national experts and a variety of political figures to expose the student to a diverse collection of relevant issues.

The issues are simply presented and the individuals interviewed express their various beliefs and rationales, thereby providing the students a broad range of viewpoints while allowing them to see the democratic process in action.

Airs Saturday, 11 to 11:55 a.m., and 6 to 6:55 p.m.

General Psychology (3 credits). *The Study of Human Behavior* covers the fundamental principles and major concepts of psychology including: brain and behavior, sensation and perception, conditioning and learning, cognitive processes, motivation and emotion, life-span development, the self and identity, sex and gender, testing and intelligence, social influences, psychopathology and therapy, stress and health issues, methodology and new directions.

Airs Sunday, 11 to 11:55 a.m., and 6 to 6:55 p.m.

Marriage and Family (3 credits). A survey of the basic factors of courtship, mate selection, engagement, marriage and rearing children in preparation for successful marriage and parenthood. *Portrait of a Family* discusses marital values and problems.

The course studies the family as the basic unit in society and its relationship to society as a whole.

Airs Monday, 2 to 2:55 p.m.,

Did you know...

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

The Navy-Marine Corps Relief Society Society Thrift Shop might be your answer. It is a great place to take items that you no longer use. Call the shop for information, Tuesdays and Thursdays at noon, at 846-7961.

and Wednesday, 2 to 2:55 p.m.

Introduction to Anthropology (CC; 3 credits). *Faces of Culture* is a provocative study of the structure and process of culture. It presents major features of culture including subsistence patterns, organizing devices, patterns for transmission of culture, economics, political organization, social control, and culture change.

The course examines methods of anthropological research and theoretical orientations.

Airs Tuesday, 2 to 2:55 p.m., and

Thursday, 2 to 2:55 p.m.

Basic Spoken Spanish I (3 credits). A one-semester course for beginners. Emphasis will be on correct pronunciation of basic vocabulary in every day conversations. Dialogues for travel and other practical use will be learned.

This introduction to Spanish will prepare the student who never studied Spanish to use the language correctly within a limited context and to understand its basic structure.

Airs Monday, 12 to 12:55 p.m.,

and Thursday, noon to 12:55 p.m.

Students are encouraged to register early so they may purchase books and receive the course syllabus before the televised lessons begin. Course syllabus will be mailed to all registered students.

For more information call (401) 455-6113 or for a complete description of the courses, go to www.ccri.cc.ri.us and look under What's New.

The last day to register for the telecourses is Monday, Jan. 28.



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Fleet and Family Support Center

Make next move smoothest one yet

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, Jan. 22, from 6:30 to 8 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.

Effective resumes—A resume is one of your most important tools when looking for a job. Learn how to prepare an effective resume that will get you an interview.

This workshop is scheduled for Wednesday, Jan. 23, from 11:30 a.m. to 1 p.m. Learn what to include on your resume, which format to use, and other resume writing tips. For more information or to register, call the Fleet and Family Support Center at 841-2283.

Sponsor training—The difference between a good transfer and a bad one can sometimes be the first impression a new member and his or her family get when they arrive at the new duty station. That is why the Navy Sponsor Program

was established.

The Fleet and Family Support Center is conducting a Sponsor Training Workshop on Thursday, Jan. 24, from 9 to 11 a.m. This training provides information pertinent to the performance of sponsorship duties.

It is valuable for individuals who will act as sponsor or department representatives selecting sponsors. Because the military spouse plays such a vital role in the Sponsor Program, all spouses are invited and encouraged to participate.

Registration is required and may be made by calling 841-2283.

Anger management—Anger is a powerful feeling. It can be used destructively, or it can be used for positive change. Learn how to manage your anger and change your life for the better.

This skills building workshop will take place at the Fleet and Family Support Center on Thursday, Jan. 24, from 11:45 a.m. to 1 p.m. Registration is required and may be made by calling 841-2283.

Relationship enhancement—The Fleet and Family Support Center is conducting a workshop for individuals and couples who would like to learn some proven ways to improve communication in their personal relationships.

The five-session workshop begins Tuesday, Jan. 29, from

6:30 to 9 p.m. Call 841-2283 to register.

Homebuyers workshop—Come to the Fleet and Family Support Center on Thursday, Jan. 31, from 7-9 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 and may be made by calling 841-2283.

Meetings/reunions

Retired enlisted meeting

A meeting for the installation of newly-elected officers of The Retired Enlisted Association, Narragansett Bay Chapter 79, will be held Saturday, Jan. 12, at 10 a.m. at the Middletown VFW Post on Underwood lane.

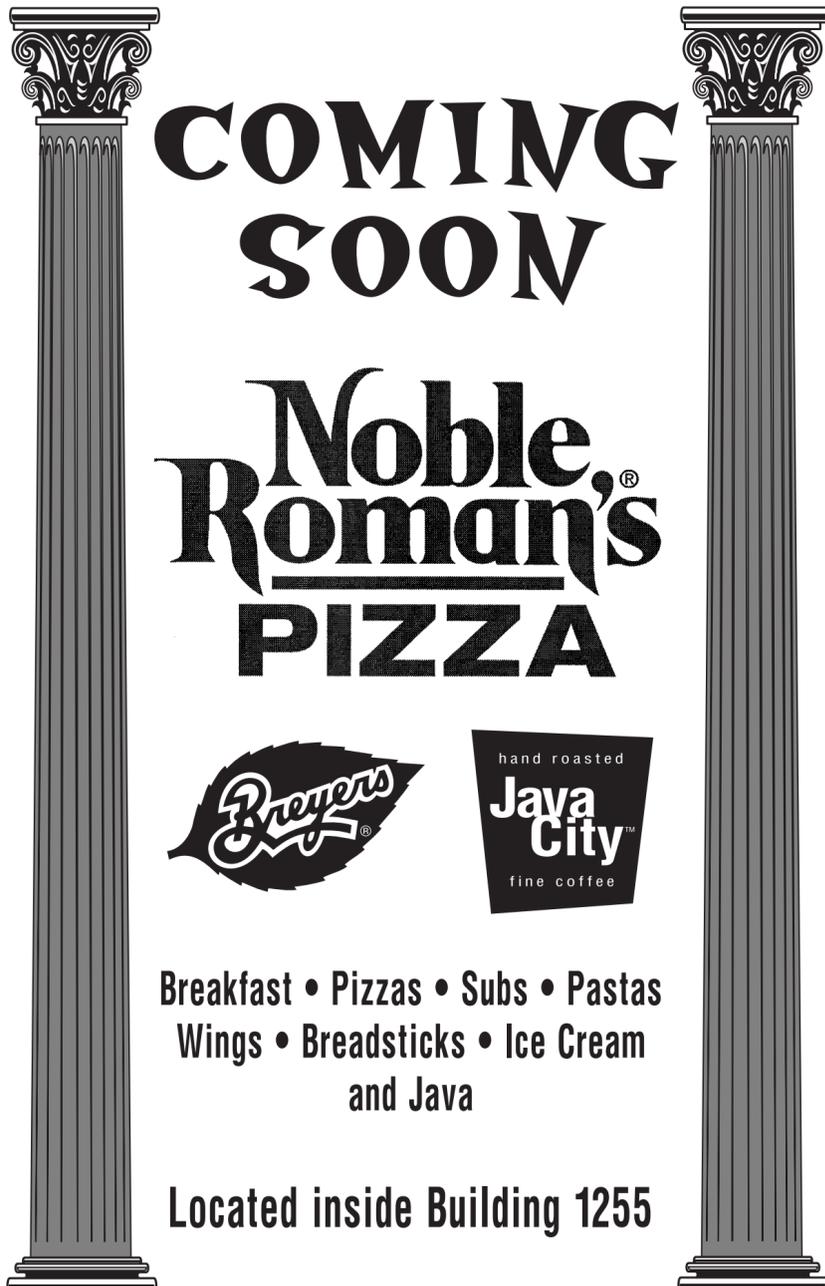
Incoming president is Mike Conroy.

Members are urged to come out and welcome the new officers and lend them support to keep the chapter viable and active in 2002.

Health Care meeting

The quarterly Health care Consumer Council meeting is scheduled for Tuesday, Jan. 15, at 1 p.m. on the second floor of the command conference room, Building 43, Naval Ambulatory Care Center, Newport.

Eligible beneficiaries for care at NACC Newport are invited. Information will be provided by members of the staff.



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Naval Station Newport Clubs

MWR clubs gearing up for Super Bowl Sunday

While no city hosts a better party than New Orleans, no place will host a better Super Bowl bash than your MWR club facilities. Visit the Recreation Center, Building 656, or Topside Pub at the Officers' Club in Building 95 and cheer on your favorite team as they vie for the top gridiron honors.

Watch the biggest game of the season on five big screen TVs while relaxing in big cozy lounge chairs at the Recreation Center. There will be 10-cent appetizer specials throughout the game!

Topside Pub offers over a dozen TVs to watch the game and a special promotional glass with a purchase of a domestic draft.

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 p.m. For more information, call the Recreation Center at 841-2575 and 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.

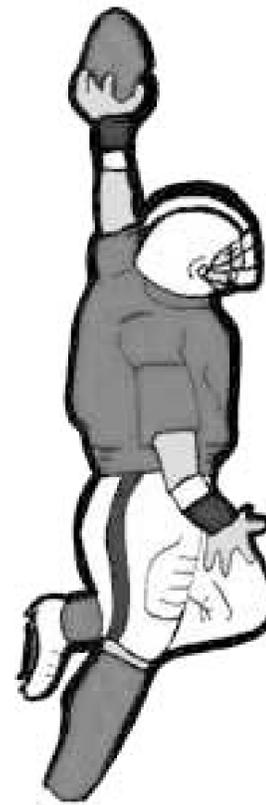
Jazzin' up Lobster Night—The Officers' Club is pleased to announce a special night of music, food and fun on Thursday, Jan. 17.

Kick off the New Year by bringing the whole family down to the Grand Ballroom for a festive evening featuring the ever-popular "Lobsters for Happy Hour" menu and free musical entertainment by one of Newport's finest jazz pianists, the "quinn"-tessential Matt Quinn! Accompanying Quinn will be vocalist Billy Weston, another top Newport entertainer.

Whether you are a jazz fan or not, you won't want to miss this exciting and energizing event!

Dine on huge fresh, local boiled lobsters. Make it a meal by adding a pound of hot and spicy chicken wings, including blue cheese dressing and fresh-cut celery sticks, for only \$2.75. Add a giant Idaho baked potato for \$1. Fresh, garden salad will be available at a great price, too.

Don't forget to save room for



SUPER BOWL SUNDAY is Feb. 3 in New Orleans this year, and there's no better place than the Recreation Center, Building 656, or Topside at the Officers' Club to watch the game. There will be prizes, free popcorn and refreshment specials. See details this page.

dessert—a dessert and coffee bar will be available for this evening only.

"Lobsters for Happy Hour" are available from 5 to 8 p.m.; the pub menu will also be available starting at 5 p.m. Matt Quinn & Billy Weston will perform from 5:30 to 7:30 p.m.

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 on Saturday, 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 by phone with Visa/Master Charge. To purchase tickets to this or other dinner shows, or for more information, please 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:

Feb. 2, For Sentimental Reasons (gourmet menu), \$24.10 per ticket

Feb. 15, Nancy Paolino and The Black Tie Band (lobster and chateaubriand for two), \$29.85 per ticket

March 15, TBD (traditional Irish buffet), \$22.95 per ticket

April 19, the 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.

The Topside Pub offers great, low-cost specials every night of the week! Don't miss a terrific double meal deal every Monday and Tuesday night from 5:30 to 8 p.m. Pasta Nights feature all-you-can-eat fresh cooked pasta, salad and warm garlic bread. It's a steal at just \$6 per person.

Get over the mid-week blues on Wednesdays with free sliced beef from 5 to 7 p.m. Buy a beverage of your choice and receive a "free food token" good for two free sliced beef sandwiches.

Every Thursday night, from 5 to 7 p.m., join your friends at the Topside Pub for lobsters for happy hour. Get a one-pound boiled lobster for just \$1 over market price, a baked potato for \$1 and hot and spicy wings for \$2.75 a pound.

It is meal fit for a king or queen at a great price!

The pub opens at 4 p.m. Monday through Saturday. For more information, call 849-3693.

Recreation Center

IFB-I-N-G-O are your favorite letters in the alphabet, you won't want to miss the Lunchtime Bingo sessions, Thursdays and Fridays from noon to 1 p.m. at the Recreation Center, Building 656. Bingo strips cost just \$1 each (three cards on a strip) and winners receive \$30 cash prizes and with a game every ten minutes, you've got a super chance to win big!

Don't miss our huge Friday jackpot game starting promptly at 12:30 p.m. It's worth \$500 if a coverall Bingo is called within the first 50 Bingo numbers!

Playing and winning will make you hungry, so, order lunch off the delicious Recreation Center menu and sit back and wait for the winning to begin!

Enlisted Lounges

You can still enjoy a complete steak dinner on Thursdays for \$6.75 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.

For more information, call 841-3054.

On base movies

Officers' Club—Tuesday, Jan. 15 at 6 p.m., *The Glass House* (PG13), 8 p.m., *Hardball* (PG-13)

Recreation Center—Beginning tonight the following movies will be shown upon request, nightly starting at 5 p.m.: *Max Keegle's Big Move* (PG), *American Pie 2* (R), *Summer Catch* (PG13), *Rockstar* (R).



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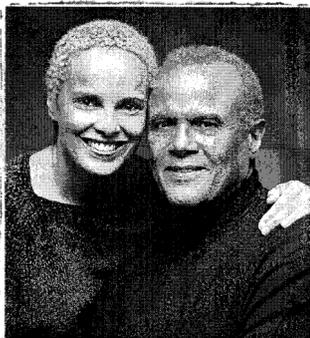
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FOLLOW THE ARROWS
—Naval Station Newport Housing Department has its own Self Help outlet in Building 47.

DEEP CLEAN — Chief Builder Scott Bellamy, attached to the 7th Naval Construction Regiment, operates a dry carpet shampooer in his Semmes Street, Coddington Cove, housing unit. The equipment was borrowed from Housing Self Help.



Have home project? Visit Self-Help first

By **RICHARD ALEXANDER**
Navalog editor

So you'd like to shampoo your carpets this weekend, or get that ripped screen replaced on the bathroom window. Maybe next spring you'd like to plant some flowers, but you don't have the proper tools or equipment.

You could call a private equipment rental center off-base and pay a daily fee, or you could visit the Housing Self-Help Center in Building 47 and pay nothing. This is a no-brainer.

Naval Station Newport about a year ago contracted out the self-help program to Patriot Maintenance, which operates in a section of the Building 47 warehouse and shares space with Housing Department's appliance storage. Patriot, based in Pocatello, Idaho, has contracts at various military bases across the country.

Jesse Travassos, self-help desk supervisor, said Navy Family Housing residents need only stop by and sign out tools for

cleaning and gardening, and pick up free items such as light bulbs, kitchen range drip pans, electrical switches and outlet plugs, bathroom faucets and spouts, mini-blinds and shades, and hundreds of other household supplies.

"The best way to get some item replaced is to bring in the broken one, and we can match it here," Travassos said. "If we have to order an item, it's usually here the next day."

The shop also cuts new window shades, repairs screens, makes house keys and even supplies small amounts of paint for touchups. Carpet shampooers, buckets and mops, electric lawnmowers and plenty of hand tools are available.

Dave Coleman, Patriot quality control manager, said the contractor supplies parts and makes service calls for everything except heating and hot water service. That is referred to the Public Works Department shops. Seven maintenance men, five painters, and five office staffers **HELP, Page 9**



JESSE TRAVASSOS, Self Help supervisor with Patriot Maintenance, repairs a screen for a Navy family housing customer.

Ron Fontaine/U.S. Navy photos

Help

Continued from P. 8

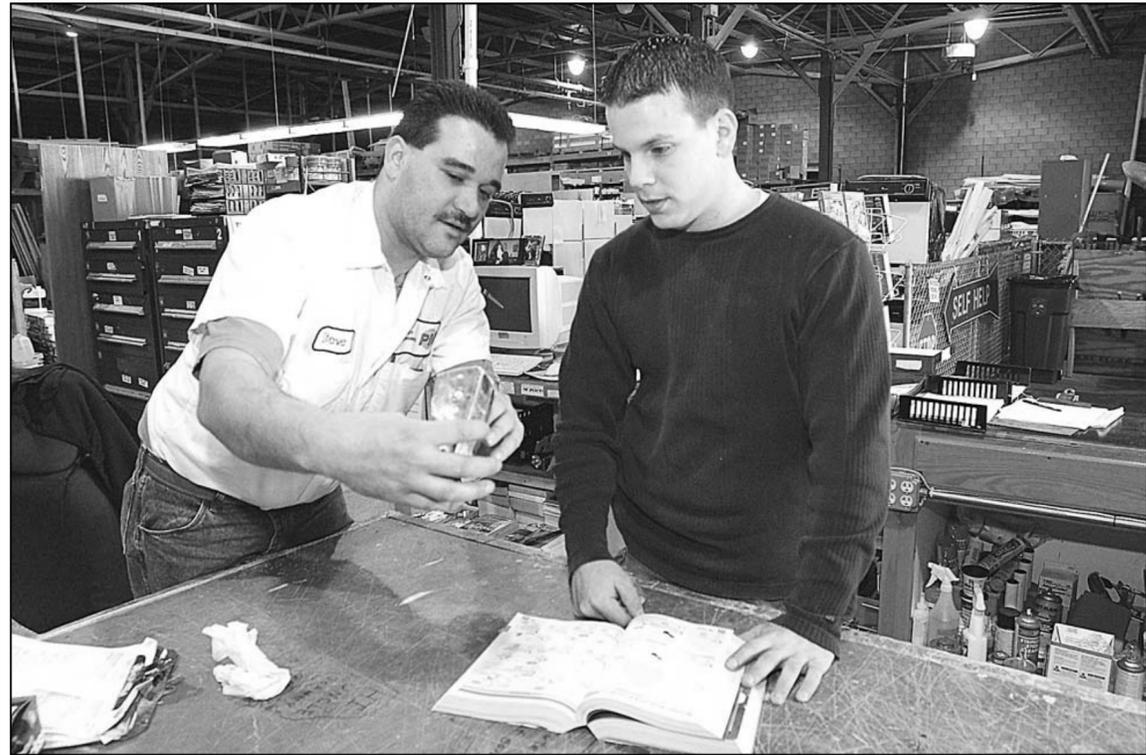
are employed. The busiest months are in the spring when the Navy schools graduate their biggest classes.

"When one family moves out in a change of occupancy, there's a lot of cleaning and maintenance to be done before the next family moves in," Coleman said.

Patriot also operates a smaller self-help store of 1,000 square feet at Fort Adams Building T-375. That shop is open Wednesdays from 1 to 4 p.m. and Saturdays from 8 a.m. to noon.

The main desk in Building 47 is open Monday through Friday from 8 a.m. to 6 p.m., and Saturdays from 1 to 4 p.m., and closed Sundays.

The phone number is 841-4687.



STEVE SILVA, a maintenance repairman with Patriot, and Travassos look up a catalog number of a bath tub spout that needs replacing.



LIGHT bulbs in all wattage, incandescent and fluorescent, are free for the asking.



RAKES and shovels are in demand during the spring and fall for yardwork and garden planting.



PLENTY of VHS videos offer housing residents some tips on home repairs, decorating and minor carpentry.