

Navallog

VOL. 103 NO. 14 APRIL 11, 2003

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.



Sailing into spring

Ron Fontaine/U.S. Navy photo

HIGH AND DRY — Naval Station Newport Marina volunteer William McKay polishes the hulls of two Rhodes 19 in Building W-36 this week. Some of the boats will be launched later this month.



Decal design salutes heroes

A former baseball coach at the Naval Academy Prep School designs a patriotic symbol in the wake of Sept. 11.

— Page 2



Nurse treats war wounded

A Navy nurse aboard the USNS Comfort reports by e-mail about the courage and will to survive among patients.

— Page 3



Gear Rental thinks spring

Gear Rental retools for spring, and offers a variety of equipment for garden planting and lawns.

— Pages 8-9

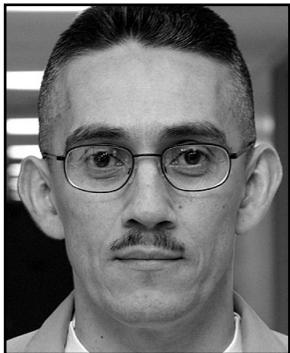
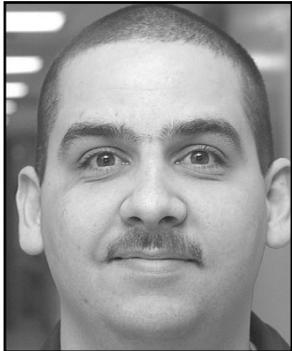
Roving reporter

Our question:

Based on pre-season play and the first two weeks of the 2003 professional baseball season, what three teams do you believe have a chance to make it to the World Series? Why?

"Houston, San Francisco, and Boston."

— DT3 Eli Garcia
Rio Hondo, Texas
Naval Dental Center
Northeast



"Dodgers, because I am a big fan; Yankees, because they have a deep bench and talent; and the Twins, because they are a good young ball club and are hungry."

— DTCM Rigoberto M. Hernandez
Los Angeles, Calif.
Naval Dental Center
Northeast

"Yankees, because they always make the playoffs; the Mets, because they are my No. 1 team; and the Phillies, because they are my No. 2 team."

— DT2 Bernice Rotgers
Brooklyn, N.Y.
Naval Dental Center
Northeast



"Yankees, because of talent and tradition; Diamondbacks, because of their renewed commitment; and Orioles, because they're my home team!"

— Lt. Cmdr. Ben Torreon
Annapolis, Md.
Navy Warfare Development
Command



"Philadelphia Phillies, because I give them my hometown support; Anaheim Angels because they could be a possible repeat; Boston Red Sox, because I am hopeful for them."

— HM2 Ryan Paul
Barrington, N.J.
Naval Health Care,
New England



Former Navy Prep staffer designs patriotic symbol

SAN DIEGO, Calif. — A former administrative officer and baseball coach at the Naval Academy Prep School (NAPS) in Newport, R.I., has designed a lapel pin and decal to support all who protect America at home and abroad.

The original design by Lt. Cmdr. Terry Allvord consists of a U.S. flag supported by a series of stars representing American heroes. The design is called, "So Others May Live."

On the Friday following the Sept. 11 tragedy, Allvord left Newport for New York City to assist in the efforts at the World Trade Center. It was there in the rubble among members of the military, firefighters, police officers and other state and government agencies that he received the inspiration for the design of this patriotic symbol.

While helping dig out a New York fire truck, The rescuers recognized an American flag decal on the back of the rig.

In conversations with workers over the following days, many expressed how they were motivated by seeing the flag on that truck, and in and around "Ground Zero." After leaving New York, Allvord sat down to write about his experience, "Back from Ground Zero," which was published in *The Newport Navalog* and other



LAPEL PIN, to support all who protect and serve America at home and abroad, shows the five stars under the American flag designed by Lt. Cmdr. Terry Allvord, former Navy Academy Prep School administrative officer and coach. The design is called, 'So Others May Live.'

newspapers. It gave him the idea for the symbol, "So Others May Live."

In addition to the original design, purchasers can choose from 11 different stars to represent their personal support of family, friends and others serving the country.

The 11 stars currently available represent:

U.S. Air Force

U.S. Army
U.S. Border Patrol
U. S. Coast Guard
Firefighters
Homeland Security
U.S. Marine Corps
U.S. Navy
Police Officers
POWs/MIAs
9-11-01

The design can be personalized for veterans, servicemembers wounded in the line of duty, and those killed in the line of duty.

Lapel pins and stickers are available for less than \$3.50 each with proceeds going to



Lt. Cmdr. Allvord

ALLVORD, Page 13

REDCOM activates 60

JO1 STEVEN BANSBACH

Naval Reserve Readiness Command, Region Northeast Deputy PAO

As part of the mobilization authorized by President Bush in support of Operations Noble Eagle, Enduring Freedom, and Operation Iraqi Freedom, an additional 60 naval reservists have been activated from Reserve Centers in Connecticut, Maine, Massachusetts, New Hampshire, New York, New Jersey, Vermont

RESERVISTS, Page 13

Navalog

Capt. Ruth A. Cooper

Commanding Officer, Naval Station Newport

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NAVSTA Public Affairs Officer

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NAVSTA Public Affairs Staff

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NAVSTA Public Affairs Staff

Ron Fontaine

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NAVSTA Public Affairs Staff

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NAVALOG Editor

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The Newport Navalog is printed on recycled paper.



PH1 Kevin Tierney/U.S. Navy photo

CARE ABOARD SHIP — Medical personnel aboard the hospital ship **USNS Comfort** work diligently on a wounded Marine in the Casualty Receiving Area. The ship is on station in the Arabian Gulf and is staffed with some personnel from Navy Health Care, New England.

E-mail from USNS Comfort details courage, patients' will to survive

EDITOR'S NOTE: Ensign Tracie Brown, a Navy nurse aboard the hospital ship **USNS Comfort** in the Arabian Gulf, sent this e-mail to her cousin, retired **Cmdr. Pat Cerchio-Vieira**. Brown left for the Middle East on March 5, and is trained as a biological/chemical decontamination officer.

Saturday, 3/29

"I found a few minutes...and a computer... so I wanted to give everyone an update.

"Things are still pretty busy today. We continue to receive patients all the time. I am still working in the wards where the patients spend most of their time, so we have been going around the clock.

"We had been working two days on and then one off (off meaning you don't do patient care, just whatever else needs to be done). Those are 12 hour shifts.

"But now, since we are so busy on the wards, we are switching to eight-hour shifts every day of the week. So I am assigned to



PAUSE IN THE ACTION — Ensign **Tracie Brown**, a Navy nurse, stands aboard the **USNS Comfort** in the Arabian Gulf.

evenings, which go from 1500 to 2300. We have been able to do a lot of teaching while we are out here.

"Many of the corpsmen did not have ward experience before they got out here. This meant that we have had to start from scratch with them. However, they are doing an excellent job. The more senior corpsmen are really doing a lot.

"As nurses we are in more of a supervisory position, mostly assigning all the patients to corpsmen and then checking to make sure they are doing what needs to get done.

"They are able to do just about everything, although we still are the only ones pushing medications (giving them morphine or other drugs in the IVs) but they are allowed to do everything else. So I check all the patients to make sure the assessments are right, ensure the documentation is correct, and coordinate the care.

"We also do a lot of the

COMFORT, Page 13

NAVSTA readies Spring Cleanup

By **JOY CHRISTMAS**

NAVSTA Public Affairs Staff

Naval Station Newport (NAVSTA) will hold its annual Spring Basewide Cleanup, on Thursday, April 24, from 8 to 11:30 a.m. All hands from NAVSTA and its tenant commands are invited and encouraged to participate.

Sponsored by the NAVSTA Environmental Department, the event will coincide with the 33rd observance of Earth Day (April 22). This year's celebration will also encompass Arbor Day, traditionally celebrated the last Friday in April (April 25), with the planting of trees at various locations.

Cleanup coordinator Deb Moore of the NAVSTA Environmental Department said the interior base has been pretty well kept up through the win-

ter, so efforts will be concentrated along perimeter areas.

"Our attention will be along the shoreline where debris has a tendency to wash ashore and accumulate over the winter months," said Moore.

Participants are asked to assemble at Building 47 for a safety briefing, supplies and team and area assignments. Teams will be transported to their assigned areas that together will accomplish a complete scour of the waterline from the Naval Ambulatory Care Center (NACC) to Pier Two.

An in-door picnic will be held for all participants immediately following the cleanup at the Recreation Center in Building 656.

For information, call 841-1790.

A number of things...

1,555

The number of new senior chief petty officers on the E-8 selection board that the Navy will select from among 13,252 eligible chiefs.

2,300

The number cases of SARS (severe acute respiratory syndrome) reported worldwide, with 1,190 in China. The Navy has suspended all port visits to Hong Kong, and only mission-essential trips to China by Defense Department personnel are allowed.

1972

The year in which the first woman in the Navy attained flag rank, following Chief of Naval Operations Adm. Elmo Zumwalt's famous "Z-gram" that eliminated any disadvantages to women that restricted their careers."

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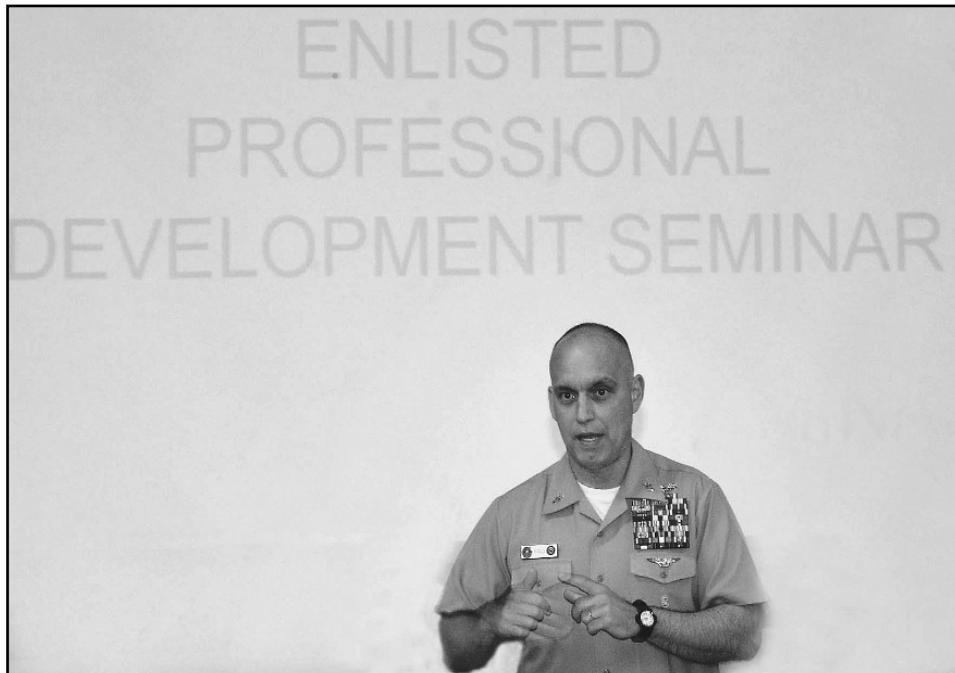
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COMMAND Master Chief(SW/SCW/AW) Ralph Rao, senior instructor at Senior Enlisted Academy, speaks to junior enlisted personnel at Arleigh Burke Hall.

Ron Fontaine/U.S. Navy photo

Junior enlisted get straight talk

By YNC(SW) G.DOHERTY

SWOSCOLCOM Public Affairs Officer

Three command master chiefs gave the "straight skinny" to junior enlisted personnel at an Enlisted Professional Development Seminar on April 1 at Arleigh Burke Hall, Surface Warfare Officers School Command (SWOSCOLCOM).

The seminar was hosted by The Newport Chapter of the Surface Navy Association, in concert with SWOSCOLCOM, the Senior Enlisted Academy (SEA), and the Navy's Center for Career Development.

Command Master Chief(SW/SCW/AW) Ralph Rao, senior instructor at SEA, who had been an active member of over 10 selection boards, briefed an audi-

ence of over 100 enlisted personnel on CPO selection boards and "what they are looking for."

Being frank, he told the group that picking challenging assignments and remaining competitive were important facts to a successful naval career.

Command Master Chief(AW) Clifford Yeager, the Curriculum and Instruction Standards officer (CISO) at SEA, briefed the audience on the proper development of performance evaluations and fitness reports and the importance of mentoring, and how each Sailor should keep in constant contact with his mentor.

SNA, Page 13

NSI students have look at Navy history

LT. DAN KLEIBOEMER

Naval Science Institute PAO

FALL RIVER, Mass. — At Naval Science Institute, a school in Officer Training Command-Newport, instructors often help students prepare for their futures by taking them back in time.

Recently, 150 students spent the day at Battleship Cove here, touring historic naval ships and receiving 15-minute onsite lectures to relate their course material to actual ship-board use.

Battleship Cove is supported by the USS Massachusetts Memorial Committee Inc., a private non-profit corporation dedicated to preserving historic memorials and fostering patriotism. Free for military members in uniform and for Bay State school groups, the site is also open throughout the year to the general public for a small admissions fee.

The jewel in Battleship Cove's crown is the battlewagon Massachusetts, endearingly dubbed by her wartime crew as "Big Mamie." Decommissioned in 1946 and too big to be sold for scrap, Massachusetts found new life in 1965 as

an educational resource and a memorial to American sacrifice. She is one of five National Historic Landmark ships at Battleship Cove.

NSI students toured her steam engineering plant and Learned about the steam cycle and watch standing requirements within the engine room of a steam powered warship.

Battleship Cove is also home to the only Russian missile corvette on display in the world. Built in 1984 in the former Soviet Republic, this Tarantul I Class vessel was originally commissioned in the East German National People's Navy to protect the coast with long-range STYX antiship cruise missiles.

Following German unification, she was renamed the Hiddensee.

After decommissioning in 1991 she was transferred to the U.S. Navy, which used the compact ship in the early 1990s for training exercises on the Patuxent River.

On the tour, students took note of the Hiddensee's maintenance-free titanium plumbing, extensive magnetic silencing system and light-

NSI, Page 13



Ron Fontaine/U.S. Navy photo

NEW E-9 — The new command master chief at the Naval Academy Prep School, Master Chief Yeoman (AW/SW) James Griffaw has his collar devices pinned on by his mother Nancy Griffaw, left, and wife, Dawn Griffaw at the school's quarterdeck last week.

Newport Navallog, Friday, April 11, 2003

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Beginner's class offers basics on stock investments

Attend our beginner's class on **Investment Fundamentals** and find out why it is important to invest. A representative from the Navy Federal Credit Union will conduct the class at the Fleet and Family Support Center on Tuesday, April 15, from 11:30 a.m. to 1 p.m.

Fleet and Family Support Center

Learn about stocks, bonds, mutual funds, and annuities, and how they can work for you. You also will hear about several investment approaches and strategies. Call 841-2283 to register.

Car buying tips — You want to buy a new car. An image of your dream car hovers in your mind—it is shiny, colorful, and purrs like a kitten. But, standing between you and your dream car is the car dealer. How do you get the best car for a fair price? Come to the Fleet and Family Support Center on Thursday, April 17, from 11:30 a.m. to 1 p.m., to find out how to gather your resources and be well informed.

Call 841-2283 to register.

Checkbook balancing - 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 Tuesday, April 22, from 11:30 a.m. to 1 p.m.

Learn how to attain your financial goals by transforming your checkbook into a personal financial planning tool. Hear how you can reduce your checking account fees, avoid bouncing checks, better manage your cash flow, and safeguard yourself and your money.

For information and to register, call 841-2283.

Thrift Savings Plan (TSP) — An informational class on TSP will be held on April 22 from 5 to 6:30 p.m. at the Fleet and Family Support Center. A lunchtime session also will be held on April 24 from 11:30 a.m. to 1 p.m. TSP open season begins April 15 and ends June 30, 2003. Come to either session to learn the basics of this defined contribution plan. Spouses are welcome.

Registration is required. Call 841-2283.

Homebuyers' Workshop— Purchasing a home is a complex task. There are many

questions that need to be answered before you take that big step. Come to the Fleet and Family Support Center on Thursday, April 24, 7 to 9 p.m. and learn about your options

and decipher real estate lingo. You will 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 will be available at this workshop.

Call 841-2283 to register.



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What's going on

NEX offers men's fitting

The Navy Exchange at Naval Station (NAVSTA) Newport will host another Men's Fitting Clinic today and Saturday, from 10 a.m. to 5 p.m.

Representatives from Haggard men's clothing line will be in the Men's Department to assist patrons with proper fitting of dress shirts, slacks and sport coats.

The measurements, taken by experienced tailors, will be documented on a card and given to each patron for future use.

Also, patrons can register for a drawing for free merchandise.

For further information, call the Customer Service Department at 841-1399.

TODAY, April 11

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Nantucket Basketweaving, 9 a.m. to noon.
 - Big Kids Game Night, Easter Party and Egg Hunt, 6 to 9 p.m.
 - Scrapbooking, 6 p.m. to midnight.
 - Lunchtime BINGO, at the Recreation Center, Building 656. Noon to 1 p.m. Also Thursdays.
 - Fitness Equipment Orientation, FITNESS Plus, Building 355, 8, 9 and 10 a.m. Also, Wednesday and Friday mornings. Call 841-1474.
 - Soup Kitchen at Martin Luther King Center welcomes military volunteers, 8:30 a.m.
 - Soup Kitchen at Salvation Army, Memorial Boulevard, welcomes military volunteers, 5 to 5:45 p.m.
 - Pawtucket Red Sox vs. Rochester Red Wings, McCoy Stadium, 724-7300.
 - Recreation Center Movie Night – 6 p.m., *Antwone Fisher* (PG-13), 8 p.m., *8 Mile* (R).
 - Salve's Dance Company spring recital, Rodgers Recreation Center, 7:30 p.m., 341-4241.
 - Square dance, Multi-Purpose Center, 110 Bristol Ferry Road, Portsmouth, 8 p.m., 849-6266.
- #### SATURDAY, April 12
- Sixth annual Household Hazardous Waste Drop-off Day, parking lot of Newport Grand Jai Alai, 8 a.m. to 2 p.m., 849-2380.
 - Men's Fitting Clinic, Navy Exchange, 10 a.m. to 5 p.m., 841-1399.
 - Kitemania 2003, Easton's Beach, 10 a.m. to 5 p.m., 846-3262.
 - Salve's Dance Company spring recital, Rodgers Recreation Center, 3:30 p.m., 341-4241.
 - Soup Kitchen, Community Baptist Church, welcomes military volunteers, 4:30 p.m.
 - Irish Stew, Firehouse Theater, 8 p.m., 849-FIRE.



- Pawtucket Red Sox vs. Rochester Red Wings, McCoy Stadium, 724-7300.
 - Common Fence Music, Common Fence Point Community Hall, 8 p.m., 683-5085.
 - Shipwrecked in the 70s...Stayin' Afloat, Belcourt Castle, 8 p.m. to midnight, 846-1983.
- #### SUNDAY, April 13
- Chapel of Hope worship services:
 - Catholic mass, 9 a.m. and noon
 - Protestant Services, 8 and 10:30 a.m.
 - Sunday Bowling, Seaview Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.
 - Kitemania 2003, Easton's Beach, 10 a.m. to 5 p.m., 846-3262.
 - Soup Kitchen, Salvation Army, welcomes military volunteers, 4 to 4:45 p.m.
 - Irish Stew, Firehouse Theater, 4 p.m., 849-FIRE.
 - Candlelight tour, Belcourt Castle, Bellevue Avenue, 6 p.m., 846-0669.
 - Pawtucket Red Sox vs. Rochester Red Wings, McCoy Stadium, 724-7300.
- #### MONDAY, April 14
- Armed Services YMCA:
 - Parents' Time Out, 9 a.m. to noon.
 - Fitness Walk and Tone, 8 to 9 a.m., Gym 109.
 - Intermediate Weight Training for Women, 9 to 10:30 a.m., \$10 per person.
 - Soup Kitchen, Martin Luther King Center, welcomes military volunteers, 8:30 a.m.
 - Conservation Week, Roger Williams Park Zoo, 11 a.m. to 3 p.m., 785-3510.
 - Soup Kitchen, St. Joseph's Church, Broadway, welcomes military volunteers, 11:30 a.m.
 - Narragansett Baystation Kids' Days, 2 to 3 p.m., 1-800-627-7229.
 - Soup Kitchen, Channing Church, Pelham Street, welcomes military volunteers, 5 p.m.
 - Candlelight Tour, Belcourt Castle, Bellevue Avenue, 6 p.m., 846-0669.
- #### TUESDAY, April 15
- Armed Services YMCA:
 - Little Kids Easter Party, 10:30 a.m. to noon.

— Kids Strip Quilting, 9 a.m. to 1 p.m.

- Fitness Walk and Tone, 8 to 9 a.m., Gym 109. \$5 for five weeks! Call 841-3154.
- Intermediate Weight Training for Women, 9 to 10:30 a.m., Gym 109. \$10 per person. Call 841-3154.
- Soup kitchen, Martin Luther King Center, welcomes military volunteers, 8:30 a.m.
- "The Newport Colony House: Our Legacy of Liberty," The Newport Colony House, 10 a.m., 846-0813.
- April Vacation Camp, Norman Bird Sanctuary, Middletown, 846-2577.
- Conservation Week, Roger Williams Park Zoo, 11 a.m. to 3 p.m., 785-3510.
- Narragansett Baystation Kids' Days, 2 to 3 p.m., 1-800-627-7229.
- Investment Fundamentals, Fleet and Family Support Center, 4 to 5:30 p.m., 841-2283.
- Soup Kitchen, United Baptist Church, Spring Street, welcomes volunteers, 5 p.m.
- Officers' Club Movie Night – 6 p.m., *Solaris* (PG-13), 8 p.m., *Die Another Day* (PG-13).

WEDNESDAY, April 16

- Last day to sign up for speaking part in "The Trial of Charles Harris and His Pirate Crew: A Reenactment," on April 24. Call 846-0813
- Armed Services YMCA:
 - Parents' Time Out, 9 a.m. to noon.
 - Beach Bag and Towel, 9 to 11 a.m.
- Soup Kitchen, Martin Luther King Center Center, welcomes military volunteers, 8:30 a.m.
- April Vacation Camp, Norman Bird Sanctuary, Middletown, 846-2577.

THURSDAY, April 17

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Big Kids Cooking, 3:45 to 4:45 p.m.
- Soup kitchen, Martin Luther King Center, Marcus Wheatley Boulevard, welcomes military volunteers, 8:30 a.m.
- April Vacation Camp, Norman Bird Sanctuary, 846-2577.
- Rhode Island Foghorn Toastmasters, ASYMCA, 12:15 to 1:15 p.m., 832-8623.
- Lenten Concert Series at Trinity, Trinity Church, 12:15 p.m., 846-0660.
- Narragansett BayStation Kids' Days, Norman Bird Sanctuary, 2 to 3 p.m., 1-800-627-7229.
- Soup Kitchen, St. Paul's Church, Marlborough Street, welcomes military volunteers, 5 p.m.
- Ghost Tour, Belcourt Castle, Bellevue Avenue, 5 p.m., 846-0669.

Upcoming events:

- April 19 — Easter Faire, Officers' Club, 10 a.m. to noon.
- April 21 — Job Fair 2003, 2 to 6 p.m., Newport Marriot. More than 50 employers will be present. Co-hosted by the Fleet and Family Support Center. 841-2283.



Chapel of Hope posts its Easter schedule

Chapel of Hope worship schedule for Holy Week and Easter follows:

Sunday, April 13 (Palm Sunday)

- 8 a.m., Protestant service
- 9 a.m., Catholic mass
- 10:30 a.m., Protestant service
- Noon, Catholic mass

Thursday, April 17 (Maundy Thursday)

- 5:30 p.m., Catholic mass
- 7 p.m., Protestant worship

Friday, April 18 (Good Friday)

- Noon, Protestant service
- 3 p.m., Catholic mass

Saturday, April 19 (Holy Saturday)

- 7 p.m., Catholic mass (Easter vigil)

Sunday, April 20 (Easter Sunday)

- 8 a.m., Protestant service
- 9 a.m. Catholic mass
- 10:30 a.m., Protestant service
- Noon, Catholic mass

Lecturer offers update on NASA since Columbia

An executive with the international space station program will speak on the future of the U.S. space program at the Contemporary Civilization Lecture April 16 at 7:30 p.m. in Spruance Auditorium of the Naval War College.

Retired Air Force Col. Charles J. Precourt, Deputy Manager, International Space Station Program, Johnson Space Center in Texas, will present, "Remembering and Moving on — Leading our Space Program After Columbia."

A native of Waltham, Mass., he graduated from the Air Force Academy in 1977 with a bachelor of science in aeronautical engineering. He received a master of science degree in engineering management from Golden Gate University in 1988, and a master of arts degree in national

security affairs and strategic studies from the Naval War College in 1990.

Precourt graduated from Undergraduate Pilot Training at Reese Air Force Base, Texas, in 1978. In 1985 he attended the U.S. Air Force Test Pilot School at Edwards Air Force Base in California.

Upon graduation, he was assigned as a test pilot at Edwards, where he flew the F-15E, F-4, A-7, and A-37 aircraft. His flight experience includes over 7,500 hours in more than 60 types of civil and military aircraft.

Selected by NASA in January 1990, he became an astronaut in July 1991. A veteran of four space flights, he has logged over 932 hours in space.

For reservations please call (401) 841-4527.

Special events

Spring scramble golf tourney set

MIDDLETOWN — Morale, Welfare and Recreation Department's first golf tournament of the season will be Monday, April 28, at Wanumetonomy Golf Course in Middletown..

The tournament costs just \$40 per person and the registration fee includes green fees, cart rental and prizes. Tee-off is at 8:30 a.m. and a complimentary buffet will be served following the tournament.

The tournament will run on a "scramble" format and is open to all active duty, reserve, and DoD civilian personnel. Participants must register as four-person teams and registration began for active duty teams began April 1.

All other authorized teams may register beginning on Monday, April 14. Registrations will be accepted at Gym 109 and the deadline is Friday, April 18. For more information, call Athletic Department at 841-7196.



MYA summer camps begin in June

Children of active duty, reserve and retired personnel, and Department of Defense civilians are invited to register for the Military Youth Activities (MYA) Summer Camp.

Camp begins on June 23 and runs in one-week sessions through Aug. 29. Camp will be held at the Greene Lane Community Center in the Greene Lane Housing Area.

Children will participate in age-appropriate indoor and outdoor activities, field trips, crafts and much more. Full payment for the first week of camp and a \$20 non-refundable deposit per week that your child will attend is due upon registration.

Registration for children of active duty only will be accepted through April 18. All other authorized patrons may register their children beginning on Monday, April 21. Registrations will be accepted Monday through Friday at Gym 109 from 8 a.m. to 5 p.m. An income-based fee chart is available at Gym 109. For more information, call Jeff Dunn at 841-7196.

Easter Bunny at Easter Faire

Children, ages 2 to 8, of active duty military members are invited to participate in the Morale, Welfare and Recreation/Armed Services YMCA Easter Faire on Saturday, April 19 from 10 a.m. to noon at the Officers' Club, Building 95.

This free, fun-filled family event will feature activities, games, crafts, prizes, face painting, a balloon artist and a special visit from the Easter Bunny!

Refreshments will be available as well. Mark your calendar today so you don't miss this terrific family event! Adult volunteers are needed. Call Amy Burnes at 841-4038 for more information.

Seminar to benefit retirees

WARWICK — The 31st annual Retired Military Personnel Seminar is scheduled for Saturday, April 26, at the Crown Plaza Hotel at the Inn at the Crossings.

The seminar, open to all area military retirees and their dependents, will run from 7:30 a.m. to 12:30 p.m.

The speakers program, to begin at 9, will feature guests from several organizations. Included are representatives from the Defense Finance and Accounting Service; Department of Veterans Affairs; Naval Ambulatory Care Center (NACC) Newport; R. I. Department of Elderly Affairs; Delta Dental; and the Secretary of the Navy Committee on Retired Personnel.

In addition to the guest speakers, many organizations will have information booths in the foyer.

Announcements

NEX blood drive

The Navy Exchange will host a blood drive by the Aquidneck Island Donor Center, R.I. Blood Center, on April 18 from 11 a.m. to 4 p.m.

All active duty, reserve and Department of Defense civilians are welcome to stop by the donor coach.

Engineering job offered

The Public Works Department of Naval Station is recruiting for a Mechanical Engineering Technician, GS-0802-11. Employees who are interested in applying for the position should apply by April 11 following the procedures in vacancy announcement GRO-OC-0145 on www.donhr.navy.mil

Electrician's job posted

Base Operations Division, Public Works Department at Naval Station Newport is recruiting for an electrician, WG-2805-10. The position will be a TERM appointment of any length that does not exceed three years. Interested parties should access announcement number DE-GRO-03-0162-NR on for complete information.

Gate 2 closed afternoons

Gate 2 is now secured Monday through Friday between 3 and 6 p.m. due to increased security measures and limited outbound vehi-

cle traffic, the executive officer, Naval Station Newport, has announced.

Morning hours weekdays from 6 to 8 a.m. will remain the same.

NACC Pharmacy offers off-base refill program

In the event of heightened security that closes Naval Station Newport and its tenant commands, prescription refills may be picked up at the Fleet Reserve Club at 122 Connell Highway, Monday through Friday, between 8 a.m. to 4 p.m.

Lt. Cmdr. Fred Beal, Program Manager NACC Pharmacy Department, said the times are subject to change.

During this period, patients may continue to call in their refill medication as usual at 1 (877) 211-1126 or www.nhcne.med.navy.mil.

Anyone with questions may call the Pharmacy at 841-2224.

General engineer position

Employees interested in applying for a position of General Engineer, GS-0801-5/7/9/11/12 should access www.donhr.navy.mil to review the vacancy announcement.

The position is in the Engineering Division of the Public Works Department of Naval Station Newport. Applications should be submitted according to the procedures in the vacancy announcement, DE-GRO-03-0171-NR.

Meetings/ reunions

Retired enlisted seeks volunteers

The next regular meeting of Narragansett Bay, The Retired Enlisted Association, will be Saturday, April 12, at 10 a.m. at Middletown VFW, 52 Underwood Lane.

You can volunteer to help make this chapter one of the best.

For more information, call President Mike Conroy at 846-0527

Spouse Club meets monthly

The Newport Officer Spouse Club (NOSC) meets every third Wednesday of the month at 7 p.m. at the McMacken Center, Fort Adams Housing.

The club is open to spouses of all armed forces commissioned officers, including reservists who are on full time active duty or retired, widows and widowers of such officers, and civilians, GS-7 and above.

The next meeting is April 16.

For more information, contact Nora Murray at 848-2515.

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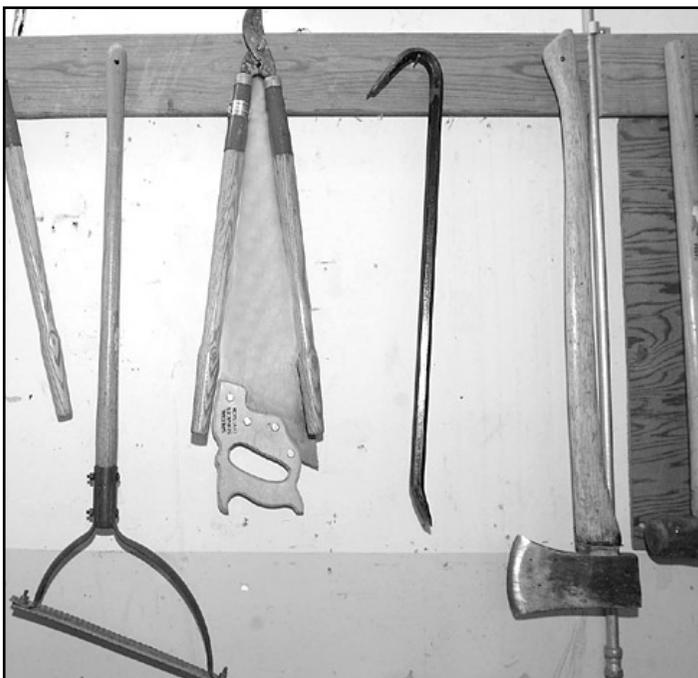
Thoughts of spring



THOUGH SNOW may be on the ground, Gear Rental's sign outside Building 303 advertises rototillers for rent.



RUNNING LIKE A DEERE — Frank DiSarro, left, manager of Gear Rental, helps customer Lt. Cmdr. Chris Stamper load a John Deere rototiller into his SUV parked at the end of a ramp.



HAND TOOLS from saws, to axes to high grass sickles are available for rent.

Gear Rental retools for planting season

By **RICHARD ALEXANDER**
Navalog editor

The calendar says spring is here, but it was a cold, raw Friday when Lt. Cmdr. Chris Stamper stopped by Gear Rental, Building 303, to rent a John Deere garden rototiller.

"Actually it's for my 4-year-old's vegetable garden," the Naval War College student said. "She wants to pick her own vegetables. She likes veggies, so that's good."

After a quick lesson on starting and operating the equipment, Gear Rental Manager Frank DiSarro helped Stamper load the rototiller into his Chevrolet SUV.

After a long, harsh New England winter

many military and Department of Defense (DoD) civilians are longing to get down and dirty in their flower beds and vegetable gardens. Although it's still too cool to plant outdoors, it's time to turn the soil over and rake out weeds.

"It will get pretty busy for the rototillers," DiSarro said. "From now through May we'll be renting out our two machines about every week."

Gear Rental has a variety of power and hand tools to get any lawn or garden job done right. There are rakes and shovels, hand pruners and edgers, post hole diggers and limb saws, plus ladders and seed

GEAR, Page 9



TOP: DiSARRO shows customer Rick Berube how to start a power edger. Berube is installing an invisible fence for his dog.

RIGHT: DiSARRO checks the controls on a power lawnmower, getting it ready for the summer mowing season.



Gear

Continued from Page 8

spreaders.

Besides the rototillers, the power equipment includes two lawnmowers, leaf blowers, pressure washers, and hedge trimmers.

Rick Berube of Portsmouth, an engineer at the Naval Undersea Warfare Center, stopped by to rent a power edger to install an invisible fence for his 1 1/2-year-old dog. It's just a matter of making a sharp, shallow cut in the turf around the perimeter of the property, then burying a wire that is connected to a power source and voltage regulator, he said.

"I bought the dog collar and sensor equipment on line, now I'll spend Saturday laying down the wire with my kids' help," he said.

According to the website,

www.gardenguides.com, many plants can be started indoors from seeds, then transplanted to the garden when the soil warms.

Some plants that start easily from seeds are cabbage, cauliflower, broccoli, brussel sprouts, and lettuce.

Varieties that are a bit more difficult, requiring the right amount of sunlight and water, and warm environment, include peppers, tomatoes, eggplants and celery, plus popular flowers begonias and petunias. It may be wiser to purchase them already sprouted at local garden centers that have greenhouses.

The Gardener's Garden Store on-line recommends choosing a dry spell in early spring to dig the ground. The soil must NOT be saturated. Add organic mat-

ter, one part to every two or three parts soil, and till or dig it in 8 to 12 inches deep.

Spread lime to sweeten New England's acidic soils, and rake in some all purpose vegetable food to a few inches deep.

Remember, a seed grows to a mature plant in only 2 to 4 months, so it needs a little TLC to start off.

It's a good idea to rotate crops (move where you plant them year to year). Remember, to attract beneficial insects and for your own enjoyment, plant some flowers too. Sweet peas, calendula, and annual lavatera are a few that can be sown in early spring.

Gear Rental is open Tuesday through Saturday from 9 a.m. to 5 p.m.

Lawn and garden tool rental fees

Daily rental fees	Military	DoD Civilian
Appliance hand truck	\$ 6.00	\$ 6.50
Electric pressure washer (no weekend rates)		
Half day (4-hour max.)	\$25.00	\$30.00
Full day	\$50.00	\$55.00
Hand truck	\$ 4.00	\$ 4.75
Hedge trimmer (electric)	\$ 5.50	\$ 6.50
Hedge trimmer (hand)	\$ 2.00	\$ 2.50
Ice chopper/scrapper	\$ 2.00	\$ 2.50
6-foot ladder	\$ 6.00	\$ 7.00
8-foot ladder	\$ 8.00	\$ 9.00
Lawn mower or edger (gas)		
Half day (4-hour max.)	\$ 9.00	\$11.00
Full day	\$16.00	\$19.00
Lawn edger (hand)	\$ 2.00	\$ 2.50
Lawn rake	\$ 2.50	\$ 3.00
Leaf blower (electric w/cord)	\$ 6.00	\$ 7.00
Limb shears	\$ 2.00	\$ 2.50
Limb saws	\$ 4.00	\$ 4.75
Post-hole digger (hand)	\$ 3.00	\$ 3.50
Rake (steel)	\$ 2.00	\$ 2.50
Rake (spring)	\$ 2.00	\$ 2.50
Rototiller (no weekend rates)		
Half day (4-hour max.)	\$18.00	\$21.50
Full day	\$30.00	\$36.00
Shovel	\$ 2.00	\$ 2.50
Sledgehammer	\$ 2.00	\$ 2.50
Spreader	\$ 3.50	\$ 3.75
Tree pruner	\$ 3.00	\$ 3.50
Wheelbarrow	\$ 4.00	\$ 4.75



.FOUR OF SPADES—Shovels for every job line a wall rack.

Ron Fontaine/U.S. Navy photos

Naval Station Newport Dining

Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

Today: Lunch, 11 a.m. to 1:15 p.m., first deck, buffet-style selections.

Tonight: Kick off the weekend right with complimentary hors d'oeuvres in the Pub in the Constellation Room, every Friday from 5 to 7 p.m. As always, you can order your favorite beverages or something from the pub menu, available until one hour before closing.

Saturday: The Pub in the Constellation Room, (first deck) opens at 4 p.m. Full pub menu available until one hour before closing.

Sunday: Make reservations today for our fabulous, all-hands Sunday Brunch. Start with fresh-brewed coffee and chilled juices. Next, visit the made-to-order station where we prepare waffles (with your favorite toppings), Texas French toast, and omelets made with your choice of ingredients.

The main buffet line features every breakfast item you can imagine, plus delicious home-cooked lunch entrees.

We even have fresh-carved Virginia baked ham and thin-sliced top round of beef au jus with horseradish sauce. Add bagels with cream cheese, toast with jams and jellies, and fresh cut fruit — whatever your pleasure. Finally, treat yourself to our decadent dessert bar and enjoy unlimited delights with a fresh cup of coffee.

This all-inclusive brunch (except gratuity) is free for kids 3 and under, only \$3 for kids ages 4 to 12 and just \$11.95 for adults. Reservations and confirmation numbers are required; please call 846-7987.

Upcoming events:

Advance tickets may be required for the following events. Gratuity is included in all tickets prices and there is no charge for children ages 3 and under at special events. Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or MasterCard. To purchase tickets or for more information, call 846-5111 or 841-4821.

EASTER BUFFET: All hands are invited to an Officers' Club tradition, the Easter Sunday Buffet, on Sunday, April 20, beginning at 11 a.m.!

Purchase your tickets early and the entire family will enjoy this classic buffet featuring dozens of appetizer and salad bar items, a variety of breads, several main dish selections and more dessert choices than you can imagine.

Bring a camera and take pictures of your children with the Easter Bunny! Tickets are on sale now at the Officers' Club Gift Shop. Cost is \$24.10 for adults, \$11.45 for children 4 to 12, and free for children 3 and under. Ticket prices include gratuity and all tickets must be purchased in advance. Seating times are available

from 11 a.m. to 3 p.m. and must be confirmed at time of ticket purchase.

ALASKAN KING CRAB BUFFET: This dinner event features every delicious crab dish you can imagine; so don't miss this fabulous all-you-can-eat Alaskan king crab buffet on Friday, April 25 from 6 to 9 p.m. at the Officers' Club! Start with crab bisque, homemade crab cakes, crab salad, and warm breads. Other crab delicacies include king crab lasagna, crab del ray, and stuffed crab legs. The buffet menu also

includes top round of beef, fresh vegetables, scallop potatoes and much more. Don't miss this feast fit for royalty!

Ticket cost is \$31.95 for adults, \$11.45 for children 4 to 12, and free for children 3 and under. Seating will be by tickets and reserved time (requested at time of ticket purchase) only.

CLAMBOIL TICKETS ON SALE: Purchase tickets today for a summer tradition: an all-you-can-eat clamboil feast, including New England favorites such as creamy clam chowder, stuffed quahogs, steamers and little necks on the half shell. The first clamboil of the season takes place

on Friday, May 2, at the Officers' Club.

The buffet also features herb-roasted chicken, Italian sausage with onions, red bliss potatoes, corn on the cob, salad, fruit salad and warm corn bread. Cost is \$24.95 for adults, \$11.45 for children 4 to 12, and free for children 3 and under.

Include a one-and-a-quarter-pound boiled lobster with your clamboil for just \$30.95 for adults and \$18.35 for children 4 to 12, a price you won't find anywhere else! Seatings are available from 6 to 9 p.m. and must be reserved at time of ticket purchase.

Enlisted Lounges

(Recreation Center, Building 656, phone 841-3054)

New hours of operation:

The EM Club is open 11 a.m. to 11 p.m., Monday to Saturday and from noon to 8 p.m. on Sunday. The CPO Lounge is open 4 to 9 p.m. Monday to Thursday, 4 to 11 p.m. on Friday and by request* on the weekend.

*The CPO Lounge will be open on the weekend, by request only for a minimum of 20 people or with a sales guarantee of at least \$200. The Lounge may also be reserved for catered events. Requests to open must be submitted by Monday for the following weekend.

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Department of Defense civilians are always welcome. Call for advance order take-out. No home delivery.



THE EASTER BUNNY will pose for pictures at the Officers' Club Easter Sunday Buffet on April 20, beginning at 11 a.m. More information this page.



Ron Fontaine/U.S. Navy photo

GILLIAN Gavin and Sean Wayment, customer service associates at the Navy Exchange at Naval Station Newport, look over one of several cards strategically placed throughout the store with procedures to follow if a 'Code Adam' is announced.

NEX joins program to locate children abducted in stores

There's nothing more terrifying than being unable to locate your child in a public place. What can you do? Where can you go for help?

For these reasons, the Navy Exchange Service Command (NEXCOM) has implemented the "Code Adam" program to locate lost or missing children within any Navy Exchange worldwide. NEXCOM previously ran its own program to locate these children, but will now follow national Code Adam guidelines.

"When a child is reported missing, a detailed description of the child will be obtained, including name, age, hair color, eye color, approximate weight and height, and what the child is wearing (i.e., color and type of clothing)," said Susan Box, Loss Prevention Safety Specialist.

A "Code Adam" will be paged within the store and a description of the child given. Associates who have been assigned to the front door will immediately begin monitoring and asking customers with children who resemble the description to wait until management arrives.

Management will then ask the child his/her name and if

the adult is their parent. The parent or guardian of the missing child will be escorted to the front of the store to assist in identifying the lost child. After hearing "Code Adam," store associates will begin looking for the child.

If the child is not found within 10 minutes, either base police or the local police department will be called. If the child is found and appears to have been lost and unharmed, the child will be reunited with the parent or guardian.

If the child is found accompanied by someone other than the parent or legal guardian, efforts will be made to delay the departure of the adult accompanying the child, but not put associates or other customers at risk. The police will be called and the person accompanying the child will be identified to them.

Implemented in 1994, Code Adam is named in memory of 6-year-old Adam Walsh, son of *America's Most Wanted* host John Walsh, whose abduction from a Florida shopping mall and murder in 1981 brought the horror of child abduction to national attention.



Ron Fontaine/U.S. Navy photo

SMOKE SCREEN — Mike Grossman, Public Works Distribution System Section, checks a steam line leak across from the Senior Enlisted Academy.

Leisure

Bowling

(Building 656, 841-4293)

Seaview Lanes fall/winter hours of operation follow:

Monday, 5 to 9 p.m.; Tuesday through Friday, 5 to 10 p.m., Saturday and Sunday, 1 to 7 p.m. Every other Saturday night, 8 to 11 p.m. for Rock 'n Bowl.

Specials:

— **Super Tuesday Special:** Visit Seaview Bowling Lanes, Building 656, every Tuesday from 5 to 10 p.m. through May 27 and you may bowl for just \$1 per game! Shoe rental costs just \$1, as well, making it even more affordable to get out and have some fun!

Food and beverage service is available from the Recreation Center kitchen, so you can come over after work, grab a bite to eat and bowl a few frames! For more information, call the Bowling Center at 841-4293.

— **Rock and Bowl:** Every other Saturday night beginning at 8 p.m. Cost is just \$7 per person. Bowl a strike when the head pin is red and you will win a prize! It's rocking, it's rolling, it's bowling and it's a blast! The next Rock and Bowl night is tomorrow night, April 5.

— Sunday special is \$7 an hour from 1 to 7 p.m. for two people.

— Bowling birthday parties available Saturdays and Sundays and include reserved lanes with or without bumpers. A party table with chairs is also included. Cost is

just \$5 for each child, including shoe rental.

— Bumper bowling is always available.

Special fitness activities

(Gym 109, 841-3154)

— **Dip contest at Gym 109!** Be a big dipper at Gym 109's Dip Contest on Wednesday, April 16. The contest, which will continuously run throughout the day, is open to men and women, ages 18 and over. Male contestants will be given 20 pounds of resistance and the women will be given 30 pounds of assistance. The winner will be the person who completes the most dips without touching down at any point. For more information, call Gym 109 at 841-7196.

— **Youth fitness program:** Eligible youth wishing to utilize Morale, Welfare and Recreation Department fitness facilities (Gym 109 and FITNESS Plus) are required to take a mandatory resistance and aerobics training class prior to entering the facilities during the designated times.

This class is required for youth ages 10 to 15, and is also available for 16 and 17-year-olds who may also choose to participate in the fitness assessment program instead.

The Youth Fitness Class is available on an individual basis by pre-registering at Gym 109 or FITNESS Plus in Building 355. Parents are required to be in the building where the

course is being held during all class sessions.

Complete details on this program and youth fitness policies are available at Gym 109. Call 841-7196 for information or to pre-register.

Gymnasium

(Gym 109, 841-3154 or FITNESS Plus, Building 355, 841-1474)

— **Fitness Walk 'n Tone,** designed for patrons age 50 and up. Stretching and muscle toning exercises as well as 20-plus minutes of fitness walking around the gymnasium. Classes are held Monday and Thursday 8 to 9 a.m. in Gym 109. Call for space availability. Fee is \$5 for six weeks.

— Fitness equipment such as Hammer Strength, lifecycles, treadmills, free weights, etc. available; also racquetball, squash and basketball courts.

Aerobics/exercise

(FITNESS Plus, Building 355, 841-1474)

Current hours of operation are Monday to Friday, 5 a.m. to 7:30 p.m.; closed weekends and holidays.

The winter schedule of group fitness classes is now in effect and includes new classes such as Pilates, incorporating exercises for core muscles and lengthening stretches; Yoga, trekking and cardio-kickboxing.

The schedule still contains a good variety of cardiovascular,

TRICARE corner

Wartime uncertainty can spur uneasiness

EDITOR'S NOTE: The following article was supplied by Sierra Military Health Services, Inc.,

Worrisome current events can make you feel that the future is uncertain. Whether an emergency situation seems imminent or possible in the distant future, it can be challenging to do the most ordinary things. These tips can help you deal with the fear you may be feeling.

• Turn the television set off. Limit the amount of news you watch to the morning or

evening news. It's important to stay informed, but listening to the same coverage for hours can leave you feeling scared and emotionally drained.

• Don't listen to the rumors. In uncertain times, facts can become exaggerated and false stories may circulate. Getting caught up in rumors can add to your fears. Listen to credible sources such as national or local authorities and follow their recommended course of action.

• Take safety precautions. Planning ahead for any kind of emergency can help you feel more secure. Discuss with your family where you'll meet if you're separated. Make emergency contact numbers readily available. Set aside a first-aid kit, canned food, water, a flashlight and batteries.

• Communicate your feelings. Talk with friends or family members who feel the same way you do. Or write in a journal, express your feelings in a poem or create a piece of art.

• Spend time with loved ones. It's important to be with people you care about—especially in times of distress or uncertainty. Enjoy and cherish each other's company.

• Locate support groups. It can be helpful to realize that others have similar emotions as you. Be sure to find a group that's led by an experienced professional.

• Practice healthy habits. This can help you deal with stress. Eat well-balanced meals, get plenty of sleep and exercise regularly.

• Follow a regular routine. Eat meals and exercise at the same time every day. Or, start a new hobby or activity that brings you joy.

• Avoid big changes, if possible. Don't make any major decisions when you feel uncertain or stressful—such as changing jobs or moving.

• Be kind to other people. Volunteer your services, or donate money or blood. Assisting others can help you feel a part of your community.

• Add humor into your life. Laughing can be therapeutic—it can relieve stress and bring you happiness.

Boys, Girls State draws 42 students

By **BOB KREKORIAN**
NAVSTA Public Affairs Staff

Naval Station (NAVSTA) Newport will host the combined Rhode Island Boys State and Girls State Program, April 14 through 18.

The Boys and Girls State Program is co-sponsored by The American Legion, Rhode Island, and the American Legion's Auxiliary. The program has many important objectives that includes developing civic leadership and pride in American citizenship, stimulating a keen interest in the study of American government, developing an understanding of traditions distinctly American, and arousing in young citizens a determination to maintain our form of government.

The participants will attend classes and seminars presented by civilian and military speakers. Topics covered include federal, state, and local

government workings, and government services provided to individuals.

This year's program will draw 25 boys and 17 girls, ages 16 to 17, from high schools throughout the state. Participants from Aquidneck Island include Rogers High School students Jonathan Abbassi, Mark Della Volpe and Timothy Neuenfeldt; Portsmouth High School students Ryan Barker, Taylor Kirschner, Alexander Vinkavich, Kimberly Chrostowski, and Kate Durham.

Cmdr. David Burnes, Public Works officer, NAVSTA Newport, will open the program on Monday, April 14.

Other scheduled speakers during the week include Rhode Island Lt. Gov. Charles Fogarty, Rhode Island General Treasurer Paul Tavares, and Rhode Island Attorney General Patrick Lynch.

Graduation ceremonies will be held on Friday, April 20, at 7 p.m. in Capt. Howard N. Kay Hall.

Sports

Navy pilot at Rota, Spain named top male athlete

ROTA, Spain (NNS) — Naval Station Rota's Lt. Chem Young-Pen was honored March 28 as the 2002 Navy Male Athlete of the Year at the U.S. Military Sports Association Pride of the Nation Banquet in Arlington, Va.

Young-Pen, a C-12 Huron pilot, joins other top athletes from each branch of the armed forces who will be recognized for their achievements in their

respective sports.

His recognition comes for the honors he has earned in racquetball. He currently holds the top ranking in both the Men's Open singles and doubles divisions on the European Racquetball Tour (ERT). Both of the spots were attained after just over a year of competition on the tour.

"I find it still hard to believe," Young-Pen said of the award.

Intramural volleyball

The Naval Station Newport Intramural Volleyball League results for week 1 ending April 4 follow:

March 31
Wildcats def. Captain's Crew, 25-14, 25-18
SWO Daddies def. Bombers, 15-0, 15-0

April 1
Wildcats def. SWO Daddies, 25-23, 25-16
NWC-A def. NACC Newport,

25-10, 25-12

April 2
Captains Crew def. NACC Newport, 15-9, 15-0
NWC-A def. Bombers, 15-0, 15-0

Standings
NWC-A.....2-0
Wildcats.....2-0
Captain's Crew.....1-1
SWO Daddies.....1-1
NACC Newport.....0-2
Bombers.....0-2
REDCOM Mobilizers.....0-0

Naval Dental Center Northeast

Gingivitis, periodontitis can erode teeth painlessly

By **CMDR. CLIFF ZDANOWICZ**
Periodontist, Branch Dental Clinic

Floss only the ones you want to keep. What does that mean? What is gingivitis? What is periodontitis?

As a dentist I deal with patients on a daily basis whom are afflicted with a painless and chronic infection in their mouth. Quite often they are totally unaware of its existence, its cause, and its consequences.

To exacerbate the situation while some are unaware of the most important oral hygiene habit that they can perform to prevent this disease, I would wager that most are just too plain lazy.

What am I referring to? The disease process is periodontitis and the oral hygiene habit is quite clearly, FLOSSING!

What is gingivitis? The term gingivitis refers to inflammation (swelling) of the gingiva, the gum tissue. What causes this swelling? Plaque.

We all have millions of living bacteria in our mouths. These bacteria thrive off of the same foods and liquids, which we place in our mouths. Plaque is a film that forms on our teeth and below our gum line. It is a film composed of bacteria, bacterial by-products, food debris, and also different agents from our saliva.

Plaque also causes periodontitis. However, the huge difference between gingivitis and periodontitis is that in gingivitis the attachment apparatus — the cementum, the bone, and the periodontal ligament are left intact. Another huge difference between gingivitis and periodontitis is that the disease process of gingivitis is totally reversible. If your gums are swollen, perhaps red, maybe they even bleed if you touch them — you might have gingivitis caused by plaque. The solution to your problem: proper flossing and brushing.

Any permanent damage to your attachment apparatus? NONE.

However, if your gums are swollen, perhaps red, maybe even bleed if you touch them — you might have periodontitis caused by plaque. The solution to your problem: you need to visit a periodontist — a dentist who specializes in the treatment of the attachment apparatus referred to earlier.

Any permanent damage to your attachment

apparatus? YES.

YIKES!! All this talk about bleeding gums, inflammation (swelling), permanent damage to my teeth. How can all of this go on in my

mouth and not hurt? Unlike the common "toothache" which as its name implies — hurts; periodontitis and gingivitis are two disease processes which are often ignored because they are often painless. Unfortunately, some of us are unaware of the disease process until we discover a loose tooth in our mouth or a swelling on our gums — by this time it is often too late and a tooth or even several teeth have lost so much attachment that they have to be removed.

So how is all of this prevented? Proper

brushing and flossing is the key. Not once a month. Not once a week. Not flossing one or two times per week and brushing daily. The solution is brushing and flossing every day. But that still may not be enough.

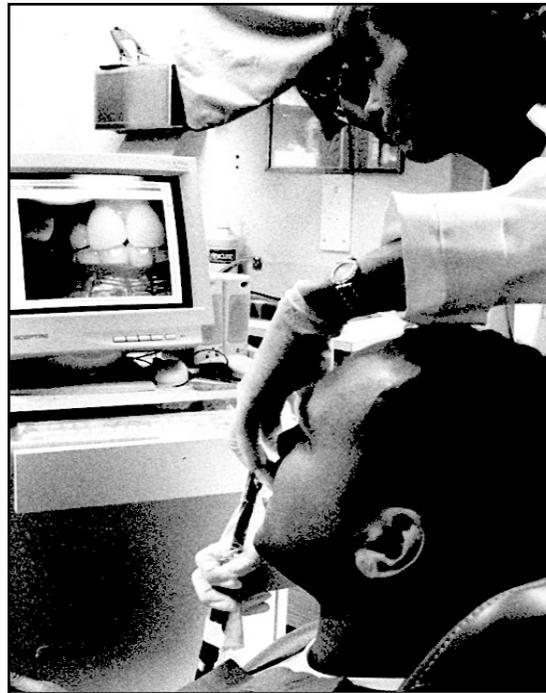
The brushing and flossing must be after meals — after liquids as well. Many of us wake up in the morning and brush our teeth every day. Maybe a few of us floss as well one or two times per week. Then we begin our daily routine.

Plaque that is not removed daily and at the proper times of the day will also cause inflammation that will not subside — inflammation that will result in the disease processes of gingivitis and periodontitis which may culminate in tooth loss.

While we as dentists may be able to eradicate decay (cavity) within one appointment we cannot quickly eradicate years of neglect in the realm of oral hygiene. Do not end a 20-plus year career thinking that now (at almost 19 years plus or minus a few years) it is the time to be concerned with your oral health. Quite frankly, if you have postponed this issue you have postponed it far too long.

When you visit your dentist, hygienist, or Navy prophylaxis technician ask them to observe your oral hygiene habits. Demonstrate to them how you brush and floss. The ball is in your court 100 percent of the time.

The ball is in our court to educate you, and remove plaque by a prophylaxis technician.





Lt. Dan Kleiboemer/U.S. Navy photo

NAVAL SCIENCE Institute students muster under the 16-inch guns of the battleship Massachusetts at Fall River, Mass.

NSI

Continued from Page 4

weight construction. Russian labeling on all of the consoles and controls was hard to miss as well.

The NSI students also explored the Gearing Class destroyer Joseph P. Kennedy.

During the NSI lecture, particular attention was paid to the Kennedy's Combat Information Center, which played a vital role in shore bombardment during the Korean War.

Students also learned about watch standing on the bridge of the first U.S. ship to intercept a Soviet-chartered vessel during the Cuban blockade in 1962.

The students ended their day with a better understanding of the challenges awaiting them as future naval officers. They saw an assortment of vessels each designed to accomplish distinct goals during different eras of the Navy.

Comfort

Continued from Page 3

dressing changes (packing six bullet holes).

"Sometimes, like last night, we get enough patients that we had to open a new ward in a matter of 30 minutes. So everyone has to always be on the ball. We were able to open up and in a matter of about four hours we had nine new patients into the ship and into the wards.

"By the time we left each one had all the medications going that they needed (which is usually about three antibiotics apiece), first dressing changes done, assessments complete, and were stable with new charts, monitors going, and so on.

"Most have to go to the OR as soon as the rooms come open. It is really a fascinating process to watch happen.

"We are still caring for all types of patients. I am allowed to say that we have Americans and Iraqi soldiers here. Some of the Iraqis are nice, many are not. We are very careful. There are a lot of procedures in place, but it is always stressful.

"I would say there is an appropriate amount of stress, enough to make sure we do not endanger ourselves. However, I am not going to deny that I will be glad if I only have to care for our soldiers.

"They have that underlying hate for us, even though we are the ones keeping them alive. I am glad that our Marines in the field do not know how poorly they treat our POWs...I think instead of gunshots to the butt, we would have a lot of the enemy dead.

Reservists

Continued from Page 2

and Rhode Island since March 20.

This brings the number of naval reservists currently mobilized to 1,263 from the 20 Naval Reserve Centers located throughout New England, New York and New Jersey.

Of the 60 Northeast Naval Reserve personnel mobilized, many have been hospital corpsmen and security personnel. For

SNA

Continued from Page 4

Command Master Chief(SS) Gary T. Loy, the Command Master Chief Liaison, Center for Career Development, Navy Personnel Command, Millington, Tenn., gave a presentation on new initiatives available to Sailors such as Perform to Serve (PTS), Navy Knowledge ON-Line (NKO), and the new Sea Warrior program.

Allvord

Continued from Page 2

charities, such as the Navy Marine Corps Relief Society; the American Red Cross; the New York Police and Firefighters Widows and Children's Benefit Fund, Inc.; and Operation Home Front.

For more information log on to www.soothersmaylive.com.

It is a non-profit organization to support search and rescue professionals.

a complete list of currently mobilized naval reservists nationwide, visit <http://www.defenselink.mil> — the list is updated every Wednesday.

The mission of the U.S. Naval Reserve force is to provide mission-capable units and individuals to the Navy-Marine Corps team throughout the full range of operations from peace to war.

"But as it is now, it seems as if we are just trying to prevent them from fighting rather than kill them...an interesting way to approach war.

"I will say that we are good shots, because everyone (Iraqis) has injuries in the exact same place. Interesting, none the less.

"We are treating Iraqi civilians, too.

"For all those protesting this war back home I will just say this: We have seen some awful stuff out here...and some very inspirational personal fights for survival. Among those are badly wounded...very badly wounded...Iraqis.

"One in particular will never be erased in my mind as she lay there fighting for her life she mumbled in the limited English

she has, "Iraqi Freedom," and then she smiled.

"So those people who don't know why we are here should go get educated on what is actually happening on this side of the world. And, they should get a clue about how many lives we save as we win this war.

"They do a lot to keep the morale up out here. Last night we had an ice cream sundae night...and tonight we had a talent show. We still have no clue as to how long this will last, but I think we are all wishing we could be with our friends and families these days and not out here.

"Well that is about all I have time for. I hope everything is going well at home."

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Wounded medic recalls firefight

ROTA, Spain (NNS) — One of the first patients to receive treatment at the field hospital in Rota, Spain, talked to reporters March 31 about his injury and what life is like in the Iraqi combat zone.

Hospital Corpsman Third Class(FMF) Carlos Cordova, a poised field medic assigned to

Navy-wide news

2nd Battalion, 8th Marines Weapons Division based at Camp Lejuene N.C., told local and international media this week about taking shrapnel in his right forearm after a mortar round exploded in front of him March 24, sending hot metal through his arm and into the shoulder of a Marine standing behind him.

The two were part of a company assigned to protect a supply convoy when they began taking fire from three directions while operating on the banks of the Euphrates River near Nasiriyah.

"You know that scene in *Saving Private Ryan* when everything goes quiet a little bit," said the 24-year-old from Sugar Land, Texas. "That kind of happened for like a second, and then everything started going again."

The treating physician at Fleet Hospital 8, Capt. Chris Olch, said Cordova should regain full use of his right hand, but the wound will likely leave "a heck of a scar."

Southern Iraq provided Cordova with his first combat experience in his three and one-half years of active-duty service. Like combat, the countryside did not meet his expectations.

"I was expecting desert and houses built of adobe-style walls," he said. "It's not a bad-looking country except for all the ordnance lying around. It's got some grass."

Of the combat setting, Cordova said he imagined more of what Hollywood typically portrays. "People wearing turbans and sheets, jumping in and out of dunes shooting at you," he said of his expectations. What he got was nothing like it.

Cordova is disappointed about his injury for reasons perhaps only a combat corpsman can truly understand. "I'm supposed to be taking care of them."

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