

Navallog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Eye Clinic on see duty

The Eye Clinic at Naval Ambulatory Care Center, Newport, takes its duties seriously, and encourages regular exams.

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Marines run for Dr. King

Navy and Marine Corps members get involved in Dr. Martin Luther King Day events, including a torch run from Portsmouth to Newport.

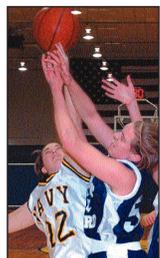
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Destroyers mark 100th

Surface warriors from Newport mark the 100th anniversary of the destroyer class of warship with ceremonies at Battleship Cove.

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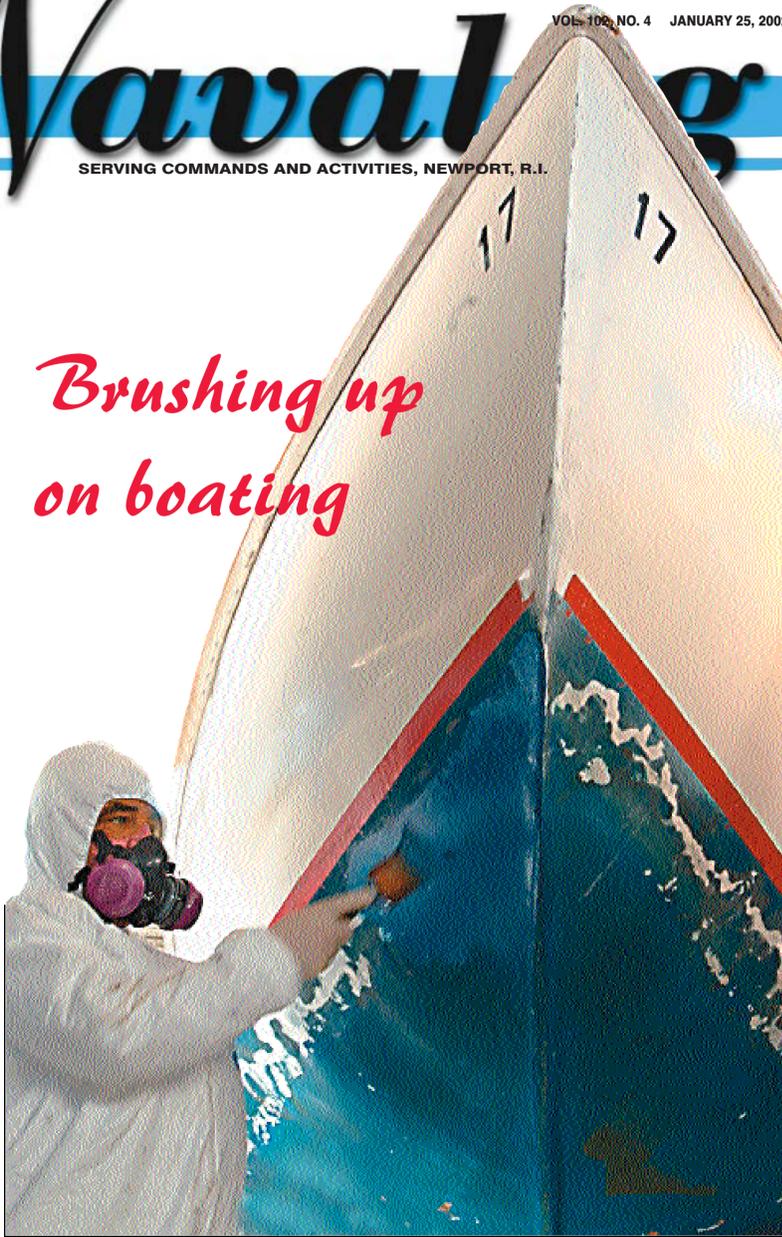


NAPS fives tough it out

Naval Academy Prep School men's and women's basketball teams enter the halfway mark in their competitive seasons.

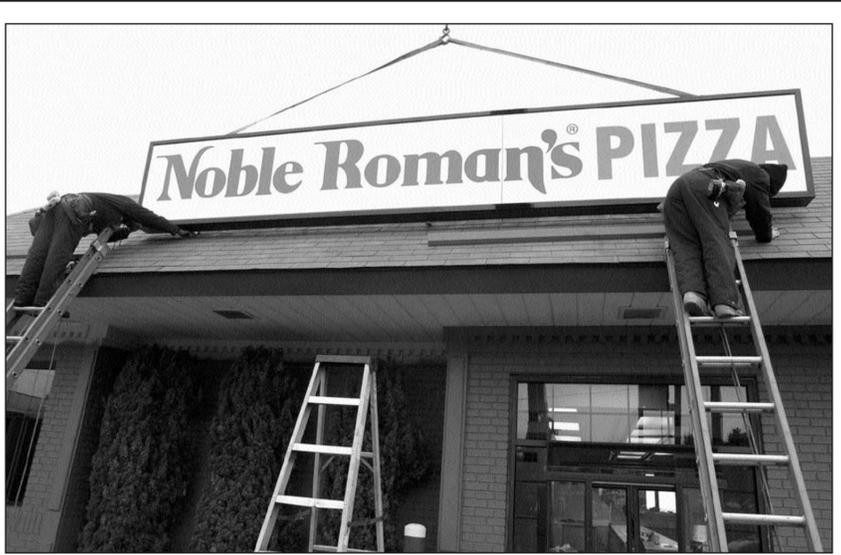
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Brushing up on boating



Ron Fontaine/U.S. Navy photo

BILL OSMAN, Morale, Welfare and Recreation Department employee attached to the Naval Station Marina, spreads copper-based bottom paint on the hull of a 30-foot Shields sailboat in Building W-36. Routine maintenance work on the sailing fleet is carried on indoors through the winter months in preparation for spring launching.



RESTAURANT SIGNS IN — Kevin Dion, left, and Ray Doran of Dion Signs, Lincoln, R.I., place the new Noble Roman's Pizza sign on the rooftop of the former McDonald's restaurant on Whipple Street. The franchise, including Breyer's Ice Cream and Java City Coffee outlets, opened for business this week. A grand opening ribbon-cutting will be Feb. 1.

Job Fair aimed at military

The Naval Station Newport Fleet and Family Support Center's Job Fair 2002 is scheduled for 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 dress in attire suitable for a job interview.

Job Fairs are unique in that individuals meet employers from several different fields in one convenient location. The lengthy process of sending out resumes and waiting for replies is eliminated.

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

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

Interested employers or anyone with questions about the Job Fair should contact the Fleet and Family Support Center at 841-2283.



Public Works briefed on CA Study options

By **RICHARD ALEXANDER**
Navalog editor

Almost 70 members of Naval Station Newport's Public Works Department turned out for one of two Commercial Activities (CA) Study briefings Jan. 17 at Perry Hall auditorium to learn more about personnel issues relating to Department of Defense employment.

The briefings, headed by Human Resources Office, Groton, assisted by Newport personnel, explained the various outplacement resources, early

retirement and voluntary separation incentives, transition assistance and Reduction in Force (RIF) guidelines and procedures. The three-year CA Study is approximately at mid-point.

Gail Montague, CA Co-Team leader, said there are 176 billets in Public Works are targeted to compete against private industry.

"We are currently developing a performance work statement," she said. "These briefings were something NAVSTA Public Works people requested to explain their options, government job place-

ment resources, and their rights, should the contractor win.

"But we are no where near that point of the government bidding against a contractor," she said.

Ken Potter, supervisory personnel management specialist, at HRO Groton, reviewed the Department of Defense Priority Placement Program (PPP); Interagency Transition Assistance Program (ITAP); Voluntary Separation Incentive Program (VSIP) and VSIP-Phase II; Reemployment Priority Listing (RPL); and the Voluntary Early Retirement Authority (VERA).

RIF is considered the last resort to downsizing a workforce after all incentives and reassignment options have been exhausted, HRO spokesmen said.

In PPP, all qualified applicants affected by a RIF will be considered for job openings at military installations regionally or coast-to-coast. ITAP helps surplus and displaced employees find federal jobs in their commuting area at the same or lower pay grade than their separated job.

VSIP, also known as a "buyout," induces civilian employees to **PUBLIC WORKS, Page 13**

NUWC hosts R.I. robotics duel

MIDDLETOWN—The Rhode Island Robotics Competition will be held at the Naval Undersea Warfare Center (NUWC) gymnasium, Building 80, tomorrow, 9 a.m. to 3 p.m.

The regional competition developed for youths ages 9 to 14 by the FIRST (For Inspiration and Recognition of Science and Technology) Organization, was started in 1998, as a spin-off of the national FIRST Robotics competition for senior high school students.

The local team comprised of students from Aquidneck Elementary and Gaudet Middle School in Middletown, Portsmouth Middle School, Portsmouth, and Thompson Middle School in Newport, will be one of 28 teams from across Rhode Island and Massachusetts to compete.

Each team received identical LEGO kits and were given eight weeks to prepare for the competition. With guidance by NUWC engineers, scientists and other

volunteer support, the students pooled their skills and strengths to design, build and test their remote controlled computer operated robots to meet the challenges of the competition.

The competition, entitled, "Arctic Impact," scenarios three scientists trapped on an iceberg at the North Pole with two ferocious polar bears in extreme weather conditions.

More than 205,000 youths across the nation will compete regionally in Arctic Impact.

THE NEWPORT NAVALOG

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

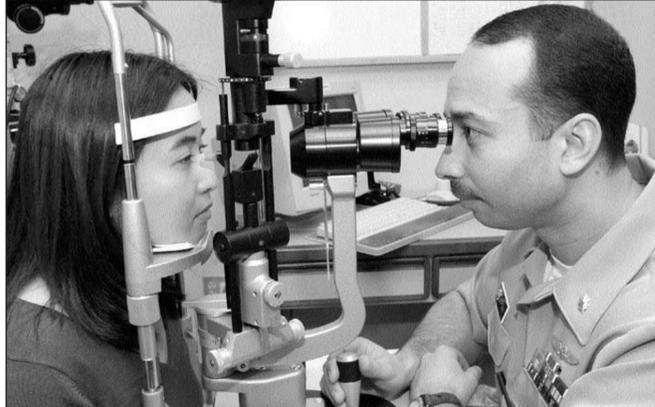
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LET'S SEE, NOW— Dr. (Lt. Cmdr.) Octavio Borges, ophthalmologist in the Eye Clinic, Naval Ambulatory Care Center, Newport demonstrates the use of the slit lamp to check for glaucoma and cataracts on New England College of Optometry extern Ann Bui.

Eye Clinic enjoys 'see duty'

January is National Eye Care and Glaucoma Awareness Month

By **JOY CHRISTMAS**
NAVSTA Public Affairs Staff

The world has a much better view through a pair of healthy eyes. And the "Eye Team" located on the second floor, Building 23, at Naval Ambulatory Care Center Newport is dedicated to helping you to do just that.

January is National Eye Care Month and National Glaucoma Awareness Month.

Working from the Navy medicine's philosophy, "Put Prevention into Practice," the Eye Clinic sees an estimated 10,000 patients annually conclusive of active duty/retired military and their family members throughout southeastern New England. Staff ophthalmologist Lt. Cmdr. (Dr.) Octavio Borges, joined by

staff optometrists, Lt. Cmdr. (Dr.) Fred Kelly and Lt. (Dr.) Jeff Ainley, are trained and equipped to handle a myriad of eye problems.

The two professions have many similarities, yet some differences. Both are trained to examine the eye for visual defect, diagnose problems or impairments and prescribe corrective lenses and other topical or oral treatments if necessary.

Ophthalmologists, however, are medical doctors with specialized training in the medical and surgical care of the eye and its surrounding structures.

An eye examination includes assessing the vision, anatomy and physiological function of the eye. The doctors also screen for signs of such diseases as cataracts, glaucoma and diabet-

ic retina disease. "Screening for eye disease is part of the examination process," said Dr. Borges. "Many eye diseases can be treated if detected early. Our patients are encouraged to have a routine eye exam every one to two years."

The elderly, whose aging eyes are susceptible to glaucoma, diabetes, cataracts and macular degeneration, should be checked regularly said Borges.

Macular degeneration is a breakdown in the retina at the back of the eye that allows us to see fine details. The degeneration causes reduction in central vision.

Glaucoma, pressure caused by fluid in the eye, is the leading cause of blindness in the United **EYE CLINIC, Page 13**

Germ warfare expert guest speaker

Ms. Judith Miller, a correspondent for *The New York Times* and the author of *Germs: Biological Warfare and America's Secret War*, will speak Jan. 28 at 7:30 p.m. at the Naval War College.

Ms. Miller was a target of the anthrax scares at *NBC News* and *The New York Times* last October when she opened an envelope at her office, releasing a suspicious white powder. The substance proved negative.

She has reported from throughout the world for the Times, concentrating on the Middle East and former Soviet Union. Her book reveals the proliferation of

germ weaponry around the world, and the U.S. government's secret effort to counter it.

Another book, *God Has Ninety-Nine Names*, is a reporter's journey through a militant Middle East. She has also written *Sadam Hussein and the Crisis in the Gulf*, the first comprehensive account of the gulf crisis and biography of the man behind it. The book was a best seller topping the *New York Times* Best Seller list during the Gulf War.

Born in New York City in 1948, Ms. Miller grew up in Los Angeles. She attended Ohio State University, Barnard College, and the

Institute of European Studies at the University of Brussels, Belgium.

She received her bachelor's in economics from Barnard in 1969, and her master's degree from Princeton University's Woodrow Wilson School in 1972.

Before joining the *Times*, Ms. Miller was Washington Bureau Chief for the *Progressive* magazine and monthly based in Wisconsin and the nation's second oldest journal.

For reservations please call 841-4353 or email rubeld@nvc.navy.mil.

Newport Naval Cable TV

Terrorist detainees stop at Guantanamo

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:

—Al-Qaeda detainees arrive as construction continues at Camp X-Ray, Guantanamo Bay, Cuba.

—President Bush signs Defense Authorization Act that means better pay for servicemembers.

—Chief of Naval Operations visits the Naval Personnel Command in Millington, Tenn.

—An update on the status of Pentagon reconstruction.

—USS Carl Vinson stops in Hawaii on the way to its Bremerton, Wash., homeport after a successful six-month deployment in support of Operation Enduring Freedom.

The Mariana Operation

This week's featured video, *World War II, Summary of the Mariana Islands Operations*, will follow Navy and Marine Corps News, 9 a.m., 1 p.m. and 6 p.m.

Health and 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 Jan. 21, learn more about *Asthma in Children* and *Back Pain (Lower Back)*.

If interested in classroom/video programs or in participating in the Health Promotion Action

Council, call Health Promotion Department at 841-6777.

Fleet & Family Support Center

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 and 7 p.m. The weekly schedule is displayed below.

DAY	TITLE
Friday through Sunday	Recognizing and Transforming Unhealthy Relationships
Monday	Using Effective Communication to Move to Victory
Tuesday	Transforming Trauma and Hurts into Life Changing Benefits
Wednesday	Mutually Fulfilling Intimacy
Thursday	Keys to Changing Behavior Habits

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OSC Joseph Zele/U.S. Navy photo

RECOGNIZING STAFF—Capt. Daniel Brennock, left, Commanding Officer, Naval Education and Training Center, recognizes several civilian and military employees for outstanding performance during ceremonies Jan. 16. From left are Clyde Barney, Navy Integrated Training Resource Administration System (NITRAS) officer; Leo Lariviere Jr. and Valmore Guernon, instructors at the Broadened Opportunity for Officer Selection and Training (BOOST) program; Lt. Bill Moore, NETC Curriculum Instructional Standards Officer; and Cmdr. Evelyn Dyer, director of BOOST.

Van pools eligible for vouchers

Naval Station Newport will host an Informational Transportation Incentive Fair for all military and civilian personnel on Thursday, Jan. 31, 11 a.m. to 2 p.m., in Capt. Howard N. Kay Hall, Building 1801.

All personnel are welcome and encouraged to attend.

In an effort to help reduce traffic congestion and air pollution and conserve natural resources, the Department of Defense (DoD)-wide program offers participants a non-taxable benefit in the form of vouchers valued at up to \$100 in commuting costs to use public transportation or van pools.

An additional benefit to commuters would be less wear and tear on privately owned vehicles (POV) and reduced cost for fuel and vehicle maintenance.

Greg Levitz from the Rideshare Company and Lynette Lopes-Machado from the Rhode Island Public Transportation Authority (RIPTA) will give an overview of the program and answer questions.

Interested employees can complete a survey form that will be used to match commuters with public transportation systems to meet their needs or with groups of commuters with similar work schedules and areas of residence.

A RideShare van will be available for those needing transportation to the fair. Karen Peckham of the NAVSTA Command Support Department is the point of contact for all activities at Navy Newport, 841-6197.



Sgt. Richard R. Rainone/USMC photo

REENLISTING — Capt. Michael C. Evans, left, Commanding Officer, Marine Corps Detachment, reenlists Cpl. Eliseo E. Rodriguez in the Marine Corps for four more years during ceremonies aboard the frigate USS Constitution in Boston recently. Rodriguez entered the Marines at Santa Ana, Calif., in 1998.



Cpl. Eliseo Rodriguez/USMC photo

PROMOTION — Lance Cpl. Jesse E. Landrie, left, unit diary and pay clerk at the Marine Corps Detachment, is promoted to his current rank by Capt. Michael C. Evans, detachment commanding officer, outside the Marine Barracks, Boston. Landrie originally entered the Marines from Danbury, Conn.



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Announcements

Little League registration

MIDDLETOWN — Middletown Little League registration will be held Jan. 26 from 1 to 5 p.m.; Jan. 30 from 5:30 to 7:30 p.m., and Feb. 2 from 1 to 5 p.m. at Middletown Town Hall for all boys and girls, ages 5 to 14.

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

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.

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 prescriptions or appointments are required.

Home care program has several openings

Child Development Homes, formerly the Family Child Care Program, at Naval Station Newport offer military parents quality care for their children and address the unique circumstances that center-based programs are unable to offer, such as drop-in or evening care. Additionally, siblings can be cared for together in the same environment and within their own neighborhood.

Currently there are childcare openings for full-time, hourly, infant, before or after school and evenings/weekends. Eligible patrons include all dependents of active duty/active duty reserve personnel and Department of Defense civilians.

Certified providers are screened, trained and monitored by the Navy. They run a private enterprise where they design their own individual programs, so you are encouraged to interview and visit their homes. For a childcare referral, call the CDH office at 841-6225.

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.

Seniors earn pharmacy service

Uniformed services beneficiaries age 65 and over now have access to the TRICARE Senior Pharmacy Program.

For any other questions about the program access the TRICARE Management Activity web site at www.tricare.osd.mil or call the toll free help line at 1-877-363-6337, or contact Sier-

On base movies

Officers' Club—Tuesday, Jan. 29 at 6 p.m., *A.I.* (PG13); 8 p.m., *The Last Detail* (R)

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

Assistance

Tax preparation service offered

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

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

For more information, call Lt. j.g. Sean Cogley, Branch Head Naval Legal Service Office, North

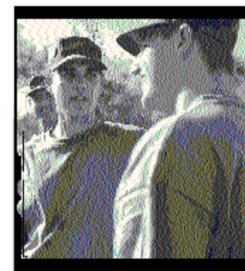
Central Branch Office, Newport, at 841-3766 ext. 201.

Retired Activities seeks volunteers

The Retired Activities Office (RAO), located in the Fleet and Family Support Center (FFSC), is looking for volunteers to work in the office Monday through Friday, anytime between 8 a.m. and 4 p.m.

Volunteer activities include meeting with retirees regarding any questions and providing information on a variety of services and entitlements. On-the-job training will be provided.

If you would like to volunteer, please call 841-4089.



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What's going on

Clubs ready for football

No matter if you're a New England or Pittsburgh fan rooting for an AFC championship or a Philadelphia or St. Louis fan rooting for a NFC championship, head over to the Topside Pub at the Officers' Club, Building 95, or the Recreation Center, Building 656, and tune in this Sunday.

Both facilities will be open all weekend and will broadcast both games on big-screen TVs throughout the building! If watching all the action makes you hungry, don't worry, we've got you covered with a complimentary half-time buffet during all games AND super appetizer specials!

For more information, visit the facility or call Topside Pub at 849-3693 or the Recreation Center at 841-3054.

TODAY, Jan. 25

• Armed Services YMCA:
— Fitness Hour, 9 to 10:30 a.m.
— Adult Beginner Sewing, 9 a.m. to noon. Four sessions focused on the basics of sewing. \$68 per person. Call 846-9622 for more information.
— Parents' Time Out, 3 to 6 p.m. Let the staff at the "Y" watch you child(ren) ages 18 months and older while you enjoy some time to yourself. \$10 for the first child, then \$5 each additional child.

• 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.

• Movies at Recreation Center, Building 656. Shown all week upon request 5 p.m. to closing. *Glitter* (PG13); *Seven Girlfriends* (R); *The Fast and the Furious* (PG13); *Don't Say a Word* (R)
• Fitness Equipment Orientation for proper/safe use of Nautilus equipment, cardiovascular machines and the free weights, every Monday, Wednesday and Friday mornings at 8, 9 and 10 a.m., FITNESS Plus, Building 355. Monday, 8 a.m., Nautilus (upper body), 9 a.m.; Nautilus (lower body), 10 a.m., cardio/free weights; Wednesday, 8 a.m., Nautilus (lower body), 9 a.m., cardio/free weights; 10 a.m., Nautilus (upper body); Friday, 8 a.m., cardio/free weights; 9 a.m., Nautilus (upper body); 10 a.m., Nautilus (lower body). For more information, please visit or call FITNESS Plus at 841-1474.

SATURDAY, Jan. 26

• Bob Thornton Nursery Rhymes Exhibit continues through Jan. 31, Bert Gallery, 540 S. Water Street, Providence. Display of award winning Rhode Island School of Design graduate's large acrylic painting of nursery rhymes. Weekdays, 11 a.m. to 5 p.m.; Saturdays, noon to 4 p.m. Call 751-



2628 for more information.

SUNDAY, Jan. 27

• 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, Jan. 28

• Armed Services YMCA:
— Fitness Hour, 9 to 10:30 a.m.
— Rubber Duckie Birthday Party, 11 a.m. to noon. Make bathtub paint and crayons with your own rubber duckie to take home. \$5 per child.
— Kids Sewing, 4 to 5:30 p.m. Classes teach kids ages 7 and older basic sewing skills. Intermediate sewers also welcome. Cost in advance is \$48 for four-session class; \$36 for three-session. Call 846-9622 to register or for more information.
— Sewing, 6:30 to 8:30 p.m. Make a bathrobe for yourself or your valentine in fleece, flannel or silky fabric. Cost \$32 per person.

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

TUESDAY, Jan. 29

• Armed Services YMCA:
— Fitness Hour, 9 to 10:30 a.m.
— Stamp-a-Rama, 9 a.m. to noon. Make beautiful hand-crafted gifts and greeting cards. \$10 for three projects/\$5 to stamp.
— Yoga, 1 to 2 p.m. — Relax and experience the benefits of Yoga. For all ages and fitness levels. \$60 for six-week session, or \$11 per class.

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

• Free movies at Officers' Club, 6 p.m., A.L. (PG13); 8 p.m., *The Last Detail* (R)
WEDNESDAY, Jan. 30
• Armed Services YMCA:

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

• Water aerobics, every Tuesday and Thursday from 4:45 to 5:45 p.m., Pool 307. \$3 per class or \$25 punch card for 10 classes plus one free class. For more information, call Pool 307 at 841-6628.
• Effective Resume Workshop, 11:30 a.m. to 1 p.m., Fleet and Family Support Center. Learn how to write an effective resume, cover/follow-up letter and more.

THURSDAY, Jan. 31

• Armed Services YMCA:
— Fitness Hour, 9 to 10:30 a.m.
— Knitting, 10 a.m. to noon. Make beautiful hand-made gifts for the holidays. \$12 per session.
— Kids Sewing, 2:30 to 4 p.m., and 4 to 5:30 p.m. Kids ages 7 and older learn the basics of sewing. Intermediate sewers also welcome. Cost in advance is \$48 for four-session class; \$36 for three-session. Call 846-9622 to register or for more information.

— Stamp-a-Rama, 6 to 9 p.m. — Make beautiful hand-crafted gifts and greeting cards. \$10 for three projects/\$5 to stamp.

— Sewing with Serger Machine (rolled edges), 6 to 7:30 p.m. Learn to use your Serger machine for more than finished seams. Rolled edges are great for napkin hems, attaching lace and trim, edging ruffles and seaming sheer fabrics. \$12 per person.

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

• Sponsor Training, 9 to 11 a.m., Fleet and Family Support Center. Informational session to help service members and their families make a smooth transition at their new duty station. Call 841-2283.

• Homebuyers Workshop, 7-9 p.m., Fleet and Family Support Center. Hear about mortgage qualifications and other financial options from a representative of the Navy Federal Credit Union.

• 2002 Northeast International Auto Show opens through Feb. 3, noon to 10 p.m., Rhode Island Convention Center, One Sabin Street, Providence. Get the first look at new-model cars, trucks, minivans, sport utility vehicles from more than 20 import and domestic manufacturers. 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.autoshowsusa.com.

Upcoming:

Feb. 3 — Super Bowl XXXI, 6:15 p.m., Fox Network.

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.

Commissaries offer \$1,500 scholarships

FORT LEE, Va. — Don't delay, download your Scholarship for Military Children application today. And if it's still sitting on a computer somewhere, better hurry, the deadline to have completed applications to the nearest commissary is Feb. 5, 2002.

Dependent children of active duty, Reserve/Guard and retired U.S. military personnel are eligible to apply for \$1,500 scholarships. Students must be graduating seniors who will be enrolled in a four-year program in the fall of 2002 or college students already enrolled in a four-year program.

Just click on "What's New" at www.commissaries.com and access the scholarships page to get complete information on eligibility and to download the application.

The Defense Commissary Agency/Fisher House Scholarships for Military Children program is administered by Fisher House Foundation and funded through the generosity of indus-

try members supplying commissaries worldwide. In its inaugural year, the program awarded nearly 400 scholarships worldwide to deserving recipients.

"I am eagerly anticipating awarding a record number of scholarships to deserving young students this year," said Defense Commissary Agency Director Air Force Maj. Gen. Robert J. Courter Jr. "The first year of the program was extremely successful in cementing the role of the commissary in military community life. These scholarships go a long way toward enabling young students to take the next step in their pursuit of excellence."

Students must have at least a 3.0 grade point average and must describe in an essay how his or her activities have enriched the community. Applications may be dropped off, or mailed, to the nearest commissary, but all applications must be complete and arrive at the commissary by close of business Feb. 5, to meet the deadline requirements.

Naval Station Newport Clubs

We have your ticket to NFL playoff games

Looking for the best places to watch the AFC and NFC playoff games this weekend? Head over to the Topside Pub, at the Officers' Club, Building 95 and the Recreation Center, Building 656, and you won't miss a minute of the action!

Both facilities will be open all weekend and will broadcast both games on big-screen tv's throughout the building! If watching all the action makes you hungry, don't worry, we've got you covered with a complimentary half-time buffet during all games AND super appetizer specials!

For more information, visit the facility or call Topside Pub at 849-3693 or the Recreation Center.

Officers' Club

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

For more information, call 846-7987.

Blast from the past: The Officers' Club invites you to attend a special dinner/dance featuring *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 at the O'Club Gift Shop or by phone with Visa/MC. To purchase tickets to this or other dinner shows, or for more information, please call 846-7987.

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.

Recreation Center

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

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

The computer center is open seven days a week and computer 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.

I-B-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 jack-

pot—Worth over \$500 if a cover-all BINGO is called within the specified amount of Bingo numbers! If the jackpot isn't won, the first player to have a good cover-all Bingo will win \$100 and, the following week another \$100 and another number is added to the jackpot game — making the stakes even higher and prize even richer!

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!

Don't forget, the Recreation

Center also serves breakfast starting at 7:30 a.m., so stop by before you head to work and pick up a breakfast sandwich, pancakes and more.

For more information or to order take out, call the Recreation Center at 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 on Thursdays for \$7.50 and fresh, delicious fish and chips on Fridays for just \$4.75. Lunch is open to all hands and Department of Defense civilians are always welcome. Call 841-3054, for advance orders or for more information.

Every Friday — Enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m. Head over early and enjoy a delicious lunch including a fish n' chips special for just \$4.75.



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Any insurance product purchased in connection with your loan is not a deposit or other obligation of, or guaranteed by, USAA Federal Savings Bank or its affiliates, and is not insured by the FDIC, any other agency of the United States, or USAA Federal Savings Bank or any of its affiliates. Approval of your loan is not conditioned upon your purchase of insurance from USAA Federal Savings Bank or any of its affiliates. You may obtain insurance from other sources.

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Richard Alexander/U.S. Navy photos

WITH POLICE ESCORT, military and civilian participants in the Dr. Martin Luther King Jr. Torch Run complete an 11-mile run on Monday from Portsmouth to Newport for ceremonies at Cranston-Calvert School in Newport. From left are Cpl. Duane Willoughby, Naval Reserves Lt. Robert Cannon, Petty Officer Tara Burress, Phillip Douglass, Cpl. Tom Sauer, and Petty Officer Amiee Shepard.

Marines, Navy Band join ceremonies for Martin Luther King

By RICHARD ALEXANDER
Navallog editor

PORTSMOUTH—To the uninformed, the six runners carrying a torch south on West Main Road with State Police cruisers as escorts, looked like the Winter Olympics 2002 torch run through Rhode Island.

Cars slowed as they went by, and some occupants yelled, "Go USA!" A few people stood by the side of the road and applauded, and others stopped to take pictures.

But the torch was being carried by Naval Station Newport military and civilian personnel as part of Newport County's annual

celebration of Dr. Martin Luther King Jr.'s birthday Monday, Jan. 21.

"We got a laugh out of that," said Marine Cpl. Tom Sauer, who was surprised the group ran about 11 miles. "It was fun, and for a good cause."

The runners, mostly Marines from the Naval Academy Prep School and one former Broadened Opportunity for Officer Selection and Training program student, began at Patriots Park, the site of the R.I. First Regiment. They jogged with the torch to Cranston-Calvert School in Newport for the main program.

The runners were organized by Petty Officer Amiee Shepard. **KING, Page 13**



A TAPESTRY of Dr. King hangs from the podium at Cranston-Calvert School.



NAVY BAND Northeast's ceremonial band plays at Cranston-Calvert School.



MOMENT TO REFLECT — Brother James Scales, right, of Mt. Zion A.M.E. Church, Newport, leads Torch Run participants and spectators in prayer at Patriots Park in Portsmouth. The park is the site of the First Rhode Island Regiment monument.

NAVSTA Public Works Department

Vehicle inspection stations planned

EDITOR'S NOTE: *The Newport Navallog* today introduces 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. Why did they pave part of the grass outside the Gate 4 sentry area?

A. Gates 1, 4 and 10 are being outfitted with Vehicle Inspection Shelters. The gate security force needs a facility out of the weather when it selects a car, van or truck for random inspection. The shelters will be of tube frame construction with fabric roofs and sides, and open at both ends.

Gate 10 will have the largest "carport," capable of handling tractor trailer trucks.

Long range planning calls for significant upgrading of all gates into the Naval Station. Gates 1, 2, 4, 10 and 11 entrances will be widened to two lanes each inbound and outbound, be fitted with permanent and more durable guard shelters, have automatic road barrier emplacements, and better lighting.

Q. What has happened to the progress at the new Navy Lodge construction site?

A. The contractor building this project, Beneco, is having significant corporate financial problems. The Beneco parent company is the financial giant, IT Group. IT Group is under major restructuring actions, including Chapter 11 bankruptcy filings, and is potentially being bought out by the Shaw Group.

We hope to work through a legal and contractual settlement with Beneco's bonding company to get both the Navy Lodge project and the NEX back on track.

For the past few weeks, both of these jobs have fallen significantly behind schedule. The Navy Lodge is approximately 85 percent complete and the NEX addition is 45 percent complete.

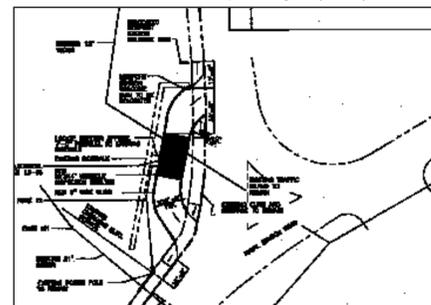
Q. I noticed the grounds maintenance contractors were gone and Public Works people were

mowing the grass on base last year. What's going to happen this spring to keep the base looking nice?

A. The Naval Station's groundskeeping maintenance contract has been awarded through the General Services Administration to JOPPA Maintenance Co., Inc. of Hampstead, N.C. The company has experience and contracts with several other military installations across the country.

It is a five-year performance based contract, with one-year renewable options. JOPPA and Public Works will determine how often the lawns need mowing during the growing season.

The contractor will also police the NAVSTA grounds for litter and downed tree limbs and branches. JOPPA also has the equipment to build flower beds or undertake other landscaping projects, as well as snow removal.



PUBLIC WORKS document shows the Vehicle Inspection Shelter location at Gate 4.

"You never get the feeling you're out there on your own."

"With our old plan, I was on the phone for two hours trying to reach someone in customer service. But we're very happy with US Family Health Plan. When you call the 800 number, there's someone who can help you with any question or problem. It's a pleasant change to talk to real people instead of machines."

- William & Kyra Davis, US Army, Ret. US Family Health Plan members; Yarmouthport, MA



High quality care and service are just a few of the advantages of US Family Health Plan membership. Enrollment is open all year, to military beneficiaries of all ages.

For more information, call 1-800-818-8589 or visit www.brightonmarine.org.

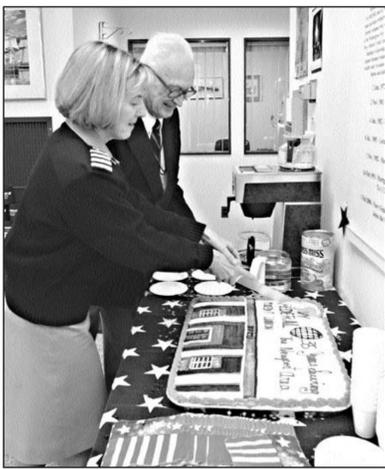


US Family Health Plan is the Uniformed Services Family Health Plan, a permanent part of the military health system.

Did you know

Did you know budget counselors, employed by the Navy-Marine Corps Relief Society, will conduct classes at your command on a wide variety of subjects?

Contact the Navy-Marine Corps Relief office in the Fleet and Family Support Center today, 841-7342/3.



Ron Fontaine/U.S. Navy photo

MARKING 35 YEARS — Capt. Ruth A. Cooper, Commanding Officer, Naval Station Newport, and retired Capt. Herb Rommel, cut a birthday cake on Jan. 18 to mark the 35th anniversary of Navy Federal Credit Union in the Newport area. Rommel, former head of the Washington Navy Yard Credit Union, was responsible for getting NFCU to open a Newport office.

Ticket Connection

Armed Forces can ski Killington

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

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

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

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

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

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

See 'The Producers' in New York with ITT

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

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

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

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

Fleet and Family Support Center

Work on 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.

A five-session workshop, **Relationship Enhancement**, 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 to 9 p.m., and meet with a representative from the Navy Federal Credit Union to hear first-hand about qualifications for mortgages and other financial options. Home-buying information for all areas of the United States is available at this workshop.

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

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

Call 841-2283 for more information.

Checkbook Balancing Workshop — A representative from the Navy Federal Credit Union will provide you with the "ins and outs" of checkbook balancing at the Fleet and Family Support Center on Wednesday, Feb. 13, from 11:30 a.m. to 1 p.m. The

workshop also will feature information on automatic teller machine transactions, VISA Debit transactions, check holds and returned check charges and fees.

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

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

Call 841-2283 to register.

TRICARE corner

Child's fever good indicator of infection

A fever means that the body temperature is higher than normal. Sometimes a fever can be more difficult to detect in children than in adults.

A red or pink face, glassy eyes, warm and damp skin, fatigue and lack of appetite are some common symptoms of a fever. Some causes include viral or bacterial infection, dehydration, drug reaction or a medical disorder.

Use an oral thermometer to take the temperature of children age 4 and over. If using an old-fashioned thermometer, shake it before starting. Put the tip of the thermometer under the child's tongue with lips closed, making sure the child does not bite down on the thermometer.

Wait three minutes before removing it. The number at the end of the line is the temperature reading.

If using a digital thermometer, carefully follow the directions that come with the unit. A temperature of 100 degrees Fahrenheit or higher is considered a fever.

When finished, be sure to wash the thermometer with warm soapy water.

For children under age 4, a rectal thermometer is recommended for temperature readings. Shake the thermometer before starting and put some Vaseline on the tip for easier insertion. Lay the child on his or her stomach.

Put the thermometer in baby's rectum about one inch deep, aiming towards the belly button. A temperature of 100.4 degrees Fahrenheit or higher is considered a fever.

Call a pediatrician when a child three months or younger has a temperature of 100.4F or higher, or when a child has a fever and seems to be acting in a strange way.

Be sure to examine for a rash, swelling or dehydration. If the fever does not get better when the doctor says it should, call back right away.

For children three months and younger, see a pediatrician before administering any fever remedies. Never give aspirin to a child younger than age 19, unless directed by your physician. Aspirin has been associated with

a dangerous illness called Reye's Syndrome.

Giving a child "infant" or "children's" acetaminophen is much safer than aspirin. Be sure to follow the directions carefully and give the amount that is right for the child's weight. Do not give more than what the doctor says, and only administer it every four hours.

If uncertain of what to do, call the doctor or clinic before using any other medicines.

There are various ways to help a child feel better when they have a fever. If the doctor recommends a sponge bath, use lukewarm water and make sure the child is not shivering in the water. To prevent dehydration give the child clear liquids like apple juice, flat ginger ale or water.

TRICARE, Page 13

Aquidneck Avenue Family Dental
Dr. Sunjay V. Patel
Dr. Stanson A. Moody



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Navy salutes destroyer class, Sailors lost at sea

By STGC A. ROBILLARD
SWOSCOLCOM Public Affairs Officer

FALL RIVER, Mass. — Despite a booming 21-gun salute in the frigid cold from the decommissioned battleship Massachusetts, Navy sailors stood straight, proud and unflinching on the deck of the nearby destroyer Joseph P. Kennedy in Battleship Cove.

It was their way of remembering and paying respects to 100 years of men and women who perished at sea while serving on U.S. Navy destroyers.

The Surface Warfare Officers School Command in Newport, in cooperation with the Newport Chapter, Surface Navy Association, held the first of a yearlong series of commemorative events last Sunday to celebrate the 100th anniversary of the destroyer class of warship.

Host for the event was Cmdr. Roderick Fraser, Director, Damage Control Department at SWOSCOLCOM.

Capt. Ronald W. Brinkley, commanding officer of SWOSCOLCOM, told his assembled "fellow surface warriors" that this day was more than a solemn occasion to honor fallen comrades.

"It is a celebration of a distinguished warship, one that has helped make our Navy the best in the world."

Retired Vice Adm. Thomas Weschler of Newport, who was once Commander, Cruiser Destroyer Force, Atlantic Fleet in Newport, said the class has gone through many changes since the commissioning of the USS Bainbridge in 1902.

Its new roles and duties have ranged from protecting bigger ships in the fleet, to hunting submarines, to attacking targets far inland with cruise missiles, he said.

Weschler said every generation of Sailor and officer had to be smarter than their predecessors, because they had to know all the traditional jobs aboard destroyers, plus every new one that came along.

Among the attendees were members of the Tin Can Sailors, a destroyer's organization with about 50,000 members. They help maintain seven

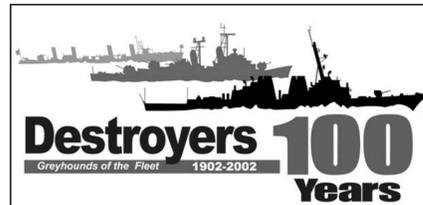
decommissioned destroyers up and down the coasts, keeping some open to the public.

A few years ago the Joseph P. Kennedy played a role in the movie *Thirteen Days*, which reenacted the Cuban Missile Crisis of the 1960s.

The ceremonies included the casting of a wreath into the waters of Battleship Cove by Weschler and the SWOS Sailor of the Year, Machinist's Mate First Class (SW) John A. Newcomb. A Navy Band Northeast bugler played *Taps* and the battleship fired its salute.

After the ceremony, veterans and active duty members mingled in the wardroom annex of the battleship during a reception.

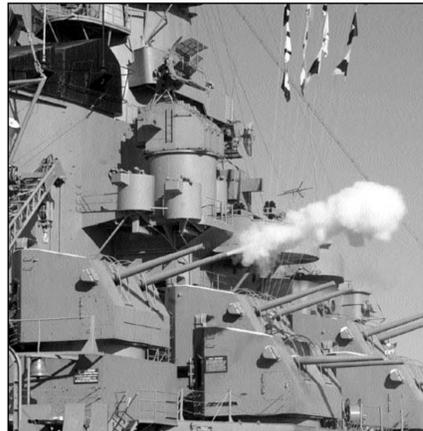
The Navy has several more events planned in honor of the centennial, including a U.S. Navy Destroyermen's Ball in Newport in May.



THE DESTROYERS were nicknamed the Greyhounds of the Fleet for their speed in battle.



TRIBUTE TO TIN CAN SAILORS — Capt. Ronald W. Brinkley, Commanding Officer, Surface Warfare Officers School Command, last Sunday addresses the audience on the forward deck of the destroyer Joseph P. Kennedy at Battleship Cove, Fall River, marking the 100th anniversary of the destroyer class of warship.



THE 8-inch guns from the nearby battleship Massachusetts fire a 21-gun salute to conclude ceremonies.



RETIRED Vice Adm. Thomas Weschler, right, and Machinist's Mate First Class (SW) John Newcomb, center, cast a wreath into the waters at Battleship Cove while Capt. Brinkley looks on.

HM2 Michael Duff and STGC Andrew Robillard/U.S. Navy photos

Sports



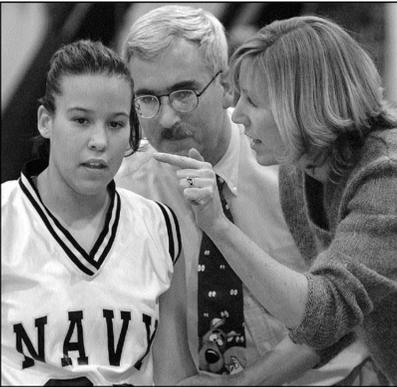
Sea service competition

TOP: Navy Prep's Adrienne Maeser (35) looks to shoot as teammate Andi Nicola (12), upper right, sets up at the top of the key during the Rams home game against the Coast Guard Academy junior varsity on Jan. 17 at Gym 302.

RIGHT: NAPS player Janet Broome gets some pointers on the sidelines from Coaches Karen Kane and Jeffrey Beeby.

Navy rallied late in the second half, but fell short, 58-48.

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



Gear Rental

Skiers, skaters wanted: We have your gear here

Don't be left out in the cold this winter just because you don't have the right equipment! Gear Rental, Building 303, has a complete line of rental skis, snowboards, ladies figure skates and men's hockey skates.

This winter Gear Rental has added Headliner Ski-Boards, the latest in extreme winter sports. We still offer high quality ski accessories, tuning services and ice skate sharpening for \$3 a pair for military personnel and \$4 for DoD civilians.

Receive a complimentary copy of *Ski Press* and other information about New England winter sports when you visit Gear Rental. Get your gear and have some winter fun in New England! For more information, call 841-2568.

Get your skis fitted, and it's off to slopes

The ski season is here—are you ready for it? Don't wait to have your ski measurements taken—come into Gear Rental, Building 303, and do it today!

Ski-fittings are available Tuesday through Saturday from 9 a.m. to 3 p.m. Appointments are not necessary for individual fittings; however, groups of five or more should call ahead. Skis will not be rented after 4 p.m. to anyone who has not been previously fitted.

Remember, your measurements will be kept on file for the entire season, making it quick and easy to reserve skis! For more information, please call Gear Rental at 841-2568.

Host NAPS splits with two visitors

The Naval Academy Prep School basketball Rams had a busy weekend at Gym 302, winning one and losing one against visiting teams from New England.

The Rams continued their season with a road test at the Community College of Rhode Island in Lincoln last Wednesday, before heading to Annapolis for their sports winter weekend against the Naval Academy junior varsity on Saturday.

Last Friday night, NAPS held off the Springfield College junior varsity team, 55-51, to drive their record to 3-6 in an exciting and interesting game.

On Saturday afternoon New Hampton Prep School came into

town with a 13-1 record and their University of North Carolina recruit, Alvin McCants. The NAPsters fought and played well, but New Hampton came out on top, 77-57.

Against Springfield, the Rams were led by Kelvin Boatner with 14 points, and Tristen Redmon and Leonard Green added 8 points apiece. The Rams led from the start and never trailed as they surged to a good lead and then watched in the second half as the guests came back and threatened to take the lead right at the end of the game. But Boatner sunk two foul shots to seal the victory.

"We started off strong and ran

Intramural basketball

The Naval Station Newport Intramural Basketball League results for the Week 1 ending Jan. 18 follow:

18 and over
Jan. 14
DH 166 def. NACC, 41-36
Alpha Squad def. SSP, 45-39
Ducks II def. NWDC, 58-40
SWOS def. Bad Boys, 56-53

Jan. 16
SSP def. DH 166, 50-24
NWDC def. NACC, 41-34
Bad Boys def. Alpha Squad, 55-43
SWOS def. Ducks II, 65-60

Standings	
SWOS.....	2-0
NWDC.....	1-1
DH 166.....	1-1
Alpha Squad.....	1-1
Bad Boys.....	1-1
SSP.....	1-1
NACC.....	0-2
PWT.....	0-0
NIS.....	0-0

35 and Over
Jan. 15
Nothing But Net def. NWC, 54-38
Bricklayers def. No. 1 Draft Picks, 1-0

Standings	
Nothing But Net.....	1-0
Bricklayers.....	1-0
NWC.....	0-1
No. 1 Draft Picks.....	0-1

Recreation

Fitness Walk and Tone for age 50-plus

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 fitness class

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.

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. Stop by FITNESS Plus or Gym 109 and pick up the most current schedule today or call the fitness staff at 841-1474.

Public Works

Continued from Page 2

retire or resign, and receive up to \$25,000 in a one-time lump sum or in installments. The money must be repaid if the employee returns to a Department of Defense job within five years.

VIPs may be offered to employees in specific grades, series, and locations to help avoid a reduction in force and minimize involuntary separations.

For eligibility, the civil servant must have been employed by the federal government for at least a year, not pursuing a disability retirement package, and not applying for another federal job.

VSP-Phase II is an extension of the same program to Sept. 30, 2003, and is an inducement for civil servants to retire to create vacancies.

The RPL sets up a priority listing for reemployment after a RIF.

Employees at least age 50 with 20 years of service, or anyone with 25 years of service may take

VERA. Employees who are covered by the Civil Service Retirement System (CSRS) are subject to a 2 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.

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.

The briefings also reviewed the priorities that veterans and disabled veterans have in retention, and the rights and priorities of tenured employees and veterans have in "retreating" to former jobs and "bumping" lower grade level employees.

NAPS

Continued from Page 12

the floor well and moved the ball," Coach Dave Sladky said. "Then we started to get a little sloppy and careless with the ball. We started to rush our shots as I think that because of our size, we felt we didn't have to be as patient as this team needs to be to be successful.

In the Saturday game, NAPS played its finest first half of the year, Sladky said.

"It was a picture of what the NAPsters can do when they play well," he said.

"Green and Boatner were very good as well as the inside play of

Matt Green, Tristen Redmon and Walt Fowler."

In the second half, New Hampton stepped it up and the Rams held on until the 5 minute mark, and then were forced to gamble in an effort to win the game. New Hampton took advantage and lengthened its lead to post a win.

Green and a host of Rams held the high scoring McCants to eight points until the last four minutes of the game when he hit for 8 more points against the pressing Rams.

The Rams were led by Green with 14 points, Boatner with 10,

King

Continued from Page 8

by Cpl. Ruby Berry, Marine Corps Detachment. She volunteered for the effort, after hearing about the run from Gunner Sgt. Kurt Day, formerly at MARDET.

Phillip Douglass, a NAVSTA Fire Protection Division firefighter, also joined the run.

Before the run Brother James Scales of Mt. Zion AME Church in Newport, gave an invocation at the monument which honors a Revolutionary War regiment composed only of freed slaves.

The Newport County Martin Luther King Celebration Committee every year organizes a day-long program beginning with a prayer's breakfast at the First Presbyterian Church on Broadway, a torch run, a speaking program with music selections at Cranston-Calvert, a luncheon with guest speakers, and an afternoon Black History Bowl, concluding with an evening worship program at St. Paul's

Methodist Church.

The theme this year was, "Remember! Celebrate! Act! A Day On, Not A Day Off!"

Navy Band Northeast's ceremonial band provided appropriate music, and Chaplain (Lt. Cmdr.) John Burton, gave the invocation and benediction at Cranston-Calvert.

Students at Portsmouth Abbey, and Portsmouth, Rogers and Tiverton High Schools participated in the ninth annual Black History Bowl. They were quizzed on their knowledge of American history, plus notable personalities, scientists, political leaders, inventors, and military heroes.

Capt. Ruth A. Cooper, Commanding Officer, Naval Station Newport, was a guest speaker at the luncheon at the Hotel Viking. She spoke about Dr. King's importance to the civil rights movement, and that the holiday

should not be just a day off from work, but a day to celebrate his dream for America.

Commissaries sell magazines for first time

By RICK BRINK
DeCA Headquarters

FORT LEE, Va. — Commissary shoppers can add magazines to their shopping lists as the Defense Commissary Agency rolls out its new magazine sales program.

Plans call for all stateside commissaries to carry up to 43 titles of popular family-oriented magazines ranging from *Reader's Digest* to *Newsweek*. Overseas commissaries will carry up to 39 titles.

The roll out began Dec. 19 as magazine racks were placed in commissaries at Little Creek, Va.; Annapolis, Md.; Andrews Air Force Base, Md.; Fort Meade, Md.; Quantico, Va.; Aberdeen Proving Grounds, Md., and Fort Lee. The roll out for the remaining stateside commissaries should be complete by the end of January.

Magazines started being sold at the Naval Station Newport Commissary last week. Not all titles were available, but will be stocked as they arrive.

The roll out will begin for overseas commissaries in February and should be complete in March. Customers will find the magazines in racks located at the checkouts.

Tricare

Continued from Page 10

If the child has an upset stomach, use baby liquids like Pedialyte, Ricolyte or Infalyte to prevent dehydration.

(Sierra Military Health Services, Inc. (SMHS), the TRICARE Administrator for TRICARE Northeast provides this information courtesy of Optum to help identify and care for children's fevers. Optum's Health Care Information Line has Registered Nurses available 24 hours a day to provide helpful health information. To speak with a registered nurse, call 1-800-308-3518.

and Redmon with 8.

The final score was not an indication of how well the young Rams played for most of the game as they trailed by 3 at the half and by 7 with about seven minutes to go.

"We needed to keep the momentum up in the second half but got a little tired and failed to step it up when the opponent did," Sladky said. "When we learn that, we have arrived and will be able to not only compete well, but win against these quality opponents."

Eye Clinic

Continued from Page 3

States. Loss of sight from glaucoma is preventable with early detection and treatment. In diabetes, high blood-sugar levels can lead to damage of the blood vessels in the retina, resulting in bleeding and leakage of fluid in the retina.

The Eye Clinic provides routine and emergency services for pediatric as well as adult patients.

Patient education is provided at every opportunity. A number of educational pamphlets explaining various eye diseases, conditions and corrective procedures are readily available. A civilian staff nurse also renders pre and post-operative education, both offering patients information to be more proactive in decisions concerning their care.

The clinic houses some of the

latest in eye technology. Minor surgical procedures and laser surgery is routinely performed at the clinic for treatment of eye diseases.

However, the popular photorefractive keratectomy (PRK) or laser in situ keratectomy (LASIK) surgery, used to reshape the cornea to reduce and eliminate the need for glasses or contacts, is not yet available.

The equipment, valued between \$500,000 and \$1 million, is currently being used in the more populated areas such as Bethesda, Md.; San Diego, Calif.; Jacksonville, Fla.; and Norfolk, Va., area. Dr. Borges is optimistic Navy New England will be a future laser refractive site.

"This is a service that would be mutually beneficial to the patient as well as the Navy," he said. "It

would eliminate the need to wear glasses or contact lenses and the expense to the Navy to make them."

Most services and procedures are performed in the Eye Clinic at NACC on an outpatient basis. Procedures requiring in-patient care are performed at Newport Hospital, through a contracted partnership through the TRICARE program.

Others on the "Eye Team" include four hospital corpsmen, four opticians and an administrative assistant. Two externs from the New England College of Optometry are also on staff.

The Optical Support Unit, located in Building 44, fills between 1,500 and 2,500 single-vision eyeglasses each month for active duty, reserve and retired

personnel. In addition, the Navy Exchange staffs an on-site optical shop at the clinic where civilian beneficiaries may be fitted for and purchase eyewear.

The Eye Team urges patients to be aware of changes in vision and seek help when concerned.

Some of the more common changes to the eye to be aware of include:

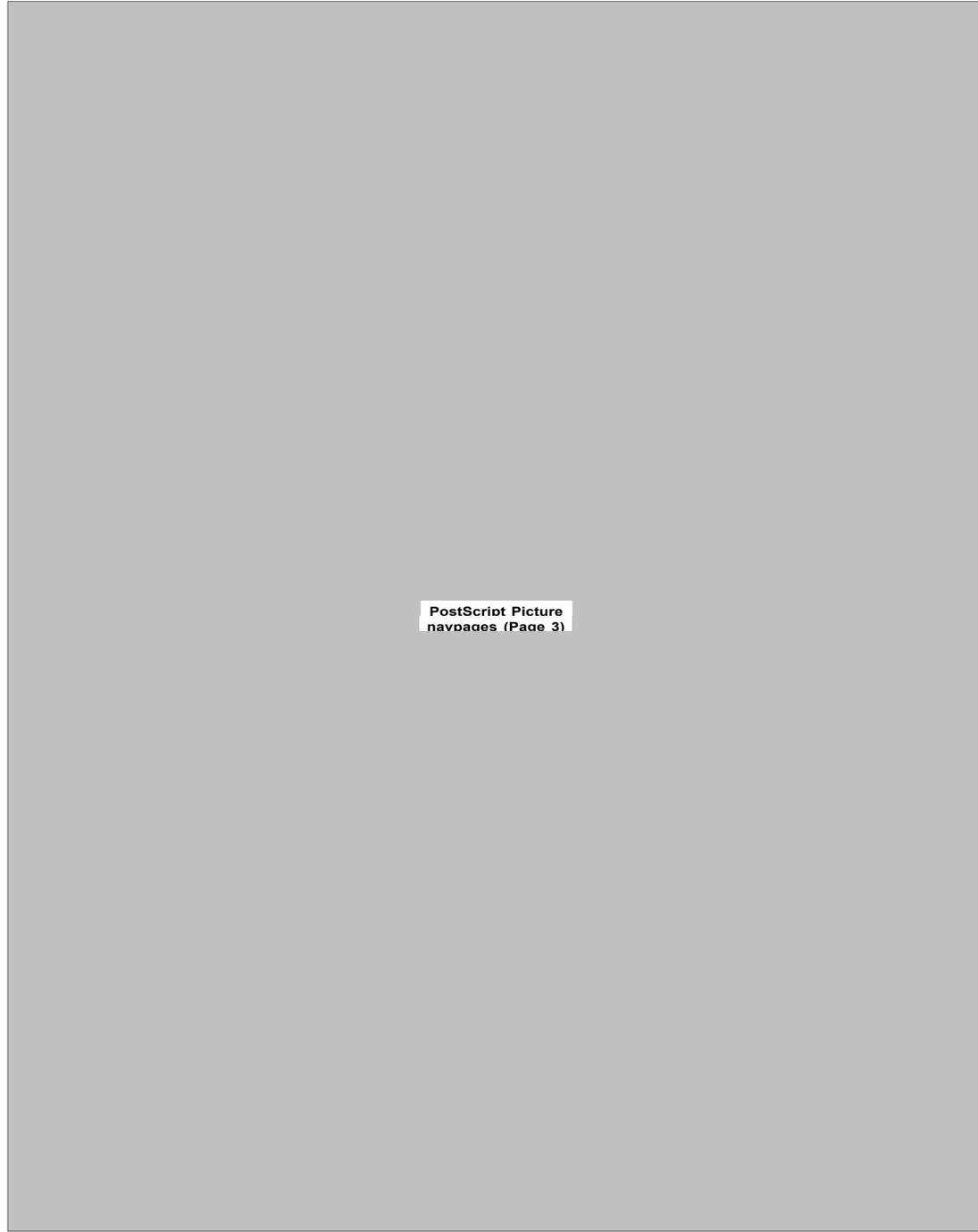
Computers have simplified many tasks in the workplace, but can put wear on the eyes. For those who sit in front of a computer screen for prolonged periods, the eye doctors suggests frequent five-minute breaks to relax eyes. Artificial tears can be used to lubricate if they feel dry.

Presbyopia: The inability to focus up close, especially reading fine print. The gradual process

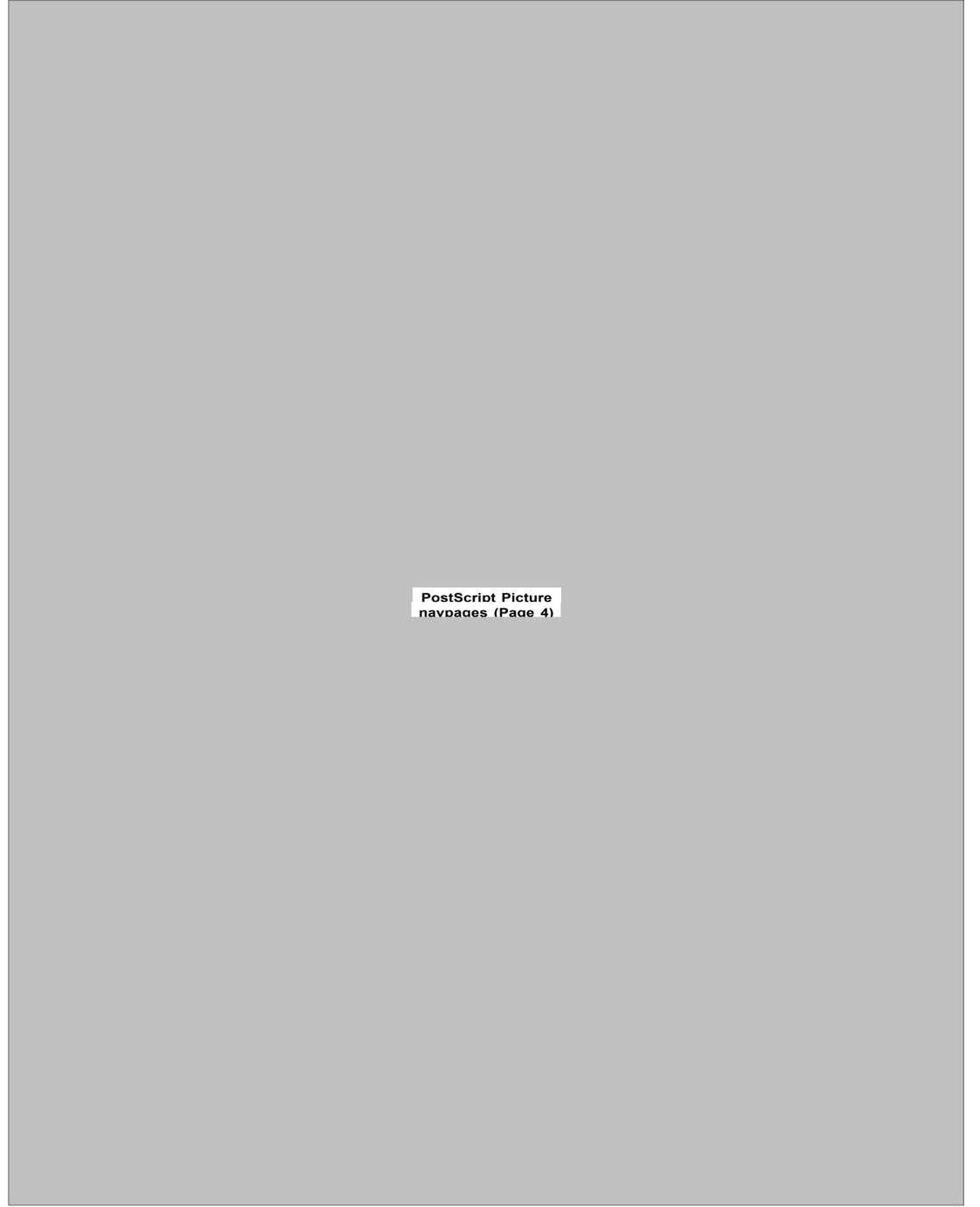
caused by decreased flexibility in the eye, is usually noticeable at about age 40. Bifocals or reading glasses are usually prescribed to aid vision.

Floater: Tiny spots or specks that float across the field of vision, usually noticed in a well-lit room or outdoors on a bright day. This activity caused by tiny clumps of gel inside the eye, can be a warning sign for such eye problems as retinal detachment, especially if it occurs with light flashes.

Dry eyes: This condition occurs when tear glands produce insufficient tears and causes itching, burning or even some loss of vision. A mild eye lubricant or humidifier may aid the discomfort.



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PostScript Picture
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Navy-wide news

Bush signs defense bill into law during ceremony

WASHINGTON (NNS) — In signing the Fiscal Year 2002 Defense Appropriations Act, President George W. Bush said the United States owes military personnel the full measure of respect for their service and sacrifice.

Bush signed the legislation into law at a Pentagon ceremony Jan. 10. He said the act demonstrates the bipartisan support the military has. "We can never pay our men and women in uniform on a scale that matches their sacrifices," Bush said. "But this bill reflects our respect for your selfless service."

"We owe you decent pay and a decent quality of life," Bush told the packed auditorium. "We owe you the best leadership and training. We owe you the best equipment and weaponry. We owe our service men and women our best, because we owe you our freedom."

With the Jan. 10 signing, Bush approved both the \$317 billion Defense Appropriations Act and the \$20 billion emergency supplemental Congress passed in response to the Sept. 11 terror attacks.

Bush said the legislation funds an average pay increase of 6.9 percent for military personnel. It cuts the out-of-pocket housing expenses from 15 to 11 percent with elimination of this expense by FY2005. "This fully funds the healthcare of active-duty members and their families and provides over \$3.9 billion for healthcare benefits for military retirees over 65 and their families," he said.

The act contains \$61 billion for new weapons and \$50 billion in research and development, including \$8 billion for missile defense.

Military spouses insured in SGLI for up to \$100,000

WASHINGTON (NNS) — Spouses of service members enrolled in Servicemembers' Group Life Insurance (SGLI) are now automatically insured for up to \$100,000 of Family SGLI.

Military family members — including all unmarried dependent children under the age of 18, and those over 18 but younger than 23 who attend an accredited school, and children who are declared legally incompetent before the age of 18 — will be insured for \$10,000 at no cost.

Family members of service members who do not have SGLI insurance will not be covered.

Family member SGLI coverage is automatic. Service members who do not want spousal coverage, or would like reduced coverage, must make the election in writing on Form SGLV 8286A. The premium will be automatically deducted from their pay. Service members, not spouses, are able to make these elections.

For more information see the Family SGLI Web site at <http://www.insurance.va.gov/sglivgltisglifam.htm>. Also see the PERS-62 Web site for updates at <http://www.bupers.navy.mil/pers62/index.html>.

'Camp X-Ray' receives next group of detainees

U.S. NAVAL BASE GUANTANAMO BAY, Cuba (NNS) — Thirty additional Al-Qaeda and Taliban detainees arrived here last week under tight security, bringing the total number of detainees to 50.

The detainees arrived via military aircraft and were transported to Camp X-Ray for in-processing and detention.

"This group of detainees is just as dangerous as the first group that arrived last week," said Army Lt. Col. Bill Costello, a military spokesman. "The transfer of custody from Afghanistan to Guantanamo Bay, Cuba, is all part of the global war on terrorism. Removing these high-risk individuals from combat conditions in Afghanistan affords other military forces to concentrate on other vital missions. Today's transfer and the future removal and detention of Al-Qaeda and Taliban detainees are all in support of Operation Enduring Freedom."

Detained persons have been and will continue to be treated humanely. Humane treatment includes adequate food, water, shelter, clothing and medical treatment. Guantanamo Bay is preparing to receive up to 2,000 Al-Qaeda and Taliban detainees.

More than 850 military personnel, from each of the five branches of the Armed Forces, are currently assigned to Joint Task Force 160 to support security operations here.

For more information on Operation Enduring Freedom and the war on terrorism, go to <http://www.defendamerica.gov>.



PH1 Greg Messier/U.S. Navy photo
A VESSEL Boarding Search and Seizure (VBSS) team returns to the cruiser USS Lake Champlain in their Rigid Hull Inflatable boat (RHIB) after completing inspection of a merchant vessel in the Arabian Sea recently. Inspections under Maritime Interception Operations are being conducted by the Navy in cooperation with coalition ships in support of Operation Enduring Freedom.

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